

Flash Choy Lee Fut

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Choy Li Fut (Cantonese), also spelled Choy Lay Fut and Choy Lee Fut or Cai Li Fo (Mandarin) (Chinese: 闪 腿; pinyin: Cài Lǐ Fú; Cantonese Yale: Choi3 Lei5 Fat6; aka Choy Lee Fut Kung Fu) is a Chinese martial art and wushu style, founded in 1836 by Chan Heung (闪 腿).

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