



# Chu Gar Gao: Southern Praying Mantis Kungfu

*Roger D Hagood*

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## **Chu Gar Gao: Southern Praying Mantis Kungfu** Roger D Hagood

A rare treatise of Hakka Chu Gar Southern Praying Mantis boxing that includes: Chu Gar Mantis history, boxing transmission, six Chu Gar areas, three kinds of Chu Gar in China; Chu Gar Mantis personal records - Sifu Chen Ching Hong, Sifu Yip Sui, Sifu Cheng Wan, Sifu Cheng Chiu, Sifu Dong Yat Long, Sifu Ma Jiuhua, Past Masters in Charge; Chu Gar applications - Single Bridge Tsai Sao, Double Bridge Dui Jong, Mang Dan Sao Dui Jong, Ying Sao Shadow Hand, Gow Choy Hammer Fist, Locking Hands, Bridge, Tan Sao, and Ginger Fist, Double Bridge Gwak Sao, Sticky Hand and Intercepting Hand Bao Zhang Palms; Chu Gar shadowboxing forms in pictorial - Som Bo Gin (Three Step Arrow) and Som Gin Yu Kiu (Three Arrows Shaking Bridge form); and more.

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