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Thu, 14 Jun 2018 12:34:00 GMT - In the martial arts, often it's the teacher, not the style, that determines effectiveness. To a small extent, the same is true in strength training. Coaches will naturally gravitate toward programming philosophies that suit their own experiences, sensibilities, and sense of logic.

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Sat, 16 Jun 2018 12:46:00 GMT - We share this information, and testimony with the hope and prayer, that these pages will help all who read, to search and understand the dangers inherent within the eastern philosophies and the practice of the martial arts.

The Truth about Martial Arts | Isaiah Ministries -

- Training Methods of 72 Arts of Shaolin Tanjin, 1934 ... 1.1 72 Kinds of Martial Arts in combination with Pugilistic ... Method that Reveals the Truth (JIE DI GONG ...

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