

# Northern Shaolin Sword



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Improve your balance, strength, focus, and martial skills with this elegant and effective Chinese weapon from one of the most respected authors and teachers of Shaolin Gong Fu. Mastering the Art of the Northern Shaolin Sword requires extensive physical

training which will result in a strong, finely-tuned body and mind. And as self-defense, Shaolin Sword is indispensable, as it improves your perception, timing, and reactions, and allows for the quickest and most appropriate response to any given situation.

作者介绍:

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