

## Hands By Xiao Hong

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**Shaolin Xiao Hong Quan Practical Application** Shifu kanishka(Shi Yan you) Demonstrating practical application of Traditional **xiao hong** quan form of Shaolin Temple China.

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**Xiao Hong Quan Xiao Hong** Quan réalisé par Du Shuang Min, disciple de Maître Shi Heng Jun.

**Mr. Hongchi Xiao Speaks About the Australian Incident** Paidalajin (slapping and stretching exercises) come from our natural moves. We have all clapped our **hands** and stretched in ...

**Shaolin Xiao Hong Quan** Great demonstration of traditional Shaolin Wushu, of Master Shi Guo Song.

**Shi De Yang - Shaolin Xiao Hong Quan** Xiaohongquan es una de las formas de boxeo tradicional más básicas de Shaolin, pero sumamente importante dentro del ...

**Xiao Hong Quan Xiao Hong** Quan.

**Shaolin Kung Fu: Xiao Hong Quan (read description)** Shaolin kung fu small flood form (小洪拳: **xiao hong** quan) by monk Deci. - combat strategy: this style teaches covering to keep ...

**Shaolin Kung Fu: Xiao Hong Quan A (read description)** Shaolin kung fu small flood form (小洪拳: **xiao hong** quan) by monk Deyang. - combat strategy: this style teaches covering to keep ...

**Shaolin Xiao Hong Quan Form FULL INSTRUCTIONAL** Complete instructional sequence, extracted from Shaolin Xiao Hong Quan Form video. Shifu Shi Miaozi , is one of the best ...

**Shaolin Kung Fu: Xiao Hong Quan (read description)** Shaolin kung fu small flood form (小洪拳: **xiao hong** quan) by monk Decheng. - combat strategy: this style teaches covering to ...

**Shaolin Xiao Hong Quan Form** Shifu Shi Miaozi , is one of the best teachers who have emerged from the best generation of teachers of Shaolin , and he is a ...

**Shaolin Kung Fu: Xiao Hong Quan B (read description)** Shaolin kung fu small flood form (小洪拳: **xiao hong** quan) by monk Deyang. - combat strategy: this style teaches covering to keep ...

**Shaolin Kung Fu: Xiao Hong Quan (read description)** Shaolin kung fu small flood form (小洪拳: **xiao hong** quan) by monk Yanhong. - combat strategy: this style teaches covering to ...

**Xiao Hong Quan - Shifu Yan Xiu** Shifu Shi Yan Xiu of Shaolin Xiu Culture Centre UK demonstrating **Xiao Hong** Quan form (小洪拳)

**Shaolin Xiao Hong Quan applications by Shifu Yanlei** Shaolin **Xiao Hong** Quan (Shaolin Small Flood Boxing): Wai bai lian (outward swinging lotus) applications by ...

**Martial Arts of Shaolin Xiao Hong Quan with Grandmaster Shi De Jian of Shaolin Chan Wu Yi** Grandmaster Shi De Jian said: Chan cultivates the mind. Wu strengthens the body. Yi helps the world. These 3 treasures cannot ...

**Shi De Jian** Shaolin Application **Xiao Hong Quan Xin Yi Ba** Shi De Jian is showing applications and theory behind some important Shaolin sets, such as Xin Yi Ba and **Xiao Hong** Quan.

**Mr. Hongchi Xiao Speaks on Paidalajin in South Africa** Paidalajin (slapping and stretching exercises) come from our natural moves. We have all clapped our **hands** and stretched in ...

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