

Flash Choy Lee Fut

5 Devastating Choy Lee Fut Techniques - 5 Devastating Choy Lee Fut Techniques 1 minute, 7 seconds - Welcome to our latest video on **Choy Lee Fut**, Kung Fu! In this video, we'll be exploring five of the most devastating techniques ... 901a86098e Jit-jeung 901a86098e Sow-chui 901a86098e San-kiu 901a86098e Final thoughts from Ilan and Jerry 901a86098e Biu-jong 901a86098e Match 3 901a86098e Match analysis 901a86098e Gum-jin 901a86098e Chuin-lung 901a86098e Jit-chui 901a86098e Match 5 901a86098e Sow-jeung 901a86098e Yum-tsop 901a86098e Teut-jeung 901a86098e Yeung-kiu 901a86098e Jang 901a86098e Choy Lee Fut Applications Sow Choy/Overhand Hook - Choy Lee Fut Applications Sow Choy/Overhand Hook 1 minute, 16 seconds - The sow choy technique from the kung fu style **Choy Lee Fut**, (Choy Li Fut and Choy Lay Fut) is a circular strike that can be thrown ... 901a86098e Hok-jui 901a86098e Round three 901a86098e Lah-sau 901a86098e Lung-jau 901a86098e Playback 901a86098e Jin-ji 901a86098e Tsop-chui 901a86098e CHOY LEE FUT MULTIPLE ATTACKER DEMONSTRATION - CHOY LEE FUT MULTIPLE ATTACKER DEMONSTRATION 22 seconds - choy lee fut, _multiple attacker demonstration_chinese new year_sifu thomas. 901a86098e Fut-sum-jeung 901a86098e Chiu-tien wan-sau 901a86098e Pek-chui 901a86098e KILLER CHOY LEE FUT FORM - KILLER CHOY LEE FUT FORM 47 seconds - Sifu Wong Zen Yem - **Choy Lee Fut**, demo at Chinese New Year Celebration at Fighthouse New York City Form name is: Sup Gee ... 901a86098e Intro 901a86098e Jit-fu-chui 901a86098e General 901a86098e Lok-kiu 901a86098e Kup-chui 901a86098e Fun-lan 901a86098e Round one 901a86098e Chui 901a86098e Lau-kiu 901a86098e Subtitles and closed captions 901a86098e Dan-lan 901a86098e Wang-sow 901a86098e Match 1 901a86098e Choy Lee Fut Kung Fu - Choy Lee Fut Kung Fu 1 minute, 58 seconds - Wong Sifu discusses **Choy Lee Fut**, Kung Fu in his studio in Brooklyn. 901a86098e Choy Li Fut Kungfu Valiant Attempt On Streetbeefs Scrapyard - CLF vs Muay Thai - Choy Li Fut Kungfu Valiant Attempt On Streetbeefs Scrapyard - CLF vs Muay Thai 10 minutes, 25 seconds - A **Choy**, Li **Fut**, Kungfu practitioner had a great showing on Streetbeefs Scrapyard. Let's enjoy the match, especially the second ... 901a86098e Kwa-chui 901a86098e Chiu-sau 901a86098e Cheong-kiu

