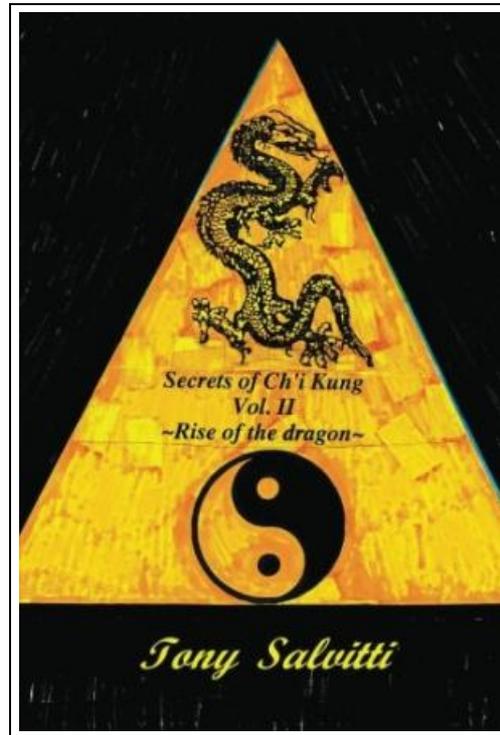


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Reviews

*The publication is easy in read through preferable to fully grasp. It is writter in simple phrases instead of hard to understand. You will not sense monotony at at any moment of your respective time (that's what catalogs are for concerning if you request me).
(Kevin Bergstrom Sr.)*

SECRETS OF CHI KUNGRISE OF THE DRAGON VOLUME II



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 132 pages. Dimensions: 8.8in. x 5.9in. x 0.3in. Secrets of Chi Kung Rise of the dragon Volume II, takes over where Vol. I left off! It includes an indepth study of Hsing-i Chuan, Tai Chi Chuan, and Ba Gua Zhang, the 3 primary Taoist martial arts that date back centuries! Discover Hatha yoga (physical development), and awaken the Kundalini, mantras, and the amazing Tratakum-gazing at objects to achieve a trance state. Some of the things you will learn are: 1) Hsing-i (5 elements), Tai Chi (13 postures), and Ba Gua Zhang (dragons palm). 2) Hatha yoga-get above average physical development. 3) Build strength, speed and stamina anywhere! 4) Principles of storing chi, ki, mana, prana, the vital life force! 5) Speed training! A punch should be felt and not seen. 6) Secret breathing methods-increase your oxygen intake by 500! 7) Illustrated throughout with photos, and drawings. 8) Mental directional control of your chi-Influence anyone! 9) More ancient training kungs. 10) Longevity diet! Live for centuries not decades! 11) Aikido-combat yoga! 12) Secrets herbs used by Taoist masters to increase libido, health and longevity! Read about several masters who lived 100s of years in good health and practiced chi kung and other esoteric martial arts! Incredible but true! Also a detailed history of Black dragon kung fu and lineage! All this and much, much more! This item ships from La Vergne,TN. Paperback.



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