

Kung Fu Scholar Methods
Internal Strikes In 100 Days



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Long ago in ancient China, there were old Kung fu masters who had legendary skills. When they struck, it only took one hit and the enemy was dead. Now many centuries later we no longer see these skills. The basic martial skills once taught are ignored and more "modern" day training is used instead. If these new methods are better, then why does the modern martial artist not exhibit the same skills of the old masters? The answer is simple, they have no chi skills. Kung Fu Scholar Methods discusses how to build your chi, what herbs to take and the importance of sexual energy. Included is a 100 day plan to increase your internal energy or "chi" and learn the basics of internal striking methods and a recipe for making Dit Da Jow liniment for training.

Kung Fu Scholar Methods: Internal Strikes In 100 Days Details

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Michael Huffman says

Internal Training

This is a good book for students of the Chinese martial arts. I found the explanations of yin and yang, and the five elements, and how to develop qi in the horse stance to be very useful.
