



The Power of Shaolin Kung Fu: Harness the Speed and Devastating Force of Southern Shaolin Jow Ga Kung Fu [DVD Included]

By Ronald Wheeler

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The Power of Shaolin Kung Fu offers readers a comprehensive course in the fundamental movements that have been practiced and perfected by warrior monks for centuries.

It includes instruction in the powerful striking techniques that so often lead to decisive victory in today's mixed martial arts bouts. The book includes 300 color photographs along with detailed textual instructions and training tips. The included DVD clearly demonstrates all of the movements covered in the book.

Shaolin Kung Fu is an indispensable part of every martial artist's repertoire—a vital means to improve your movement, motion, and balance skills and the best way for a mixed martial arts fighter to improve and perfect striking skills.

This informative kung fu book also shares the moral and ethical philosophies that underlie the Jow Ga system. Shaolin Jow Ga Kung Fu is a combination of southern and northern Shaolin techniques—making it by far the most effective in terms of combining blinding speed with devastatingly powerful strikes.

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Editorial Review

Review

"I have known Master Ron Wheeler for nearly twenty years: First as an outstanding competitor and later as an excellent teacher who is well regarded and respected by his peers. His book Jow Ga is the first in English on one of the major Southern Chinese martial art systems. A work that is long overdue and I am sure will be well received in the CMA community." —**Nick Scrima, President of ICMAC Worldwide Circuit**

"Ron Wheeler is an extraordinary kung fu practitioner. As a result of his hard work and talent, he has consistently won top honors at national and international martial arts competitions. His new book is an excellent introduction to Jow Ga Kung Fu." —**Hon K. Lee, Director of the Jow Ga Shaolin Institute**

About the Author

Ron Wheeler is a two time National Champion and three time Regional Champion in the United States of America Wu Shu/Kung Fu Federation sanctioned competitions. He is a former Male Competitor of the Year for the United States Chinese Kuoshu Federation and a former member of the United States Traditional Wu Shu Team. He is a faculty member of the Department of Exercise Science at George Washington University.

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