



# Chu Gar Southern Praying Mantis; Som Gin Yu Kiu - Wall Chart

*Roger D. Hagood*

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**Sifu Cheng Chiu. Chu Gar Southern Praying Mantis. Som Gin Yu Kiu Form. Instructional Wall Chart.**

This wall chart accompanies the Amazon hardcover book "Chu Gar Gao: Southern Praying Mantis" featuring Cheng Chiu Sifu from Hong Kong.

Add this wall chart showing the single man form "Som Gin Yu Kiu" to your School or training room wall. An excellent reminder and instruction in this second form of Chu Gar Mantis at a glance. Good for the novice and apprentice!

**Wall Chart / Poster 12" x 18" Standard frame Premium full color, poster stock Landscape Orientation Ships from WA, USA within 72 hours**

Useful Wall Charts for School or Training Room walls

This poster should be used in conjunction with the book, "Chu Gar Gao: Southern Praying Mantis" listed on Amazon (search SOUTHERN MANTIS PRESS)

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