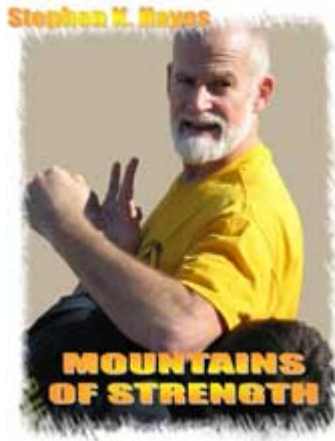


## Mountains of Strength 3-DVD Set

Category: » [DVD/CD movies](#)



**Product ID: SKH0009**

**Manufacturer: SKH Quest Center**

**Availability: 90,00 EUR**

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MOUNTAINS OF STRENGTH four-hour 3-DVD video set presents exercises, insights, and instructions in the earth stability element ground-holding method of Stephen K. Hayes' 21st Century martial art of To-Shin Do. These 3 DVDs cover techniques and tactics and testing for developing the kind of no-nonsense strengths that will allow you to overcome many of the most common assaults requiring self-protection, knowledge and skills taught in White Belt and Yellow Belt training leading to Blue Belt in To-Shin Do.

MOUNTAINS OF STRENGTH DVD 1

Holding Your Ground Against Frontal Assault

Unarmed, close-range, tight-footwork defense against punches, shoves, tackles, and restraints

MOUNTAINS OF STRENGTH DVD 2

Holding Your Ground Against Assault From Behind

Unarmed, close-range, tight-footwork defense against chokes, shoves, tackles, and restraints

MOUNTAINS OF STRENGTH DVD 3

How to test your Earth Element Ground Holding Defenses

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