



# **Journal of 7 Star Mantis Northern Shaolin Issue 2: Northern Shaolin 7 Star Praying Mantis Institute and Association (Volume 1)**

*Mr Chi Yu Ho*

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Northern Shaolin 7 Star Praying Mantis Institute and Association. This journal represents our second public publication. It represents the collective and ongoing effort to preserve and expand not only our knowledge of the Seven Star Mantis martial system, but of also other related issues such as related systems, health and the improvement of the human condition by engaging various dimensions of practice.

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