

## The Martialarm Introduction To Chow-Gar

Chow-Gar style is from Southern China. It was founded by Chow Lung, who learned hung-gar, one of the five basic southern systems originating in the Shao-lin temple, from his uncle who added the pa-kua staff maneuvers to his nephew's training before passing away. The Choy style was taught to him by Choy-Kau. Later, after a three-year residence at the temples he opened his own school in Canton. In 1915 Gen. Lee-Fook-Lam appointed Chow-Lung an instructor in the Chinese army.

Chow Gar training can be done in any city in the world and I encourage you to visit our martial arts directory of Chow Gar to find a school near you!&nbsp;

## About the Author

Visit the martialarm website <http://www.martialarm.com/martialarts/chowgar.html>

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