

BAK FU PAI'S COCONUT BREAK JOW



Six-hundred years after the creator of the *White Tiger Kung Fu System* Fung Doe Duck invented the Bak Fu Pai Coconut Break formula the legend surrounding this Imperial hand conditioning elixir remains un-diminished. This incredible *dit da jow* prescription which has enjoyed continuous use over the course of six centuries by generations of martial artists is still considered one of the most highly regarded iron palm/hand conditioning medications *ever* invented.

The focus of Grandmaster Duk's training was developing an iron palm capable of breaking coconuts. Using his training as an herbalist to research Chinese herbs that could be used to toughen his hands, strengthen his bones and gather the Chi—with minimal scarring and calluses. After years of experimentation through trial and error, the master herbalist finally developed the unique *dit da jow* -- what we commonly refer to today as *the Coconut Break jow*.

As you are probably aware iron palm training involves rigorous conditioning of the hands as well as meditation, fighting forms, and striking techniques. To prevent injury during the training process this unique herbal hit medicine is applied and rubbed into the hands – **before, during and after** each training session.

Be warned that without its use there is a greater likelihood that you will experience the dangers of repetitive striking such as bruised and/or broken bones, or deformity of the hands, or possible nerve damage. If left unchecked the result can be arthritis, and a general loss of hand dexterity.

However, with the proper application of this hit medicine—namely *the Coconut Break* formula which contains herbs that synergistically work together preventing bruising, strengthening the bones and circulating the blood and Chi—you can train the Iron Palm without fear or pain.



Seaofchi.com uses high quality organically grown herbs and we guarantee their efficacy.

PREMADE JOW PRICE



The Bak Fu Pai's White Tiger Kung Fu Coconut Break Jow is available already-made in:

8 ounce bottle for \$17.99

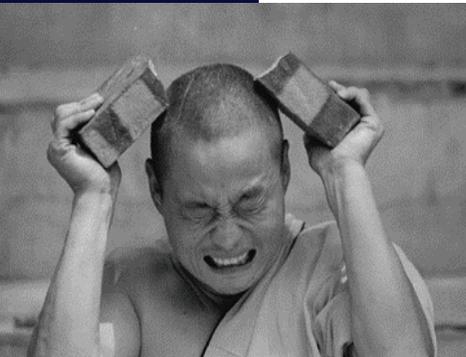
(new) 4 ounce bottle for \$9.99

If you'd like to have your own supply of this amazing formula contact us and we will provide the jow as well as complete instructions on how to properly train using this jow.

PREFER TO MAKE YOUR OWN JOW?

Our herb kit makes up a one+ gallon jar of Bak Fu Pai's Coconut Break Jow for:

One herb kit for \$44.99

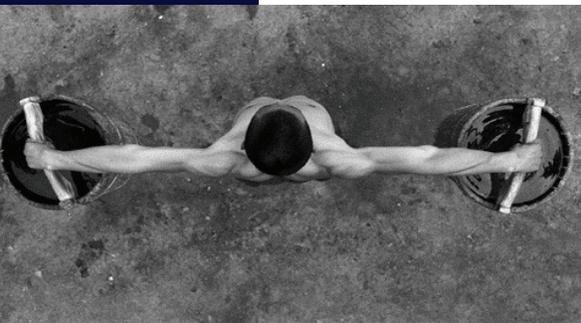


If you'd like to have a large supply of this amazing formula, we will provide the herbs and complete step-by-step instructions that will enable you to make over 1 gallons of this jow. More than enough jow to last for one+ year of training.



Use this link to access seaofchi.com and purchase:

<http://seaofchi.com/Martial%20Training305/Iron%20Palm%20and%20Dit%20Da%20Jows-311>



Our personal experience with the Coconut Break jow is that it is one of the best all around dit da jow for Iron Palm Training and Hand Conditioning. We've tried them all, and prefer this formula. We recommend you give it a try. If you have any questions, or would prefer to talk to us about this jow, please give us a call.

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7.2015