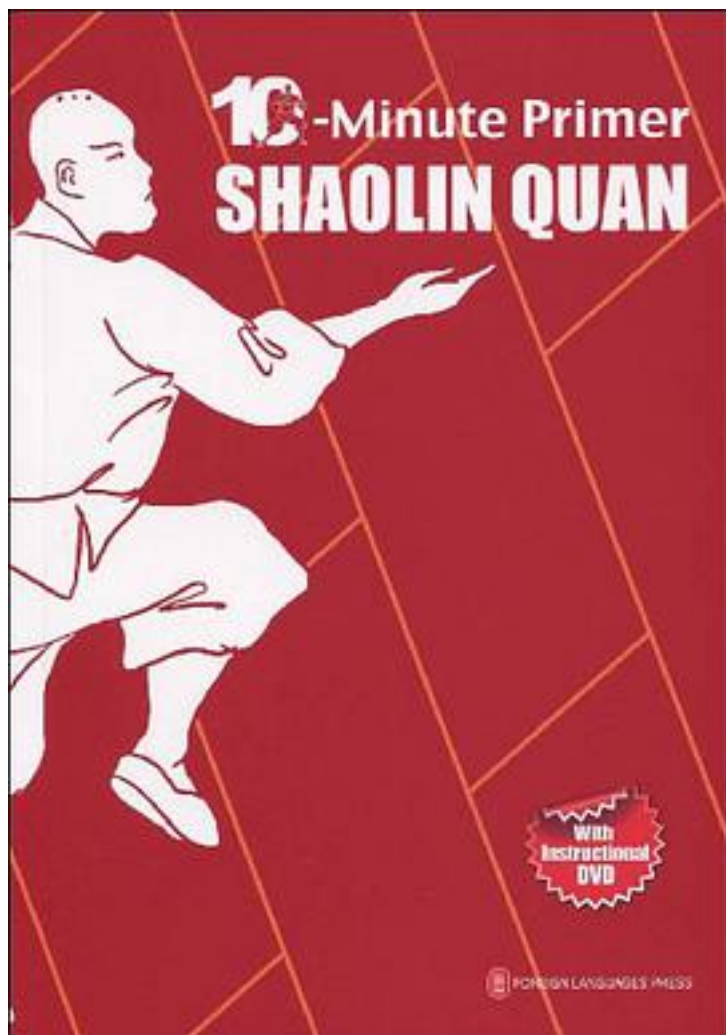


十分钟学会少林拳



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著者:周之华 编

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《10-Minute Primer SHAOLIN QUAN(十分钟学会少林拳)》 内容简介：The book starts

by explaining the idea of Shaolin quan. Then it illustrates its origin and evolution, briefly introduces its major schools, more movement routines and weapons, and explicitly explains the relationships between the relationZer. By practicing this simple set, people can experience the history and strength of Shaolin quan.....

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