



Kung Fu - The Way of Heaven Earth (Paperback)

By Mike Symonds

Life Force, United Kingdom, 2008. Paperback. Condition: New. Large type / large print edition. Language: English . Brand New Book ***** Print on Demand *****.Kung Fu - The Way of Heaven Earth is a first hand account of a complete and comprehensive system of Taoist Arts which has taken over 33 years to develop. Devotees of any Martial Art will find this book interesting as it also covers the history of Chinese Kung Fu as well as the history of Wudang (the traditional seat of Taoism) with copious references and dates. From basic stances to blocks, punches and kicks, everything is clearly illustrated and a few traditional secrets revealed. For the first time health and safety in warm-up exercises and why you should avoid certain methods is also explained, so making this book useful for all who train in any exercise form. Many things are explained in this book that have never been made public before because of the Chinese people's love of secrecy, and, as one reviewer notes, it is all explained in plain English. This is the birth of a long term best seller in the Martial Arts world!.

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Reviews

An extremely great ebook with lucid and perfect explanations. It is full of knowledge and wisdom Its been printed in an exceedingly straightforward way in fact it is merely right after i finished reading through this publication by which really transformed me, alter the way i believe.

-- **Spencer Fritsch**

An extremely awesome publication with lucid and perfect explanations. It is actually written in basic phrases rather than confusing. You will like how the writer publish this book.

-- **Melody Jakubowski**