

Shaolin Kung Fu: The 48 Leg-Attack Techniques (Paperback)

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Reviews

I actually started out reading this article publication. It is loaded with knowledge and wisdom Your way of life span is going to be transform as soon as you total reading this article pdf. (Mrs. Felicia Windler)

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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.We can see that the content of the Jingang-Chan is extremely rich. But up to the present, only three set series of the Snake Boxing (altogether seven series) have been made public by Zhiji, a disciple of Monk Jingwu. This is the first book about the combat art of the Jingang-Chan of Shaolin martial arts written by Zhiji. Master Jeon Translated and adopted . This book is his volume2. Master Jeon teaches traditional Northern Style Kung Fu, including Shaolin, Jin Woo, Chen Style Tai Chi Quan, and Qi Gong. He also knows many Southern Style forms and principles, such as Wing Chun and Hung Gar. He focuses on traditional training - energy cultivation, perfection of forms, strength building, application, and intensive sparring.

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