



Secrets of Chi Kung Rise of the dragon Volume II

By Tony Salvitti

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...



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