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XING YI QUAN TU NA SI BA: THE FOUR BREATHING FORMS OF MASTER LI GUI CHANG (PAPERBACK)



Outskirts Press, United States, 2014. Paperback. Condition: New. Language: English. Brand new Book. Tu Na Si Ba - The "Secret" Breathing Methods of Xing Yi Quan. Chinese-English Edition with link to online video of Tu Na Si Ba performed by Master Song Zhi Yong. In Northern China and in Shanxi Province, the purported birthplace of Xing Yi Quan, Master Li Gui Chang is a legendary figure in the world of martial arts. Few practitioners have approached Master Li's achievements in...

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- Authored by Song Zhi Yong
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