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Master Rothrock opened the first Rothrock's Kung Fu and Tai Chi Academy in The Beginner's Guide to Kung Fu; The Secrets of Kung Fu; Kung Fu for Children The Eagle Claw Kung Fu (Faan Tzi Ying Jow Pai) is an intricate system of locks

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This makes even the beginning training in Ying Jow Pai quite challenging. 48 self-defense techniques described in the Okinawan Bubushi (a once secret text owned by Eagle Claw, Kung Fu, Chin Na, Yui Feh, Ngok Fei, martial arts, Ernest

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A history and style guide of eagle claw kung fu - thoughtco

The history of Eagle Claw Kung Fu is clouded in mystery for the same which is also called Faan Tzi Ying Jow Moon and Faan Tzi Ying Jow Pai. family, Toa Jai, became a monk as a result, practicing Eagle Claw in secret.

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Master Lau began studying Eagle Claw – Ying Jow Fan Tzu from her a Los Angeles KNBC production entitled, “The Secrets of Martial Arts”.

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