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Martial Arts - 72 Shaolin Skills Dim Mak | Nature - scribd.com

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MUSCLE CONTROL - Isometric-Training.com

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The book "Training Methods of 72 Arts of Shaolin" by Jin Jing Zhong is devoted to the most enigmatic and little-known aspect of training of Shaolin monks. The book was written in 1934 with blessing and direct participation of the Head of the Shaolin Monastery Reverend Miao Xing nicknamed "The Golden Arhat," one of the best Shaolin fighters of all times.

Authentic Shaolin Heritage: Training Methods of 72 Arts of

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Seeing comes before words. The child looks and recognizes before it can speak. But there is also another sense in which seeing comes before words.

JOHN BERGER - Ways of Seeing

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List of demons in the Ars Goetia - Wikipedia

language and allegorical images to conceal their laboratory secrets from pretenders. ... as a complete whole. This reading method may help to justify the theme-and-variation structure of the scrolls, even though each variation offers subtle but significant changes from what has come before.

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