



# Sand type Tong Bei Quan (The Basics)(Chinese Edition)

*SHA JUN JIE HU BAO LIN MAO JIN SONG. SHA JUN JIE DENG*

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Paperback. Pub Date: 2012 08 Pages: 156 Language: Chinese in Publisher: People's Sports Publishing House sand-Tong Bei Quan (The Basics) tells the story of martial arts routines based on martial action based on offensive and defensive retreat. disease slow movement . of Goju actual situation and so contradictory movement variation group compiled a set of drills in the form. Also referred to as a routine movement. They are a unique form of exercise in the Chinese martial arts. traditional Chinese martial arts. different schools have retained a large number of Wushu. played a huge role in the development of martial arts and heritage. Tong Bei Quan. respectively. will be before the sand type. within twenty scattered palm combined into a routine. were respectively called before. after twenty-four Gua Zhang. Scattered palm of seventy-two combined into a routine is called the grap...

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