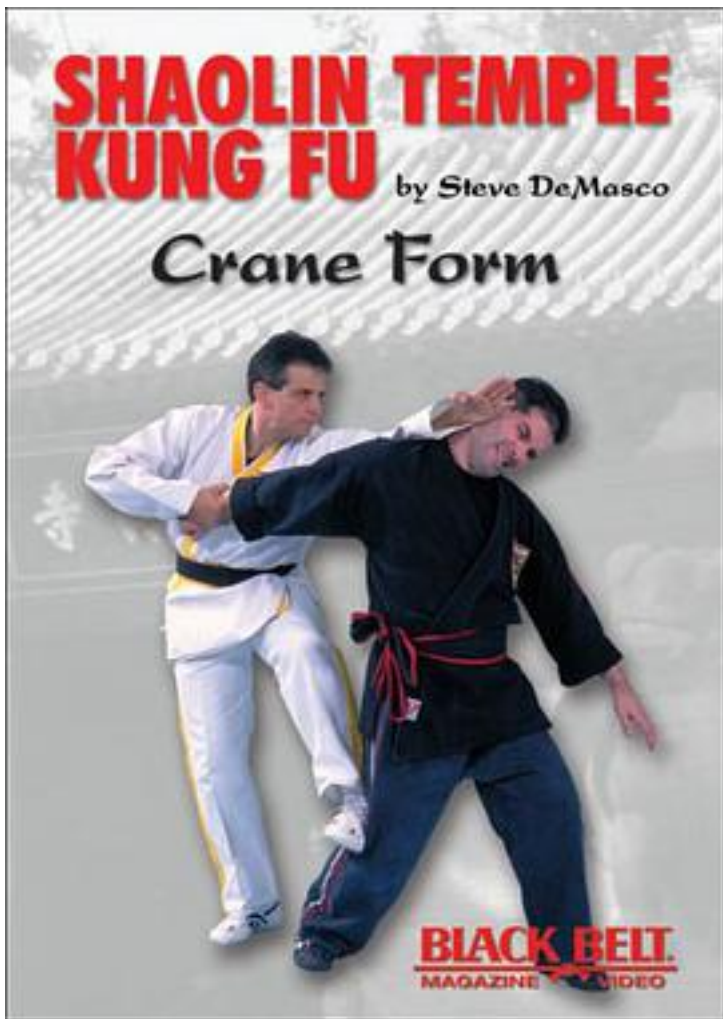


# Shaolin Temple Kung Fu



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

strengthen the body for better balance and effective fighting techniques that require little strength to execute. Approximate running time of this title is 57 minutes.

作者介绍:

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