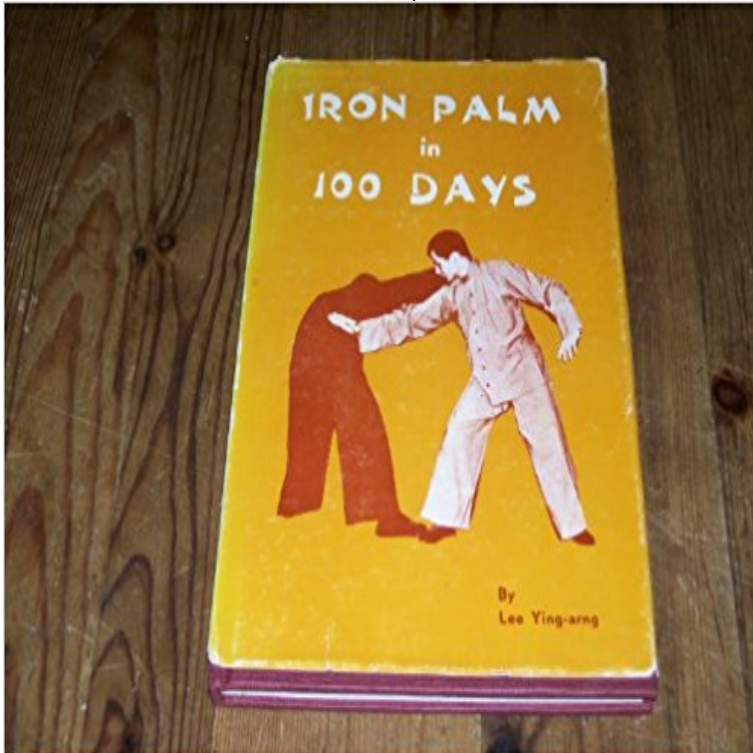


Iron Palm in 100 Days



This classic book explains the secrets of the ancient art of Chinese Iron Palm. You will learn the training methods to develop the devastating power of the iron Palm. You will be able to break anything by using internal energy. Master Lees 100 Day training Program is laid out for you including the equipment, use of herbal medications, power exercises and training precautions. After 100 days you will be able to test your iron palm against boards and bricks with incredible success. In addition this book gives you a complete course on Iron Palm for Self Defense and covers pressure point striking and the fighting techniques used exclusively in the iron palm training method. This book also includes a complete explanation of the Secret Discourse on the use of the Iron Palm by Shaolin Monk Poon Shin.

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