

《疯魔棍》

书籍信息

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这套棍因其动作矫健敏捷，快速迅猛、棍行有声，脚底生风，如疯似魔而得名。又因其快猛，交手中对手有眼难避，眼花缭乱，如同盲人一般，故又名“瞎子棍”。此棍法集群羊棍、梨花枪和苗刀之特点，吸收通臂二十四式之步法，编整而成。内容充实，风格独特，技法特点突出，实战威力较大。

本书采用图文教材与影视教材相结合的立体教学手段，并邀请此拳法权威人士进行技术表演和教学示范，保证学习者获取原汁原味的技法传承。

The routine cudgel gains its name for the agile and swift movements which are like sound and wind and also for its speed and power which make the enemies dazzling and unable to avoid. It has another name as “ Blind Stick ” , because the enemies are as if they were blind while fighting. This set of cudgel gathers the essence of sheep-stick, pear-spear and miao-broa-dsword. It also absorbs the step characters of 24 forms. It has a very rich content, unique style, characterised technique of attacking and defending and massive power in real practice.

This book adopts the three-dimensional teaching method of diagram, words and video. The authoritative are invited for technical performance and teaching demonstrations, guaranteeing the learners to gain the real technical method transmission.

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