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Kung fu training in China, learn traditional external & internal Shaolin kung fu (under Shaolin masters of authentic lineage), also includes various fist forms and weapons forms along with their applications, contact sparring and Chi kung. Along with traditional Shaolin Gongfu (kung fu) the academy offers to teach the internal styles, such as Taiji (Tai Chi), Wing chun, Wudang and Mantis boxing,(all the kungfu styles mentioned above have their corresponding classes here, meanwhile the students can choose more than one style of kung fu to learn.

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