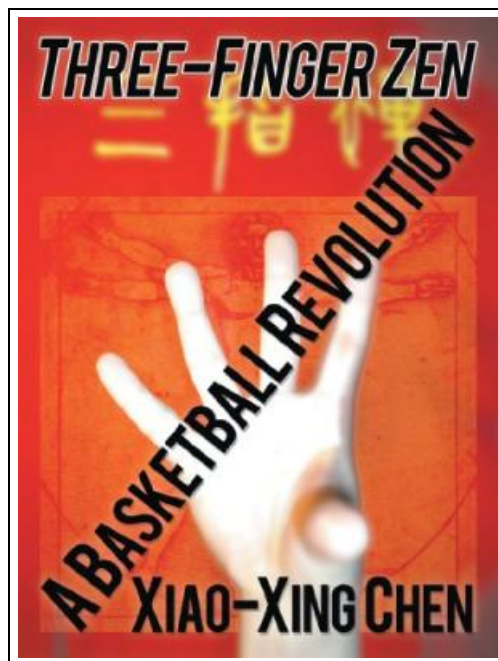


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THREE-FINGER ZEN: A BASKETBALL REVOLUTION



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iUniverse, United States, 2011. Paperback. Book Condition: New. 277 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****.With its technical limitations, modern basketball has developed radically to a physical game. A revolution of basketball fundamental skills is needed, and now it is feasible with a break-through technique-Three-Finger Zen, Universal Ball-Handling Mechanism. In 2010, after five-year dedicated research and praxis, Xiaoxing Chen discovered Three- Finger-Zen (3fz), a nature mechanism of human hand and arm for handling the basketball. It benefits every participant of the sport, and has technical capabilities to revolutionize basketball for a perfect game. Chen built his theories and praxes of how basketball should work in 3fz with its unique features: Integrates all basketball offense skills as one simple mechanism. Enables unchallengeable shooting with exceptional accuracy. Improves players athletic abilities and prevent passive injuries. Enhances physical and mental development of children. Sparks logic and artistic intelligence in youths and adults. Promotes physical and mental health of the general public. Distinctive from conventional basketball skills, 3fz applies the last three fingers-middle finger, ring finger and pinky-to handle and control the ball. In this method, the ring finger plays a command-and-control role in the ball-handling processes of dribbling, passing, and shooting. The technique is easy to learn when you understand the 3fz mechanism and follow the training instructions. In this book, Chen reveals the steps to 3fz basketball revolution and teaches you how to be the best basketball player you can be.



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