

## Fancy nunchuck (with CD-ROM)



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### ***Reviews***

*Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.*  
***(Kade Ankunding)***

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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 132 Publisher: Beijing University of Physical Education Pub. Date :2011-05-01 version 1. Fancy nunchuck Jun compiled by the Mende. Fancy nunchuck as follows: read Bruce Lee's movies Heard of Jay Chou's nunchuck do Nunchaku short and pithy. but not flowery. like a skilled boom arms. even more powerful! It is easy to learn. self-defense fitness. Practice nunchakus will enhance the body's flexibility. agility. coordination. self-discipline to cultivate the virtue of perseverance. Today. as a fashion movement. has taken shape. nunchuck in various regions around the world have their own Union. China nunchuck around the league is endless. do not think the threshold of how much the alliance. as long as you are double- section rod enthusiast. you will be their one! Contents: Chapter understanding nunchuck one nunchuck origin and development of two. how to create their own moves three double stick. double stick type. size and choice four style five double stick. double stick Website alliance with the local chapter of the basic free-style nunchuck moves one. two Su Bei Jian. Jin Yi tongue three or four mountains. badly five. six both ways. snow-capped seven or eight birds known to return. to spend the first spiral dance chapters Mende Jun nunchuck-style footwork agility teaching a return to step two. with the progress of three. step four-step attack. about rotate in situ step five. step six 360-degree rotation progress. 720-degree continuous rotation and progress step seven. retreat step eight step nine transportation stick around. 720 degree aerial dragon whirlwind ten. Y-step XI. cross step XII Chapter batter technology moves a fancy nunchuck hands. the chest is changing hands Second. anti-chest hands three or four spiral flowers small hands....



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