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Xiao Hu Yan (spelled "Shaw Fu len" in the book Shaolin Long Fist Kung Fu) is a challenging and exciting sequence from the Shaolin Long Fist style of Gongfu (Kung Fu). Combining techniques from Long Fist and Northern Praying Mantis, Xiao Hu Yan emphasizes low stances, powerful kicks, leg sweeps, trapping, and striking.

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