



Close in Fighting Skills of Chow Gar Southern Praying Mantis Kung Fu

Paul Whitrod

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For the very first time an in-depth book on the Chow Gar Southern Praying Mantis Kung Fu. Master Paul Whitrod reveals the hidden secrets of this system that is probably one of the most Powerful Martial Arts from China. This book covers Training Drills / Sensitivity Drills / Power training drill / Forms & applications / Pressure points (dim yuet) / History & much more. You can discover how to build the immense GEN shock power! That this Southern Mantis is famous for. This book is packed with over 200 pages and some 350 plus photographs, many older photo shots of old time practitioners of this elite Martial Art.

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