

TIBETAN WHITE CRANE STYLE'S HAND CONDITIONING



Seaofchi.com announces the availability of the legendary Tibetan White Crane Style's Hand Conditioning Jow. For those of you who are unfamiliar with this ancient fighting system White Crane is a Chinese Style of Kung Fu based on the movements of the Ape and the Crane.

It is widely believed that the style was introduced to China by a Buddhist Monk named Sing Lung. Its roots can be traced back to Tibet, where it was used by Tibetan Lama, also known as the Hop Gar System. Their dit da jow is used preventively and to condition; meaning it is used to avoid injury as well as for promoting healing of injuries such as sprains and fractures, as well as to conditioning the hands for striking.

It is indeed a powerful well-balanced jow, with a highly respected reputation among martial artists. It contains herbs that are considered essential for preventing injury and lessening the possibility of developing long-range negative side effects such as arthritis in the hands, wrists, fingers, and joints that can occur as a result of repetitive striking. The herbs used in this jow will toughen the skin, harden the bones, and circulate the blood and Chi. Anyone who practices Shiwara, Iron Palm or one of the more generic styles of Karate or Kung Fu would be well advised to consider using this jow.

How is it prepared?

You will need to prepare a jow, and to make the process painless we will provide easy to follow step-by-step instructions. Basically, all you do is add the herbs to a large glass container and pour in one gallon of white spirits (vodka is preferred), then stir well and cover.

How long do you need to age the herbs?

For a minimum of 90-days. 365 days is recommended.

How often is the jow used?

Once its properly aged you may apply the liniment/jow whenever its needed to treat a variety of training injuries (strains, sprains, pulls, etc.); however, as a hand conditioner it should be applied before, during, and after each workout. If you are an iron palm practitioner it is advisable to apply the jow between each set.



What are the functions of the herbs in this jow?

The herbs in this hand conditioning liniment will toughen the skin, harden the bones, heal bruises, sprains and fractures, and it will increase circulation of the blood and Chi.

What is the cost?

One herb kit is \$49.99.

If you'd like to know more about the Tibetan White Crane Style's Hand Conditioning Jow, or if you would like to purchase, please give us a call or send an email. We look forward to hearing from you.



To gain access to this product online, click: http://seaofchi.com/Martial%20Training-305/Iron%20Palm%20and%20Dit%20Da%20Jows-311?product_id=3420



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