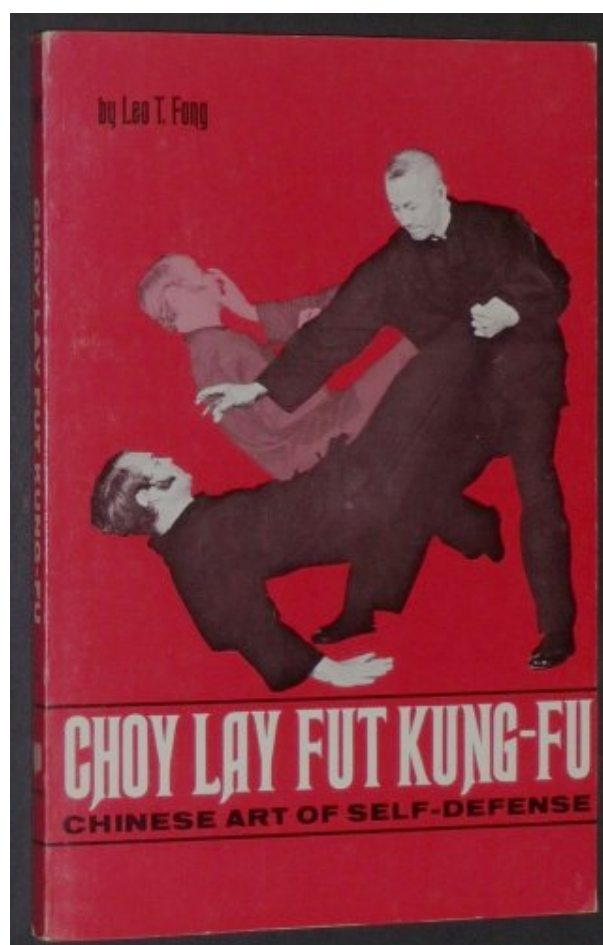
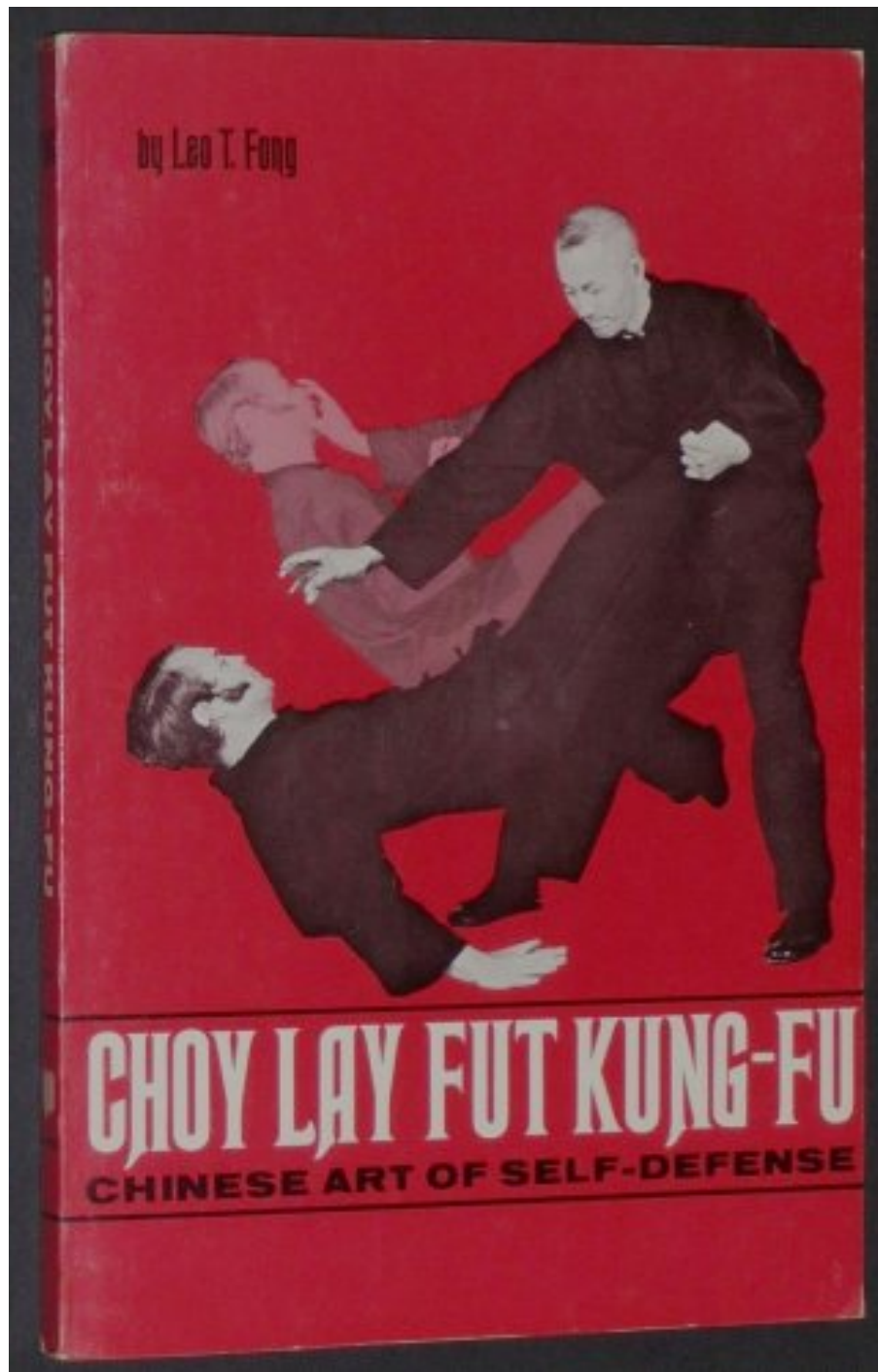


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Great book

By Scott

This is a difficult book to locate, and I managed to find a worn copy from the early 80s at a discount bookstore. The book covers basics, including of course, the history of CLF. There are 2 forms in the book, a Horse stance form, and a long range fighting form. It covers in detail different blocks, footwork and methods of attack, and application of the art. While by no means complete, it is a very detailed and written book covering alot of aspects of CLF. I recommend this above the one written by Doc Fai Wong.

0 of 0 people found the following review helpful.

Great Kung Fu Manual

By Amazon Customer

To appreciate this book you have to appreciate the era in which it was written. There was no internet, Bruce Lee was still alive, and Caine had just left the Shaolin Temple to wander the American Wild West. The majority of kung fu books released in the 1970s followed a certain format designed to introduce the styles, demonstrate some techniques, and maybe demystify the subject for people whose only exposure to Chinese martial arts were Shaw Brothers films.

Leo Fong is a martial arts master who studied with some of the great martial artists, but this book is not a master class in Choy Lay Fut, it is very much a beginner's manual. Starting with basic stances and a horse stance form to build leg strength and practice moving from one stance to another, it moves to blocks and strikes and shows the Cheung Kune form and then a variety of self-defense applications from the form.

If, like me, you enjoy collecting old kung fu manuals, this is an excellent addition to any collection, and if you have a friend and some beer it's fun to practice the exercises.

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