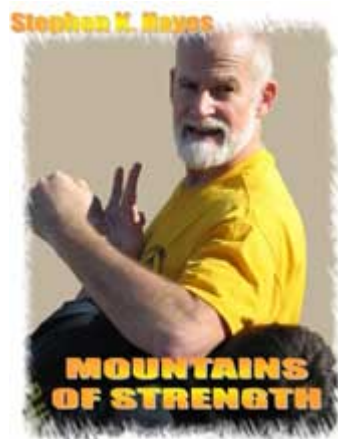


Mountains of Strength 3-DVD Set

Kategoria: » **Filmy DVD/CD**



Nr katalogowy: **SKH0009**
Producent: **SKH Quest Center**
Dostępność: 350,00 PLN
Wyprzedane

[Zobacz produkt w sklepie](#)

MOUNTAINS OF STRENGTH four-hour 3-DVD video set presents exercises, insights, and instructions in the earth stability element ground-holding method of Stephen K. Hayes' 21st Century martial art of To-Shin Do. These 3 DVDs cover techniques and tactics and testing for developing the kind of no-nonsense strengths that will allow you to overcome many of the most common assaults requiring self-protection, knowledge and skills taught in White Belt and Yellow Belt training leading to Blue Belt in To-Shin Do.

MOUNTAINS OF STRENGTH DVD 1

Holding Your Ground Against Frontal Assault

Unarmed, close-range, tight-footwork defense against punches, shoves, tackles, and restraints

MOUNTAINS OF STRENGTH DVD 2

Holding Your Ground Against Assault From Behind

Unarmed, close-range, tight-footwork defense against chokes, shoves, tackles, and restraints

MOUNTAINS OF STRENGTH DVD 3

How to test your Earth Element Ground Holding Defenses

Wyprzedane