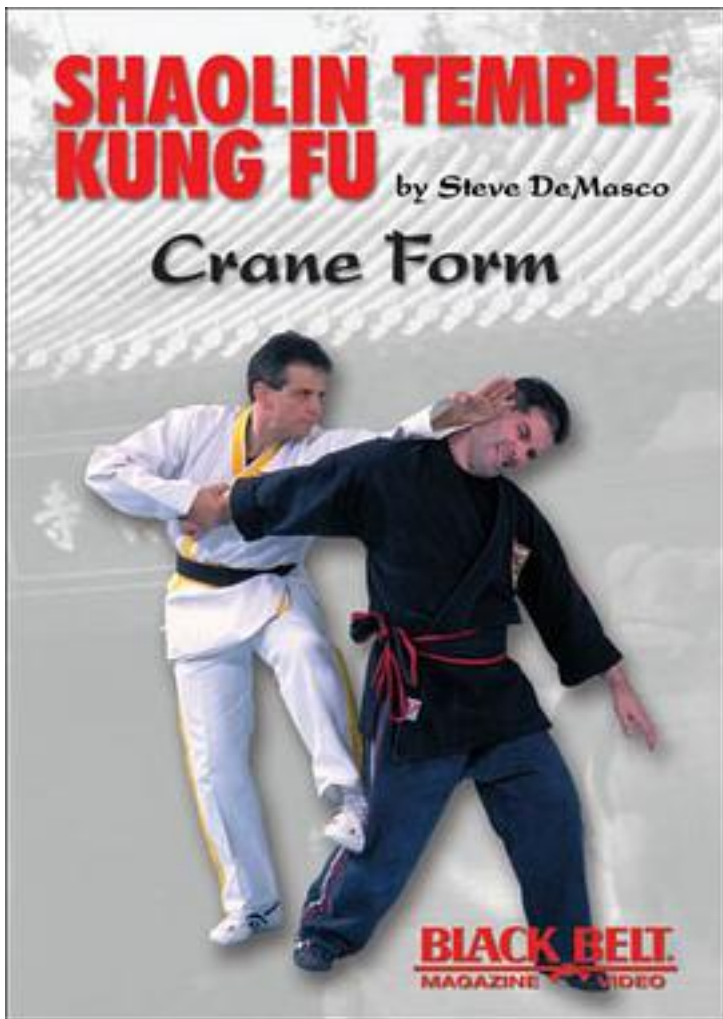


Shaolin Temple Kung Fu



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Based on direction from the Shaolin warrior monks, these exercises will strengthen the

parts of the body needed to effectively apply Black Tiger-form techniques.
Approximate running time: 57 minutes.

作者介绍:

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