

(Ebook free) Iron Power Palm - Lethal Kungfu Iron Palm Training Revealed (English Edition)

## Iron Power Palm - Lethal Kungfu Iron Palm Training Revealed (English Edition)

Von Gareth Thomas

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**Von Gareth Thomas : Iron Power Palm - Lethal Kungfu Iron Palm Training Revealed (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Iron Power Palm - Lethal Kungfu Iron Palm Training Revealed (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Diffecult !Von Mr. MagnusO.K. the book may be of academeical interest but if it is of practical use ...?I think it will be quiet difficult to follow because most persons that are interested in martial arts will take as hobby and can't spent too much time on it, just because job, family etc.So it will really be difficult to extract some use from this book.I think some of the practices can even ruin your hands.0 von 0 Kunden fanden die folgende Rezension hilfreich. its okVon vc09Jemand der eh schon in der Praxis ist, wird hier nichts neues lesen knnen.Eigentlich reichen auch5 Seiten, wenn behaupt, um es schnell jemandem zu erklren.Geld kann man sich sparen.Dann lieber das Video von Wing Lam

besorgen. Dort sieht man gleich, wie man es machen sollte.

Kurzbeschreibung Master the Iron Palm technique with this comprehensive 270 page illustrated program. This book will introduce you to an extensive program for your Iron Palm training and developing the conditioning requisite to breaking bricks and concrete. After a year of this training you will be ready to learn the actual fighting skill to apply this conditioning. In this manual we keep to the conditioning only. The manual includes a complete accurate translation of Iron Palm by master Yuan Chu Cai. As an introduction I have decided to include selected excerpts from Iron Palm in 100 Days and to outline some additional forms of Chinese Gong that you can use in your personal program. Many of these additional methods come from the 72 Shaolin methods but there are many other sources included also. A message about realistic expectations, Iron Palm requires a minimum commitment of 30 minutes per day plus warm up and massage. This is for the training of hands only. If you decide to train Iron Arm also this will require another 30 minutes per day. Iron Body will require yet another 30 minutes plus massage and meditations. So this is a commitment of two to three hours daily to Qi Gong. On top of this 3-4, forty-five minute weight training sessions should be done per week, a daily stretching routine and daily cardio with a jump rope or kettlebell. So you see there is a great deal of dedication and time involved in becoming a master of Qi Gong Martial Arts. The reward is remarkable ability.

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