



# **The Power of Shaolin Kung Fu: Harness the Speed and Devastating Force of Southern Shaolin Jow Ga Kung Fu [DVD Included]**

*Ronald Wheeler*

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***The Power of Shaolin Kung Fu* offers readers a comprehensive course in the fundamental movements that have been practiced and perfected by warrior monks for centuries.**

It includes instruction in the powerful striking techniques that so often lead to decisive victory in today's mixed martial arts bouts. The book includes 300 color photographs along with detailed textual instructions and training tips. The included DVD clearly demonstrates all of the movements covered in the book.

Shaolin Kung Fu is an indispensable part of every martial artist's repertoire—a vital means to improve your movement, motion, and balance skills and the best way for a mixed martial arts fighter to improve and perfect striking skills.

This informative kung fu book also shares the moral and ethical philosophies that underlie the Jow Ga system. Shaolin Jow Ga Kung Fu is a combination of southern and northern Shaolin techniques—making it by far the most effective in terms of combining blinding speed with devastatingly powerful strikes.

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