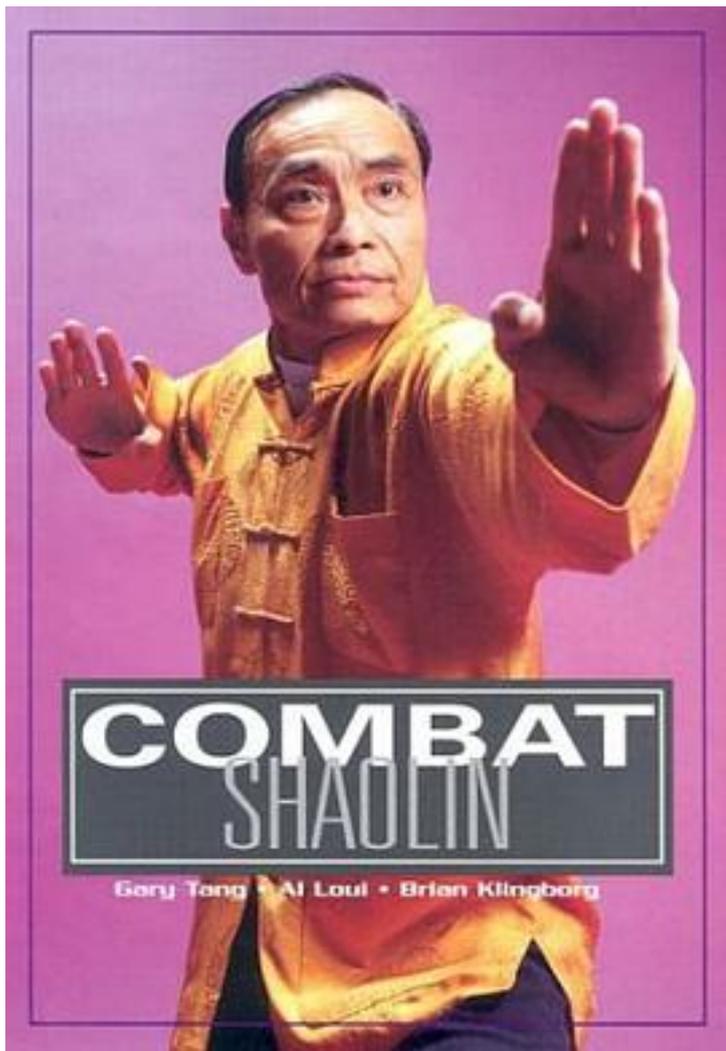


Combat Shaolin



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Northern Shaolin is a complete martial art, with an exhaustive array of strikes, kicks and grappling techniques. Lai Hung, the inspiration for this book, is Northern Shaolin's most famous fighter, with numerous wins in full contact bouts back in the 1950's and 1960's, using very little padding and almost no rules. Combat Shaolin is the first time the famous two-person fighting form of Northern Shaolin has been revealed to the public.

作者介绍:

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