

ARTICLES ON BAC FU DO KUNG FU

Title of article	Publication
The Claw	Interactive Martial Arts Magazine
The Art of Combinations	Australasian Fighting Arts **Note**
Fist Sets, Kata, Forms – Are They Part of <u>Your</u> Training?	Australasian Fighting Arts
So, Ya Wanna Be An Instructor, Eh?	Australasian Fighting Arts
Physical Conditioning for Martial Artists	Australasian Fighting Arts
Kum Na - Groundfighting	Australasian Fighting Arts
Chin Na – Kung Fu’s Art of Seizing	Australasian Fighting Arts
How To Survive Against Multiple Opponents - Part1	Australasian Fighting Arts
How To Survive Against Multiple Opponents – Part2	Australasian Fighting Arts
How To Go About Bag Training	Australasian Fighting Arts
Just An Old Head Banger From Way Back	Australasian Fighting Arts
The Claw – Kung Fu’s Secret Weapon	Australasian Fighting Arts
The Elbow	Australasian Fighting Arts
Good And Bad In All Styles	Australasian Fighting Arts
Everyone Has His Master	Australasian Fighting Arts
Bac Fu Do Kung Fu	Australasian Blitz
Chinese Breathing Techniques	All Martial Arts Of Australia
Chinese Boxing	South Pacific Fighting Arts
Ch’I – The Internal Energy Of Chinese Boxing	South Pacific Fighting Arts
Police Self Defence Training	Federal Police Journal - June 1977

****Note** All AFA articles were also syndicated to Fighting Arts International Magazine (UK)**