



# SHAOLIN LONG FIST KUNG FU

*YANG AND JEFFERY A. BOLT JWING-MING*

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## SHAOLIN LONG FIST KUNG FU YANG AND JEFFERY A. BOLT JWING-MING

By Yang Jwing-Ming and Jeff Bolt. #208. 7 X 10, 248 pages, paperback. ISBN #0-86568-020-5. This book is a comprehensive study guide to the fundamental and intermediate levels of Shaolin long fist kung-fu. This volume provides an invaluable aid for teaching sequences and explaining other aspects of the style. This book lays a foundation for beginning and advanced stages of long fist in terms of giving the student of kung-fu a grounding in fundamental and intermediate knowledge and skill.

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