

The Martialarm Introduction To Choy Li Fut

Choy-Li-Fut is a popular Southern style of kung-fu in which the contenders oppose from some distance, which requires of each the proficient and expert development of long-hand abilities, as well as firm and solid grounding in the body, though the feet must be versatile. The arms are wielded freely and powerfully in a variety of styles: uppercuts, backfists, roundhouses, and overhead foreknuckle thrusts. The Baat Gaw land, willow leaf double swords, and 18 staff may be used in the aggressive kung-fu style.

Choy Lay Fut training can be done in any city in the world and I encourage you to visit our martial arts directory of Choy Lay Fut to find a school near you!

About the Author

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

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