



## Chan Pushing Hands (with CD) (Chinese Edition)

By CHEN ZI QIANG BIAN ZHU WANG QING YUN (YING)DAI WEI YI

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Language:Chinese.Paperback. Publisher: Swallow Press. Chan Pushing Hands also known as put hands. is dealt with gently. to avoid the real enemy not . David and Goliath of the double stick. Attack of the unique method of training. Hands in order to winding. sticky. with the center. with tours. and even. mining. Lie. elbow. depending on. off. empty. get. playing and other techniques. exercise and outside of the unity. Tai Chi exercises to improve. change.

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