



Kenpo Shui Bing Fa the Way of Water and Ice (Paperback)

By MR David a Day

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This insightful book is on the martial art of Kenpo Karate and highlights the philosophy behind the teaching style called Kenpo Shui Bing Fa, The Way of Water and Ice. It is designed to introduce current and future students of the martial arts in general and Kenpo Karate in particular, to an alternative to traditional teaching/training methods. The book is not your typical how to book, but one that delves into the meanings behind the movements. It is intended to stimulate thought and improve understanding of the martial arts on a deeper level.



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