

Lessons from the Eastern Warriors



The book discusses the beautiful and effective techniques used in kung-fu and kempo. Secrets of kung-fu and kempo that are covered including trapping and containing an opponent. There are lessons on history, philosophy, physical conditioning, training techniques, falling maneuvers, fighting postures, sensitive areas on the body, different ranges of distance in fighting, grappling, wrestling, dodges, punches, strikes, kicks, wrist locks, arm bars, throws, escapes, use of effective combinations of fighting techniques and strategy.

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