901a86098e Foi-sing tek-dau 901a86098e Fu-jau sot-sau 901a86098e Cha-chui 901a86098e Deuk-kiu 901a86098e Choy Li Fut basic form - Choy Li Fut basic form 33 seconds - Choy Lee Fut, Basic form | Tao ► Facebook : <https://www.facebook.com/wushukwoon> ► Instagram ... 901a86098e Gong-jeung 901a86098e Cha-yiu 901a86098e Peet-jeung 901a86098e Jop-sau 901a86098e Search filters 901a86098e Nop-sau 901a86098e Fun-sau 901a86098e Cheong-ngan-chui 901a86098e Dot-chui 901a86098e Kwun-kiu 901a86098e What is CLF? 901a86098e CHOY LEE FUT ENTIRE DEMONSTRATION - CHOY LEE FUT ENTIRE DEMONSTRATION 8 minutes, 25 seconds - CHOY LEE FUT, ENTIRE DEMONSTRATION. 901a86098e Jop-chui 901a86098e Choy Li Fut - 13 Left and Right Lances Spear - Choy Li Fut - 13 Left and Right Lances Spear 1 minute, 51 seconds - The **Choy, Li Fut**, 13 Left and Right Lances Spear is one of the many traditional **Choy, Li Fut**, weapons sets within the Plum Blossom ... 901a86098e Dip-jeung 901a86098e Choy Li Fut - Fighting Applications 16 - Choy Li Fut - Fighting Applications 16 1 minute, 35 seconds - CLF Fighting Applications 16. 901a86098e Thoughts and details 901a86098e Bao-jang 901a86098e Hok-ding 901a86098e Choy Li Fut Beats Muay Thai Twice - Choy Li Fut Blake Griffin - Choy Li Fut Beats Muay Thai Twice - Choy Li Fut Blake Griffin 14 minutes, 50 seconds - We have a two very cool Choy Li Fut (sometimes called Choy Lay Fut or **Choy Lee Fut**, or Cai Li Fo) matches against Muay ... 901a86098e Seung-twei-jeung 901a86098e Keyboard shortcuts 901a86098e Wing Chun vs Choy Li Fut - Chinese Martial Arts Tested - Wing Chun vs Choy Li Fut - Chinese Martial Arts Tested 4 minutes, 1 second - This Choi Li **Fut**, vs Wing Chun kickboxing match took place date unknown, but it clearly shows the weaknesses of what I will call ... 901a86098e Fan-jong 901a86098e Outro by Emm 901a86098e Round two 901a86098e Ding-yeut 901a86098e Fu-jau 901a86098e Dau-fu-chui 901a86098e CCTV Documentary \"Exploring Choi Lei Fat\" (Choy Lee Fut/Choy Li Fut/Cai Li Fo/) - CCTV Documentary \"Exploring Choi Lei Fat\" (Choy Lee Fut/Choy Li Fut/Cai Li Fo/) 39 minutes - An episode of CCTV's documentary series \"Exploring\" () about the Choi Lei Fat style (**Choy Lee Fut**,/Choy Li Fut/Cai ... 901a86098e Dip-chui 901a86098e The Best Kungfu Fighter Ever - Choy Li Fut Marco Tentori - The Best Kungfu Fighter Ever - Choy Li Fut Marco Tentori 14 minutes, 24 seconds - We have probably HANDS DOWN the best Kungfu fighter that I've ever seen. This is from Australia. Marco Tentori has trained ... 901a86098e Gung-kiu 901a86098e Ding-chui 901a86098e Tigers of Choy Lee Fut - Swing Punch Combos - Tigers of Choy Lee Fut - Swing Punch Combos 6 minutes, 1 second - Tigers of **Choy Lee Fut**, - Swing Punch Combos **Choy Lee Fut**, style has a strong foundation and normally trains with long ... 901a86098e Ilan (Inside Fighting) Commentary 901a86098e Chin-ji

901a86098e Match 2 901a86098e Dam-kiu 901a86098e Introduction 901a86098e Nop-kiu 901a86098e Match 2 901a86098e Kum-sau 901a86098e Chuin-nau 901a86098e Choy Li Fut Kung Fu - Complete Hand Techniques Masterclass - Choy Li Fut Kung Fu - Complete Hand Techniques Masterclass 1 hour, 49 minutes - 0:00 - Bao-jang 1:16 - Biu-jong 3:03 - Cha-chui 3:31- Cha-yiu 5:20 - Cheong-kiu 7:08 - Cheong-ngan-chui 8:16 - Chin-ji 10:30 ... 901a86098e Match 4 901a86098e Poon-kiu 901a86098e Ging-lai 901a86098e Dot-jeung 901a86098e Yum-wat 901a86098e Jin chui 901a86098e Marco Tentori vs Yodsanklai 901a86098e Ding-jeung 901a86098e Spherical Videos 901a86098e

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