



## Internal Martial Arts Nei-Gong: Cultivating Your Inner Energy to Raise Your Martial Arts to the Next Level

By Bill Bodri

Top Shape Publishing, LLC. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. In many old martial arts films you often see a master capable of extraordinary supernatural feats such as being able to move with the speed of wind, throw incredibly heavy objects, destroy them with a strike, stride over water, or even fly through the air. Are such things possible? The Chinese Taoists say yes if the master practiced special exercises to cultivate their inner energy, or yang chi (qi). These practices to cultivate inner power are called nei-gong, or the internal martial arts, and are related to the mastery of the kundalini energies cited in Indian yogic and Buddhist literature, which also explains the various superpowers that become possible with its cultivation. Many people today want to be able to attain such supernatural skills, or they simply want to understand why and how these skills were cultivated so they might be duplicated as best possible. Some practitioners of Tai Chi Chuan, Hsing-Yi, Ba Gua Zhang, Five Animals, Aikido, Karate, Judo, Northern Shaolin, and other Kung Fu Wushu traditions have alternatively damaged their bodies from their practice, or have reached a training plateau, and want...



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