



Better Kungfu

By Jyoti Sarup

Orient Paperbacks, New Delhi, India. Softcover. Book Condition: New. Secrets of the most devastating of the Eastern martial arts! Kungfu is one of the most spectacular forms of martial arts in the world. Developed by the Chinese, it is the art of open-handed fighting, employing a series of movements, attacks and counter-attacks, parries and blocks without the use of weapons. Kung Fu's skill and effectiveness is well-known and is practiced all over the world by those who want to benefit by this supreme art. Here is a step by step guide to learning Kung Fu for self-defense, speed, sensitivity and endurance. This book provides you with your own complete course, with action illustrations to explain every position, parry, counter-attack, block etc., with special tips for all stances and movements. Printed Pages: 240.



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