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-- iron shirt qigong -

Mar 20, 2012 Mainland China Police Kungfu- Training in Iron Shirt Qigong and Conditioning.

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Manufacturer of barbells, dumbbells, and fitness machines. York, PA, US.

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Iron body training - iron palm productions

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Iron body training techniques for shaolin kung fu

Jun 08, 2015 Iron body is a subset discipline within Shaolin Kung Fu. Students of this martial art form subject themselves to daily exercises that harden body tissue.

Domain: www.livestrong.com File: /article/386995-iron-body-training-techniques-for-shaolin-kung-fu/

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