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Some can only be used for weapons and others can only be used for armor.

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Nov 13, 2013 Shaolin Temple Kung Fu school from Lomita performed at the dinner banquet for the International Martial Arts Federation before leaving to Taiwan in 2009

Southern praying mantis kung fu - grandmaster

Jun 13, 2013 9th Degree Grandmaster Henry Sue Teaching Southern Praying Mantis Kung Fu to the junior level students at the Brisbane Headquarters of the Chinese Kung Fu

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