

Eighteen Buddha Hands: Southern Praying Mantis Kung Fu, 2012, Roger D. Hagood, 0985724013, 9780985724016, Southern Mantis Press, 2012

A rare instructional treatise of Chinese boxing from the Kwongsai Dragon-Tiger Mountain, Bamboo Forest Temple, Praying Mantis Clan, as transmitted by the late Grandmaster Lam Sang. Details include stories of Lam Sang's supernatural ability such as Poison Snake Staff, Sun Gazing, and Light Body Skills. Boxing principles elaborated are Body posture, Rooting, Sinking, Center-line, Spiral power, Contact-control-strike, Intercepting and sticky hand, Bridging, Anticipating-telegraphing, Dead and live power, Form and function, 4 word secret, Dim Mak vital points and more. Boxing Fundamentals included are Footwork: Chop, Circle, Advance, Shuffle step, Turnarounds, Side to side; Kicks, Sweeps, Takedowns, Grappling, Chin Na Seizing, Hook hands, Elbow strokes, Dui Jong, Sticky hands, Forms, and Phases of training. Eighteen Buddha Hand techniques, 9 defensive, 9 offensive, are illustrated in color with instruction in attributes, function and vital point targeting. Boxing maxims of strategy and tactics are included.

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Bruce Lee: The Celebrated Life of the Golden Dragon , John Little, 2000, Biography & Autobiography, 180 pages. Examines the life of the martial artist through photographs of Lee as a child and young adult, as well as his days as a film star, accompanied by his own commentary..

The Treasure Book of Chinese Martial Arts (Volume I) How to Master Technical Fighting and the Three Golden Methods of Study, Peter Jaw, Shyhwen Jaw, 2004, Reference, 264 pages. In the volume 1, how to analyze a technique and three methods of study are discussed. They are the method of analysis, the method of practice and the method of technique. Five.

Barefoot Zen The Shaolin Roots of Kung Fu and Karate, Nathan J Johnson, Nov 15, 2000, Philosophy, 265 pages. Most books about Kung Fu or Karate deal with techniques or history. Few examine the underlying purpose of these arts, or approach them as a tool for spiritual, rather than.

The Secrets of Eagle Claw Kung-fu Ying Jow Pai, Leung Shum, Jeanne Chin, 2001, Sports & Recreation, 216 pages. The foremost teacher of Eagle Claw kung fu fighting in the West brings this timeless art to today's practitioners. Includes 250 photos illustrating the art in vivid detail..

Pingshan Mantis Celebration Southern Praying Mantis Kung Fu, Roger D. Hagood, 2012, , 110 pages. A rare book of China's Kwongsai Jook Lum Temple Praying Mantis Kungfu and Unicorn Culture. Included are: Origins, history and practices of China's Kwongsai Mantis, rare and.

Shaolin Five Animals , Doc Fai Wong, Jane Hallander, 1988, Sports & Recreation, 130 pages. Ancient Chinese monks discovered that by incorporating into their martial arts the fighting movements of these animals, they could create a system as harmful to the enemy as it.

The Tiger/Crane Form of Hung Gar Kung-Fu , Bucksam Kong, Gregory Lee, May 1, 1983, Sports & Recreation, 159 pages. Devised by Shaolin monks, this form combines the power of the tiger and

the deceptive agility of the crane. Demonstrated by Bucksam Kong, co-author of Hung Gar Kung Fu: Chinese.

The Complete Guide to Northern Praying Mantis Kung Fu , Stuart Alve Olson, 2010, Sports & Recreation, 163 pages. Describes the Taoism-influenced art of Praying Mantis Kung Fu, which mimics the movements of an insect, in a book that includes tactics and theory and step-by-step descriptions.

Ultimate guide to tai chi , John R. Little, Curtis Wong, Oct 11, 1999, Health & Fitness, 299 pages. Covers the history, traditions, philosophies, and techniques of the Chinese martial art.

SOM Bo Gin Two Man Form Southern Praying Mantis Kung Fu, Roger D. Hagood, 2012, , 128 pages. An interactive instructional treatise teaching 60 postures of the Som Bo Gin (Three Steps Forward) Two Man boxing routine of Lam Sang's Kwongsai Jook Lum Temple Praying Mantis.

The Complete Guide to Kung Fu Fighting Styles , Jane Hallander, 1985, Sports & Recreation, 109 pages. Kung fu, China's martial arts legacy, stretches from the distant past of the Shaolin Temple to the new millennium. Within these pages you will discover the history and.

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Socrates' moral psychology is widely thought to be 'intellectualist' in the sense that, for Socrates, every ethical failure to do what is best is exclusively the result of some. Volume 1 of a two-volume work. This classic reference contains most of the more common words used in everyday English conversation, plus slang, archaic words and phrases.

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