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~~Sanshou Sanda~~

~~2016 World Cup~~

~~Semi Finals France~~

~~vs China 85 Kg Men~~

~~Beginner's Guide to~~

~~Wushu Sanshou ||~~

~~Counter Kick And~~

~~Punch || Cung Le~~

~~Sanshou Wushu~~

~~Chinese sanshou~~

~~techniques-~~

~~complete fighting~~

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method (part one)

20 Sanda Sanshou  
Kung Fu

Takedowns

散打摔技

25 sanshou side  
kicks Chinese Fast  
Wrestling for

Fighting: The Art of

San Shou Kuai Jiao

—MAEQD.com Gung

Le 1998 SanShou

demonstration

Kung-fu Jiu jitsu

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Sanshou Kickboxing  
Submission  
Grappling ~~Cung Le~~  
~~(Sanshou fighter)~~  
Professional  
Chinese Sanshou  
Sanda Fight, 75kg  
Category (Hosted  
In China)

---

Cung Le vs Jason  
Yee (Kickboxing/Sa  
nshou - Full Fight)  
August 31, 1997  
skilfull Sanshou

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Fight (Must Watch)

Cung Le - Ultimate  
Highlights Basic

~~Combos for~~

~~SANDA/MMA~~

~~Boxing vs Shanshou~~

~~Kung Fu (Sanda) vs~~

~~MMA in Kickboxing~~

~~Match~~

---

Cung Le vs Na Shun

MMA books: the

good, the bad, and

the mediocre

~~Sanda/Sanshou~~

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~~World Champion XU~~

~~JIA HENG - China~~

~~2016 Professional~~

~~Chinese Sanshou~~

~~Sanda Kickboxing,~~

~~80kg Category~~

~~(Hosted In China)~~

~~Cung Le vs Jason~~

~~Yee - Full Fight~~

~~Shaolin Kung Fu~~

~~Fitness #1 -~~

~~Stances \u0026~~

~~Kicks Combat~~

~~Sanshou - Part 1:~~



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Striking Chinese  
Kung Fu | Sanshou  
Punch And Kick

Combinations |  
Shifu Yan Lei

Chinese sanshou  
techniques-  
complete fighting  
method (part two)

Heavyweight  
Sanshou Fight -

Action packed  
\u0026 hilarious

First San Shou

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Fight Combat

Sanshou - Part 2:

Kicking, DISC TWO

Cung Le Sanshou

Techniques Fang

Shen Do Fight

Camp 2011 Combat

Sanshou - Part 1:

Striking, DISC TWO

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San Shou: The

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you with detailed instruction to Cung Lee's core fighting techniques and tactics. The layout and picture quality is great and the text is clear and to the point. Set ups, combinations and the ability to move from striking to grappling range are discussed with lots

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of examples of each.

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Le—Kickboxing  
champion, MMA  
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undefeated San  
Shou World  
Champion—has  
proven himself an  
elite fighter.

San Shou: The  
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System by Cung Le

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Le—Kickboxing  
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undefeated San

Shou World

Champion—has

proven himself an

elite fighter. After a

highly successful

wrestling career, he

turned his sights to

San Shou (or

Sanda)—a Chinese-

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based full contact  
sport that utilizes  
punch-kick  
combinations and  
allows takedowns  
and throws. With  
his brilliant  
kickboxing and  
wrestling skill set,  
it didn't take Le  
long ...

San Shou: The  
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In Sanshou: The Complete Fighting

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System, for the first time, Cung Le unveils the techniques that made him one of the most recognizable names in the world of martial arts. He demonstrates dozens of elaborate striking combinations that allows you to penetrate through

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Victory Belt Inc. |  
Sanshou

San Shou: The  
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System by Cung Le  
I expect this is due  
to the lack of  
complete in San  
Shou tournament  
fighting. With an  
already brilliant

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kickboxing and  
wrestling skill set,  
Le quickly climbed  
to the top of  
Sanshou mountain.  
It might be saying  
that San Shou is a  
complete fighting  
system, which I  
would argue it ' s  
not.

CUNG LE

SANSHOU THE

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building blocks of  
Le's style. It's the  
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hundreds of full  
color photos  
detailing each  
move...

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champion, and  
former IKF Light  
Fighting System

Heavyweight  
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the clinch, he shows devastating knee strikes and his famous high amplitude throws, such as the arm throw and body lock suplex.

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