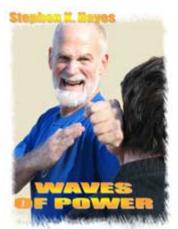
Karta informacyjna produktu w sklepie WWW.GOODS.PL

## **Waves of Power 3-DVD Set**

Kategoria: » Filmy DVD/CD



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

**Wyprzedane** 

Zobacz produkt w sklepie

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** 

Data aktualizacji: 2012-06-04 12:26:01