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MATRIXING TONG BEI: INTERNAL GUNG FU



Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Tong Bei means through the back, it refers to a unique system of Kung Fu, with a unique method for generating chi power. Tong Bei is an old art, an internal martial art, and while not well known in the United States, it is considered on par with such arts as Tai Chi Chuan, Pa Kua Chang, and...

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- Authored by Al Case
- Released at 2015



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