



## Mian Quan natural the sword - Zheng Huaixian martial Books(Chinese Edition)

By GONG MAO FU . ZHANG XIAO OU BIAN ZHU

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: Unknown Pages: 218 in Publisher: People's Sports Publishing List Price: 16.00 yuan: Gongmao Fu. Zhang Xiaou ed Publisher: People's Sports Publishing ISBN: 9787500942368 Page: 218 Edition: 1 Binding: Paperback: Big 32 opening Published :2012 -7-1 printing time: Words: 200000 commodities identification: 22816779 Description book is divided into thirteen parts. The first part describes the origins of the Mian Quan natural sword. The second part of the blue Suzhen teacher's life to do the necessary instructions and introduction. The third part. the interpretation of the Mian Quan natural sword style features. Part IV. illustrations of the Mian Quan action and action combination. The fifth part. introduced cotton Sincere spectrum name and illustration entire routines. The other basic natural sword action. natural the sword action spectrum name and the whole routine action illustration. etc. content-rich comprehensive and orderly arrangement. illustrated focus on practical. easy to understand. About the author catalog. the Mian Quan and natural sword origins. people Wenwu things: blue Suzhen Biography (a) Lan Suzhen family in 2008 (2) blue Suzhen educational experience (three) martial arts skills...



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