

## Secrets Of The Pelvis For Martial Arts A Practical For Improving Your Wujifa Taiji Xingyi Bagua And Everyday Life

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"Secrets of the Pelvis for Martial Arts" is his first book. He is also the author of the Internal Gong Fu blog at: <http://internalgongfu.blogspot.com/> --This text refers to the paperback edition. Product details

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The Secrets of the Pelvic Floor | Goop

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"Secrets of the Pelvis for Martial Arts" is his first book. He is also the author of the Internal Gong Fu blog at: <http://internalgongfu.blogspot.com/> --This text refers to the paperback edition. Product details

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Michael Buhr, B.A., M.A., began his internal martial arts studies in 1983 with Tai-chi Chuan forms, push hands, and sparring. Later, he began practicing zhan zhuang and other Wujifa exercises to develop the physical quality of "internal strength". "Secrets of the Pelvis for Martial Arts" is his first book.

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Unlocking Secrets of the Pelvis (Part 4): Corrective ...

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