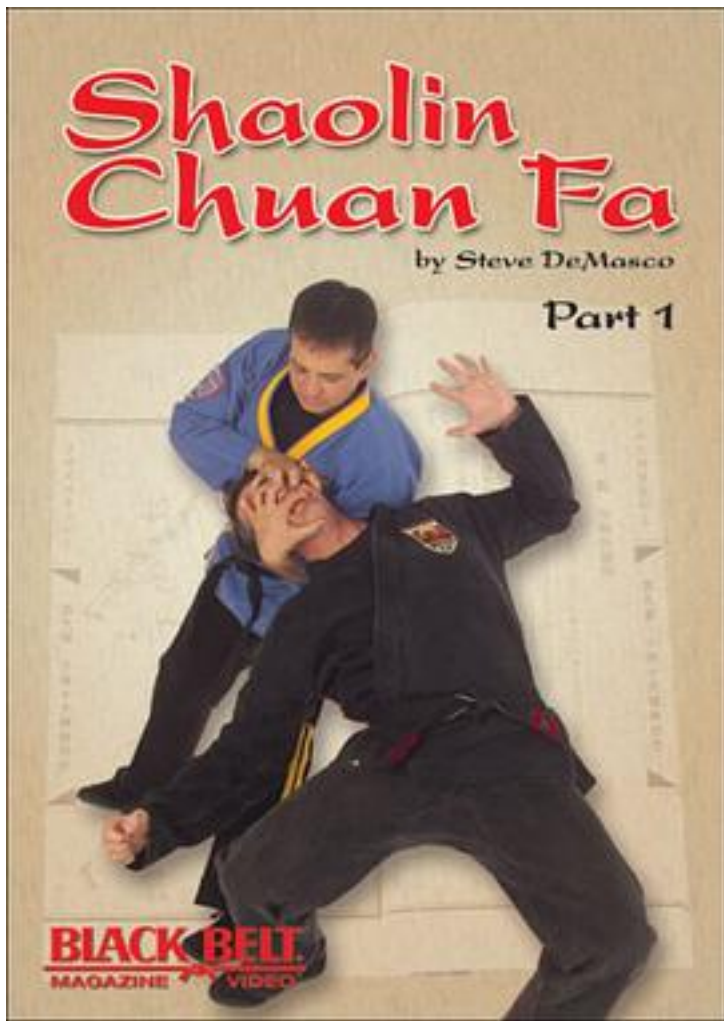


# Shaolin Chun-Fa



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著者:DeMasco, Steve

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Exploring the authentic art of chuan fa, this exciting three-part DVD series includes

Shaolin animal techniques; exercises practiced by the original Shaolin monks, as described in 1,500-year-old manuscripts; and interviews with Steve DeMasco, recounting his life, training, and experiences. The approximate running time is 43 minutes.

作者介绍:

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