

Chinese Leg Maneuvers



THIS HISTORICAL MASTERPIECE, written back in the 1950s, is an amazing book that will teach you all the key leg techniques from stances, to kicks and blocking, to combat kicks all designed to take an opponent out quickly. It also explains the reasons to use your legs over hands, and gives a very thorough explanation of the importance of leg strength.

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Leg Maneuvers: Yamazato The advanced Chinese leg maneuvers in action: H. C Chao The Advanced Chinese Leg Maneuvers in Action. Front Cover. Unitrade Company, 1981 - Hand-to-hand fighting, Oriental - 144 pages. **Black Belt - Google Books Result** *FREE* shipping on qualifying offers. Inspired by Lee Ying-Arns classic Secrets of Chinese Leg Maneuvers . Contains hard-to-find martial arts information. **Black Belt - Google Books Result** Y Yang is the author of Chinese Leg Maneuvers (0.0 avg rating, 0 ratings, 0 reviews), Chinas Agriculture at the Cross Roads (0.0 avg rating, 0 ratings, **Black Belt - Google Books Result** .

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