

DVD - The Art of Ho Sin Sul 2 - The Next Step



Brand: APTSD Federation

Product Code: DVDSELFDFNS2

Dimensions: 0.00cm x 0.00cm x 0.00cm

Price: \$19.95

Description

Video Series on advance principles and Concepts of Self Defense

- Flow Sets
- Joint Locks
- Throws
- Pressure Points
- Dan Bong - Short Stick
- And Much more!!!