



The Complete Iron Palm

Brian Gray

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Brian Gray, one of the world's foremost authorities on iron palm philosophy and technique, takes you through every phase of this method. Learn conditioning techniques, breathing exercises and actual iron palm strikes. He'll also show you how to tell the difference between the legitimate iron palm practitioner and the fraud who uses gimmicks and sleight-of-hand to perform breaking feats. After studying this book, Gray promises you'll be able to slap through concrete with the center of your palm.

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