



Kung Fu San Soo's Basic 45 Lessons

Master Ronald L. Gatewood

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The term Basic 45 Lessons is really an understatement. Within these 45 well explained techniques you can develop an arsenal of skills that are invaluable. This book thoroughly explains the details within each lesson so you will understand why and how the technique is performed effectively. An introduction to Kung Fu San Soo is included for those new to this devastating and highly effective art.

These lessons are shared with you by a San Soo Master who studied directly with Grand Master Jimmy H. Woo in El Monte, CA for over 28 years. The author taught these lessons to his students for years so you can be assured of their accuracy.

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