

# Dynamic Strength By Harry Wong

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Great for martial artists. This book uses dynamic (moving) isometrics, also referred to as Hard Qigong. Basically you use muscle tension and pit muscle against muscle

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I am not involved in the martial arts, although one day I may. In search of a new way to build strength and tone without the nuisance of visiting the gym, I purchased

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## **Harry wong (author of dynamic strength) -**

Harry Wong is the author of Dynamic Strength (3.48 avg rating, 46 ratings, 7 reviews, published 1982), How to Be an Effective and Successful Teacher (3.5

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Harry Wong presents an interesting book on "Dynamic Strength" exercises -- or for others, "moving isometrics". While well written, there are some confusing bits in

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### **Harry wong - youtube**

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