



# Neng Da: The Super Punches

By Hei Long

Turtle Press,U.S. Paperback. Book Condition: new. BRAND NEW, Neng Da: The Super Punches, Hei Long, Every experienced martial artist knows that understanding the laws of physics is the key to generating maximum power. If you are interested in creating maximum power with minimum effort, Neng Da will show you the way. In his 12th book, veteran author Hei Long shares his research into the most perfect methods for executing punches, back hands, palm strikes and knife hands. Over 200 anatomically detailed illustrations to explain the laws of gravity, centripetal force, inertia, compound force and much more. The drawings and the relevant laws of physics are explained in plain English, allowing you to gain expert insight into each movement without years of research and experimentation.



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