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18 Points Nei Kung Internal Work - Wall Chart - Southern Praying Mantis

Roger D. Hagood

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18 Points of Nei Kung Internal Work - Wall Chart; Sifu Louie Jack Man

This wall chart accompanies the hardcover book "Eighteen Buddha Hands" featuring Louie Sifu in the basic Hakka Mantis posture, "Hat Yi Sao" - Beggar's Hand.

Add this wall chart showing 18 Points of Internal Work adjustment to your School or traning room wall. An excellent reminder and instruction at a glance. Good for the novice and apprentice!

Wall Chart / Poster 12" x 18" Standard frame Premium full color, poster stock Portrait Orientation Ships from WA, USA within 72 hours

Useful Wall Charts for School or Training Room walls

This poster should be used in conjunction with the book, "18 Buddha Hands" listed on Amazon (search SOUTHERN MANTIS PRESS)

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