



18 Buddha Hands Illustrated Notebook - Southern Praying Mantis

Roger D. Hagood

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18 Buddha Hands Illustrated Notebook - Southern Praying Mantis Roger D. Hagood Illustrated Notebooks for Your Southern Praying Mantis Thoughts!

Our Illustrated Notebooks are useful not only for recording your training schedule, your Mantis thoughts, your diagrams and notes, but also to meditate upon the image of the 18 Buddha Hands.

They are great gifts to give any martial artist, especially Southern Praying Mantis!

They are practical, useful and instructive.

100 blank pages are lined for easy writing. Covers are a professional glossed finish with lamination on heavy cardstock that make for a fine presentation or just a collectible item. Blank pages are top grade paper stock with sharp lined digital printing.

Use your Illustrated Notebook for a personal diary, to draft a book, make your notes or just record your thoughts!

Get your Kwongsai Mantis 18 Buddha Hand Notebook featuring the late Sifu Louie Jack Man today!

Notebook Specs: Durable, laminated covers front and back Hat Yi Sao - Beggar Hands Posture on the Front Ting Shu - Listening Hand Posture on the Back Inside front cover 9 Defensive Hands Inside back cover 9 Offensive Hands Measures 8.3" x 5.8" (210 x 148 mm) A5-sized Black spiral binding Lined sheets 100 Blank pages Inside pages print on 70lb (100gsm) Covers print on 100lb (250gsm) cardstock Attractive laminated covers Top quality production - excellent presentation!

Get your copy today and see how many Mantis thoughts you can record!

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