

Chinese Fast Wrestling For Fighting: The Art Of San Shou Kuai Jiao Throws, Takedowns, & Ground-Fighting By Liang;Shou-Yu;Tai D. Ngo

By Liang;Shou-Yu;Tai D. Ngo

More info on Kung Fu Wikis. Encyclopedia. Chinese martial arts; Monkey Kung Fu; Martial art; Tiger Kung Fu; Kung Fu

(lei tai full-contact fighting) The Art of San Shou Kuai Jiao Throws, Takedowns, According to Shuai Jiao Grandmaster Liang Shou Yu, In the past, San

San Shou Kuai Jiao (Fast Wrestling for Fighting) is the Chinese martial art of throws and takedowns. A San Shou Kuai Jiao throw can cause tremendous damage to your

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