

Waves of Power 3-DVD Set

Kategoria: » **Filmy DVD/CD**



Nr katalogowy: SKH0010
Producent: SKH Quest Center
Dostępność: 350,00 PLN
Wyprzedane

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WAVES OF POWER four-hour 3-DVD video set presents exercises, insights, and instructions in the water responsiveness tactical element of Stephen K. Hayes' 21st Century martial art of To-Shin Do. These 3 DVDs cover techniques and tactics and testing for developing advanced skill in handling bigger and more determined aggressors in many of the most common assaults requiring self-protection, knowledge and skills taught in Blue Belt training leading to Red Belt in To-Shin Do.

WAVES OF POWER DVD 1

Going With the Flow Against Grabbing Assault

Unarmed, long-range, angled-footwork defense against shoves, tackles, and restraints

WAVES OF POWER DVD 2

Going With the Flow Against Striking Assault

Unarmed, long-range, angled-footwork defense against strikes, shoves, and restraints

WAVES OF POWER DVD 3

How to test your Water Element Tactical Defenses

Wyprzedane