



Danmar Chuan DAO: Complete Program (Paperback)

By Dan Marson

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Dan Mar Chuan Dao Kung Fu is a modern style of kung fu, developed throughout several years of interaction with different kung fu Sifus in China, from north to south, in which there were new learnings and teachings from both sides, not only in the technical field but also, and foremost, philosophical. The word kung fu is Cantonese, meaning good technique or good performance, and it was because Danmar ChuanDao was popularized and widely taught in this province to a large amount of students that this definition was chosen. In this book, you have the complete training program with charts and images to practice on your own, and also create a group of followers. It includes pictures and descriptions for stances, movements, forms, attacks, defenses and grapples. but also for warm-up exercises and energy healing practices based on Chi Gong principles. This is a modern martial art created for the modern world, but based in ancient Chinese philosophies and culture, and can be practiced by anyone, with or without any background in the martial arts, as a way to improve health, discipline, coordination,...



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