

Praying Mantis Kung-fu Vol. 3 : Steals the Peach (Volume 3)

Paul Eng



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Praying Mantis Kung-fu Vol. 3 : Steals the Peach (Volume 3) Paul Eng MANTIS STEALS THE PEACH #3

by Paul Eng English/Chinese , 142 pages, photographs, softbound

In former times, when Shihfu Law Kwong Yuk, was teaching at the Jing Wu he would usually demonstrate Mantis Steals the Peach and the Three Part Stick. This goes a step further than Spear Hand in blending the hard and soft within one another. As usual Shihfu Eng not only shows the form but demonstrates applications for it with clear photographs. The entire series is a key stone in English on the Praying Mantis system.



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