

Download Kung Fu Self Defense Manual

Kung Fu self defense techniques can be grouped into two different styles of techniques specifically, and as for the styles of Kung Fu themselves, they can also be classified geographically. Are you looking to learn self defense techniques? Shaolin Kung Fu is more popular in the eastern world than it is in the states. As Taoist internal martial arts, Form & Intention Fist, and Eight Trigrams Palm, are rare and ancient styles of Chinese Kung Fu which are revered for their unique ability to develop a natural and powerful system of unified mind-and-whole-body connected movement. Combining effective real world self-defense with meditation, these internal arts ...Kung Fu, Tai Chi and Acupuncture in Northglenn, CO ... manual and gloves * No refunds on tuition or registration fees. * Testing fees are extra. ... Tui Na, acupressure, acupuncture, herbal medicine, meditation, intensified stretching, Iron Palm, self-defense, and women's self-defense. * Private lessons are available for individuals and ...With a goal of successful practice and application in mind, each class consists of effective self defense training and drills, plus various exercise and stretching routines. **STUDENT MANUAL** All techniques and material is contained in our Student Manual. **LIFETIME MEMBERSHIP** United Studios of Self Defense has over one-hundred schools in the US.