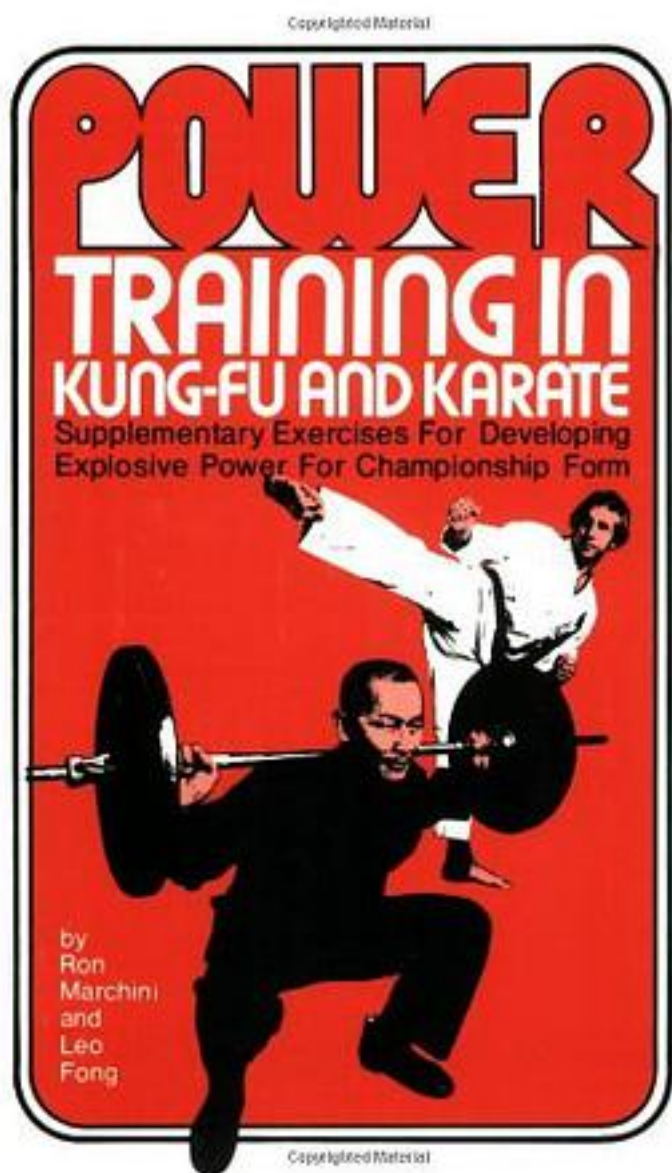


Power Training in Kung-Fu and Karate



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Ron Marchini, Black Belt hall of fame member and top tournament competitor, demonstrates this weight-training regimen with partner and kung fu expert Leo Fong. Included are weight routines, iron hand exercises, kicking and nonweight-resistance exercises. These exercises supplement regular martial arts workouts for developing explosive power.

作者介绍:

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