



Kung Fu San Soo Basics: An Introduction To Chinese Self-Defense

Mr. Ben Smith

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This is a textbook for self-defense with incredible detail regarding stances and other specifics. It includes a multitude of practical applications. Including objective tests of the integrity of your stances and descriptions of how to perform basic strikes. It also includes specifics on how to practice, strengthening, flexibility, body alignment and pain relief, and blocking drills. Lots of pictures make this a go to for beginners as well as a guide for continuous improvement for veterans of Kung Fu.

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