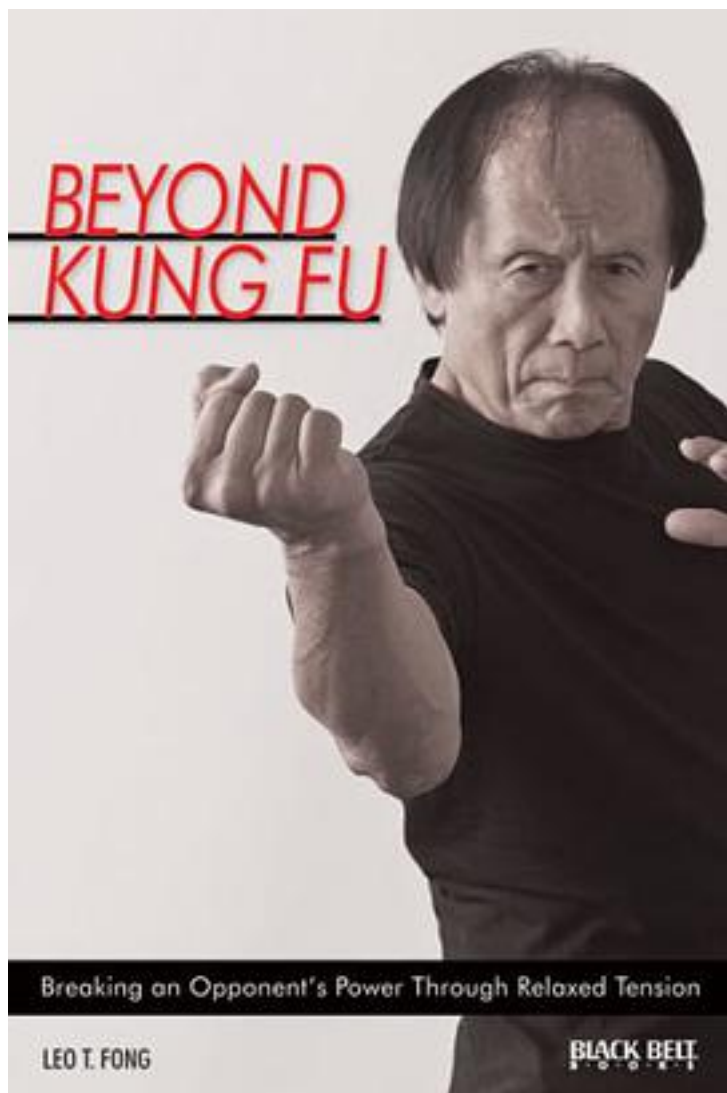


# Beyond Kung Fu



[Beyond Kung Fu\\_下载链接1](#)

著者:Fong, Leo T.

出版者:

出版时间:2009-6

装帧:

isbn:9780897501798

Instead of facing an opponent while physically tense and adrenaline-pumped, this book teaches how to use the subtle power of nonresistance to break an opponent. Featuring detailed, step-by-step photo sequences that juxtapose relaxed-tension techniques with those used in a street fight or competition, this guide to using nonresistant force illustrates and defines the concepts used in traditional kung fu and details the similarities and differences of modern nonresistance combat. With specific grappling, hitting, and kicking attacks and a practical explanation of chi, the methods demonstrate how to use an opponent's own movements against them, while weight and conditioning exercises and meditation further develop these subtle skills.

作者介绍:

目录:

[Beyond Kung Fu\\_ 下载链接1](#)

标签

评论

-----  
[Beyond Kung Fu\\_ 下载链接1](#)

书评

-----  
[Beyond Kung Fu\\_ 下载链接1](#)