
Cheng Hsin The Principles Of Effortless Power The Principles Of Effortless Motion By Peter Ralston

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'cheng hsin

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May 31st, 2020 - the art that i ve been learning goes really in depth into the internal mechanisms or neigong and the specifics of what must be done to generate the appropriate power in this art it is a necessity to keep the elbows in to maintain the power generated from the internal processes'

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