



Kong Han Ngo Cho: Forms Weapons Fighting

By Henry Lo, Daniel Kun

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Kong Han Ngo Cho: Forms, Weapons and Fighting begins with a historical presentation of the development of the various lines of Ngo Cho—each with a different focus on the representative systems of Tai Cho, Crane, Monkey, Monk, and Damo. The book then delves into the fundamental training that sets the basis for mastery of this style. Empty hand techniques, internal organ qigong exercises, solo forms, two man forms, training sets, fighting applications, weapon forms and applications, and full-contact lei-tai competition training are all presented in this comprehensive volume. Several forms are taught in great detail in solo, two-man, training sets and applications. These include Sam Chien (Three Battles), Di Sip Kun (20 Punches), Si Mun Pa Kat (Hitting the Four Corners). The weapons forms and applications detailed include the Da Dao (two-handed sword) and the 5-foot Pole.

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Kong Han Ngo Cho: Forms Weapons Fighting By Henry Lo, Daniel Kun Bibliography

- Rank: #2300982 in Books
- Published on: 2016-03-29
- Original language: English
- Dimensions: 10.00" h x 1.09" w x 7.00" l,
- Binding: Paperback
- 480 pages



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