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# Entering The Fu-Jow Pai - Tiger Claw King Fu

*By Tak Wah Eng*

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This is a highly educational book for people who want to learn about the tiger Claw system of Kung Fu. It contains photos of step by step movements and easy to read instructions on the basic movements of Tiger Claw. As with all forms of learnint, "little and often" is the most effective way to gain proficiency in the arts. Commit yourself to at least 15 minutes of practice a day and you will be surprised at your progress. To get the maximum benefits of training, follow the instructions from start to finish.

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