



Ultimate Iron Palm

By Sifu Wing Lam, Chet Braun

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Learn to break bricks! This book reveals secret Iron Palm techniques to increase your striking power. Two training styles are covered-Shaolin Iron Palm and Tiger Iron Palm.

Find out the benefits of Iron Palm and how to follow a safe training program, regardless of skill level. Hundreds of photographs show you how to master each step of Iron Palm training.

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Ultimate Iron Palm By Sifu Wing Lam, Chet Braun Bibliography

- Sales Rank: #1295969 in Books
- Published on: 2002-01
- Binding: Paperback
- 226 pages

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