



Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods

By Dale Dugas

Download now

Read Online 

Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods By Dale Dugas

In *Fundamental Iron Skills*, Dale Dugas shows you how to develop these ancient skills in a safe, step-by-step manner. This is the first book to cover all aspects of iron skills training in one volume, including solo training, partner training and the use of auxiliary training equipment and herbal liniments and soaks. In eight chapters containing 190 photographs, Dugas explains the different ways you can set up your training area with support stands and tables, different types of training bags and open medium for striking as well as complete methods of safely training Iron Palm from beginning to the intermediate level are examined. Herbal medications for external use is discussed in detail and a formula for Iron Palm Training Liniment (Dit Da Jow) and soak are included. After the fundamentals, Dugas teaches how to test your development by breaking objects like wood, cinderblock and coconuts. Detailed text and photos show you how. Following this are demonstrated fighting techniques from the internal art of Baguazhang and the short-power art of Jook Lum Southern Mantis. Each technique emphasizes a different Iron Skill developed in the book and discusses specific pressure points for striking and taking out your opponent.

 [Download Fundamental Iron Skills: Tempering Body and Limbs ...pdf](#)

 [Read Online Fundamental Iron Skills: Tempering Body and Limb ...pdf](#)

Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods

By Dale Dugas

Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods By Dale Dugas

In *Fundamental Iron Skills*, Dale Dugas shows you how to develop these ancient skills in a safe, step-by-step manner. This is the first book to cover all aspects of iron skills training in one volume, including solo training, partner training and the use of auxiliary training equipment and herbal liniments and soaks. In eight chapters containing 190 photographs, Dugas explains the different ways you can set up your training area with support stands and tables, different types of training bags and open medium for striking as well as complete methods of safely training Iron Palm from beginning to the intermediate level are examined. Herbal medications for external use is discussed in detail and a formula for Iron Palm Training Liniment (Dit Da Jow) and soak are included. After the fundamentals, Dugas teaches how to test your development by breaking objects like wood, cinderblock and coconuts. Detailed text and photos show you how. Following this are demonstrated fighting techniques from the internal art of Baguazhang and the short-power art of Jook Lum Southern Mantis. Each technique emphasizes a different Iron Skill developed in the book and discusses specific pressure points for striking and taking out your opponent.

Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods By Dale Dugas **Bibliography**

- Rank: #495470 in Books
- Published on: 2015-08-10
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .39" w x 6.00" l, .53 pounds
- Binding: Paperback
- 172 pages

 [Download Fundamental Iron Skills: Tempering Body and Limbs ...pdf](#)

 [Read Online Fundamental Iron Skills: Tempering Body and Limb ...pdf](#)

Download and Read Free Online Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods By Dale Dugas

Editorial Review

Review

“Dale Dugas has set himself the project of de-emphasizing the miraculous... Many tips, herbal formulas, some applications, lots of lore and insight into this key corner of kung-fu training.” –Ted Mancuso, *Plum Pub, KaiMen Blog*

“The myth of iron palm training has finally met its match in this comprehensive book. No secrets! No mystical mumbo jumbo! Making this a manual for all serious practitioners of iron skills.” –Dr. Mark Wiley

“In the old days, a potential student would abandon their lives and travel miles to find a man like Dale Dugas. Luckily for the reader, in your hands you have much of Dale’s wisdom, without ever leaving your home.” –Sifu David Ross, *NY San Da*

About the Author

Dr. Dale Dugas is a board-certified, state licensed Acupuncture Physician/Doctor of Oriental Medicine (AP/DOM) as well as a board-certified Chinese herbalist. His passion for traditional Asian medicinal practices arose in the late 1980s, while living in Iwate Prefecture, Northern Japan; working for the local Japanese Government in the Board of Education for Yamada township. There he was exposed to Japanese style Acupuncture and herbal medicine. He additionally holds a Masters in Acupuncture and Oriental Medicine, and a BA in Japanese Studies. Dr. Dugas has over 35 years of training in Chinese, Okinawan and Japanese martial arts, including Uechi-ryu Karate, Judo/Jujitsu, Jook Lum Tong Long Pai/Southern Mantis, Shuai Jiao, Xingyiquan, Baguazhang, Taijiquan and Internal/External Qigong systems. He began his martial arts journey as a young teenager and has traveled extensively to train privately and publicly in both Chinese martial arts and traditional Chinese medicinal systems. He is a highly trained proponent of traditional Dit Da Ke (Chinese trauma medicine) as well as Tieh Sha Zhang Gong (Iron Palm) and Tieh Be Shan Gong (Iron Vest). He teaches publicly and privately and treats patients in Tampa, Florida.

Users Review

From reader reviews:

Lauren Marine:

This Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods are generally reliable for you who want to certainly be a successful person, why. The reason of this Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods can be one of many great books you must have is definitely giving you more than just simple examining food but feed you with information that maybe will shock your earlier knowledge. This book will be handy, you can bring it all over the place and whenever your conditions in the e-book and printed kinds. Beside that this Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods forcing you to have an enormous of experience like rich vocabulary, giving you demo of critical thinking that we all know it useful in your day pastime. So , let's have it appreciate reading.

Marlene Turner:

Reading a reserve tends to be new life style in this era globalization. With looking at you can get a lot of information that will give you benefit in your life. Using book everyone in this world may share their idea. Guides can also inspire a lot of people. Plenty of author can inspire all their reader with their story or perhaps their experience. Not only the storyplot that share in the guides. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors these days always try to improve their talent in writing, they also doing some research before they write on their book. One of them is this Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods.

Richard Forbes:

Do you have something that that suits you such as book? The book lovers usually prefer to select book like comic, short story and the biggest one is novel. Now, why not trying Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods that give your entertainment preference will be satisfied simply by reading this book. Reading practice all over the world can be said as the means for people to know world far better then how they react towards the world. It can't be claimed constantly that reading routine only for the geeky particular person but for all of you who wants to end up being success person. So , for every you who want to start reading through as your good habit, you could pick Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods become your own starter.

Nicolas Dandrea:

Reading a book for being new life style in this season; every people loves to read a book. When you read a book you can get a lot of benefit. When you read ebooks, you can improve your knowledge, since book has a lot of information into it. The information that you will get depend on what kinds of book that you have read. If you want to get information about your analysis, you can read education books, but if you want to entertain yourself you can read a fiction books, this kind of us novel, comics, and soon. The Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods offer you a new experience in examining a book.

**Download and Read Online Fundamental Iron Skills: Tempering
Body and Limbs with Ancient Methods By Dale Dugas
#SMERFZ9VA8W**

Read Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods By Dale Dugas for online ebook

Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods By Dale Dugas Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods By Dale Dugas books to read online.

Online Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods By Dale Dugas ebook PDF download

Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods By Dale Dugas Doc

Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods By Dale Dugas Mobipocket

Fundamental Iron Skills: Tempering Body and Limbs with Ancient Methods By Dale Dugas EPub