Shaolin Long Fist Kung Fu - Gong Li Quan (Power Sequence) [VHS]

Description of product A 45 minute online video showing the following common Chinese fighting styles series.

Product Points Income List: #775912 in Video Revealed for: 1996-02-27 Released in: 1995-01-01 Variety of discs: A person Formats: Color, NTSC Amount of taping solutions: A person Proportions: Being unfaithful.00" h times 1.00" t y Six.00" h,A single.50 excess fat Operating moment: 45 minutes

Gung Li Chuan, this means "power sequence," In would be the next basic pattern involving Northern Shaolin Extensive Fist. That routine may be competent in the particular Face Win over Organization and also Nanking Main Kuoshu Initiate the past sixty ages. Gung Li Chuan may help a martial performer create a good foundation of "power" actually Fist (Modifi Chuan) design. The particular record made intended for self-instruction, enabling the actual specialist to discover effectively. The succession have been separated into some sections. Each individual component is confirmed from slower and also regular data transfer rates, using a couple photographic camera sides (split computer screen). A record gets underway with Long Fist fundamental stances as well as leg techniques and then continuously standard coaching types. Next, a Gung Li Chuan series is actually revealed in its entirety. Ultimately, quite possibly the most useful and unique part of this tape-the tyoe of a lot more than 75 martial applications to the pattern. This specific video tape demostrates far more martial software as compared with it has the partner publication Shaolin Lengthy Fists Kung Fu (ISBN 0-86568-020-2) by Dr. Yang, Jwing-Ming. Discover almost all 1 testimonials...

More Information (Shaolin Long Fist Kung Fu - Gong Li Quan (Power Sequence) [VHS])

Shaolin Long Fist Kung Fu - Gong Li Quan (Power Sequence) [VHS] will possibly be helpful. And expect Now i'm an area of enabling you find a exceptional system.Nonetheless, Hopefully reviews over it Shaolin Long Fist Kung Fu - Gong Li Quan (Power Sequence) [VHS]
variety Amazon.com will end up being helpful. And hope I am just an area of helping you to acquire a outstanding system. You will have a review and expertise type in this article. I am expecting you may ensure and buying Shaolin Long Fist Kung Fu - Gong Li Quan (Power Sequence) [VHS] following see this greatest testimonials. You might acquire a review and encounter kind listed here. I am just wishing you are going to make certain Review Shaolin Long Fist Kung Fu - Gong Li Quan (Power Sequence) [VHS]. shortly after read this finest product reviews You could end up astonished to observe how convenient this system may be, and you could feel happy admit until this Shaolin Long Fist Kung Fu - Gong Li Quan (Power Sequence) [VHS] is probably the biggest selling item in at the moment.

- Title: Shaolin Long Fist Kung Fu - Gong Li Quan (Power Sequence) [VHS]
- PRICE: Check Prices Now!!!