

Dynamic Strength By Harry Wong

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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

Harry wong - youtube

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Dynamic Strength is the name of an exercise system created by Kung Fu San Soo Master, Harry Wong. Dynamic Strength involves a series of "flowing" moves where the

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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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Does anyone know what ever happened to Harry Wong, the author of the DYNAMIC STRENGTH book and video? Thank-you.

Dynamic strength: amazon.co.uk: h.y. wong:

Buy Dynamic Strength by H.Y. Wong (ISBN: 9780865680135) from Amazon's Book Store. Free UK delivery on eligible orders.

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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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