



From Bone to Stone: The Mountain Way Method To Develop Explosive Striking Power (Volume 1)

C T Garrett

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Learn the real secrets to Chinese Martial Arts "Fist of Legends". Most books on subject of how to develop real striking power are leftovers of the ancient teachings of the famous Iron Palm/Hand. What you find is little information that seems like it will change your striking abilities to any real degree. What is needed to really understand this subject is in-depth information with a complete analysis of this very important skill. If you still are looking for that in depth analysis and instruction manual on the powerful ways ancient Chinese warriors made ordinary people into legends then look no further than what is inside this book. You will learn: × Why just slapping bags will not work in real self defense × Structural methods that increase the power in your strikes in just days × The proper way to relax for maximum striking output × How to develop stopping power that WORKS within inches not feet × Real examples of MODERN DAY Power Striking Masters × Ancient Methods to turbo charge your mind for maximum performance × How to use the mind to heal injuries using ancient mind/body techniques × Classical Chinese Medicine recipe for the famed Dit Da Jow × Classical Chinese Martial Medicine usually reserved for the warrior elite This book reveals how this science of striking works to make you a powerhouse striker while also teaching you the methods that have worked for centuries . If you are looking for a book that will make you feel like you are at the feet of an ancient master of power striking then buy this book.

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