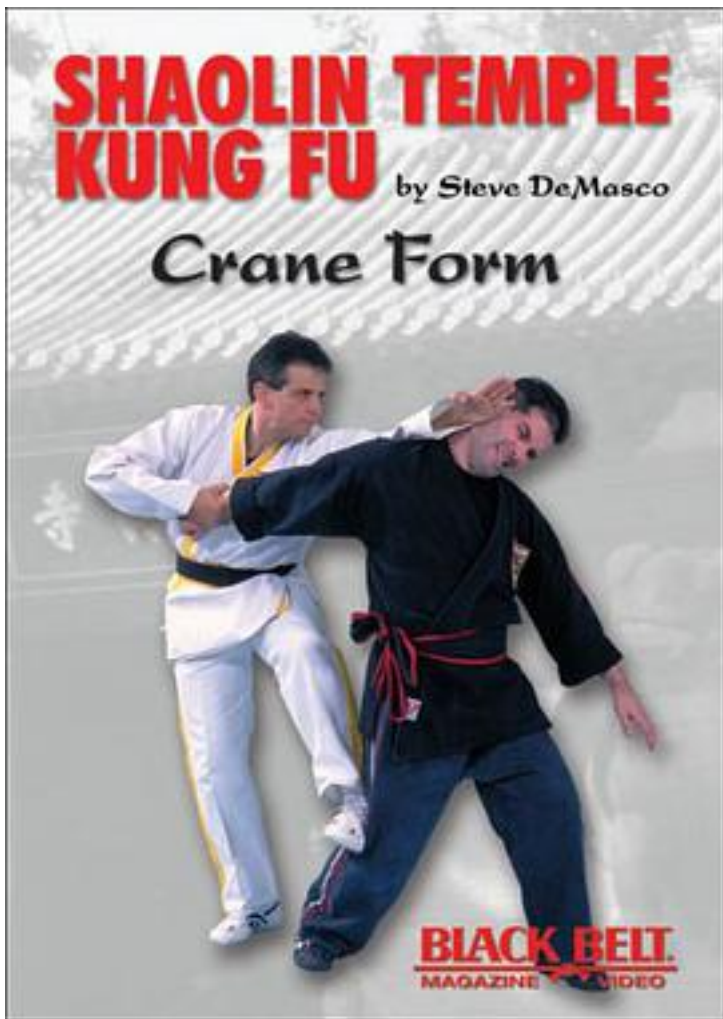


Shaolin Temple Kung Fu



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Based on direction from the Shaolin warrior monks, these Dragon Form exercises

reveal the physical and spiritual importance of the dragon to Shaolin. Approximate running time: 53 minutes.

作者介绍:

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