

Scott Meredith - PACKING: Supercharge Your Hands



Health / Fitness / Massage

Packing Supercharge Hands Scott Meredith



Scott Meredith

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Packing Scott Meredith, 2015-12-09 If your mind is not projected into your hands even ten thousand techniques will be useless Tenshu Yamaoka Bodyguard to the Meiji Emperor Dozens of incredibly effective methods for streaming the internal power of ki to and through your arms and hands for martial arts healing calligraphy or any other purpose PACKING can be viewed as the most direct sequel to the original Tai Chi classic JUICE Radical Taiji Energetics in that It is style neutral sampling from a variety of methods It further details the ARC training process But though it picks up directly from JUICE it also functions entirely stand alone for anybody from any background or no background who desires to begin working directly with the internal power experience PACKING presents dozens of straight forward techniques for igniting the inner hand drawn from a wide variety of Eastern disciplines It is a Greatest Hits collection of internal energy drill methods

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