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18 Lohan Qigong, Shaolin Temple Chi Kung, Lohan Qigong

Bruce Lee was born on November 27, 1940, at the Chinese Hospital, in San Francisco's Chinatown. According to the Chinese zodiac, Lee was born in both the hour and the year of the Dragon, which according to tradition is a strong and fortuitous omen. Lee and his parents returned to Hong Kong when he was three months old. Bruce's father, Lee Hoi-chuen was Han Chinese, and his mother, Grace Ho ...

Bruce Lee - Wikipedia

Eight Section Brocade Chi Kung. A Hypertext Notebook by Michael P. Garofalo, M.S. Green Way Research, Vancouver, Clark County, Washington. Chi Kung (Dao-yin, Yang Sheng Gong, Qigong) are Various Ancient Chinese Exercise and Fitness Practices The Eight Pieces of Beautiful Silk Brocade Chi Kung (Ba Duan Jin Qigong) is a popular Chi Kung Form. The Eight Treasures Dao-yin (Ways for Pulling ...

Eight Section Brocade Chi Kung, Ba Duan Jin Qigong, Eight

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