

Download Tao Of Kung Fu Road To Time And Effort

Tao of Kung Fu: Road to Time and Effort [Regis Allison Jr] on Amazon.com. *FREE* shipping on qualifying offers. Do you know what it takes to be a proficient Internal Martial Artist? How does a traditional External Martial Artist train in a Mix Martial Arts World? Not looking to bore you with long drawn out stories on long gone Masters. Here you will find how a Martial Artist can add quality to ...The Tao of Kung Fu intended to help traditional Martial Arts train in a Mix Martial Arts World. Today more than ever Martial Artists need to understand the connection between quality and quantity of practice. Together we will discuss how traditional Martial Artists need to adjust their training in this modern techno savvy environment.Road to Time and Effort by Regis Allison Jr. Tao of Kung Fu Road to Time and Effort by Regis Allison Jr. Published Mar 17, 2014 118 Pages Genre: SPORTS & RECREATION / Martial Arts & Self-Defense Buy the 7.4 x 9.7 Black & White Paperback directly from the publisher at a 10% discount for \$13.46;Kung fu for fitness, health, self defense and amazing athleticism. Meditation and tai chi for mental health and stress management. All the rest is for entert...