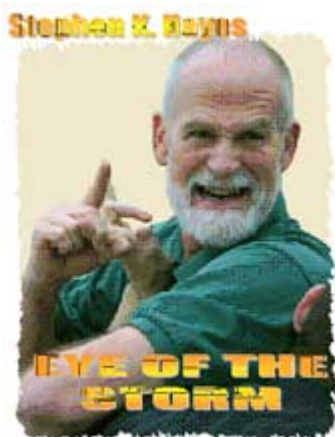


Eye of the Storm 3-DVD Set

Kategoria: » **Filmy DVD/CD**



Nr katalogowy: **SKH0012**
Producent: **SKH Quest Center**
Dostępność: 350,00 PLN
Wyprzedane

[Zobacz produkt w sklepie](#)

EYE OF THE STORM four-hour 3-DVD video set presents exercises, insights, and instructions in the wind evasion element of Stephen K. Hayes' 21st Century martial art of To-Shin Do. These 3 DVDs cover techniques and tactics and testing for developing advanced skill in handling bigger and more determined aggressors in many of the most common assaults requiring self-protection, knowledge and skills taught in Green Belt training leading to Brown Belt in To-Shin Do.

EYE OF THE STORM DVD 1

Effortless Capture of Grabbing Assaults

Unarmed, varying-range, interceptive capture of shoves, tackles, and restraints

EYE OF THE STORM DVD 2

Effortless Capture of Striking Assaults

Unarmed, varying-range, interceptive capture of strikes, shoves, and restraints

Handgun disarms

Wind ring of energy

EYE OF THE STORM DVD 3

How to test your Wind Element Effortless Capture Defenses

Wyprzedane