



Lian Gong Mi Jue Secret Methods Of Acquiring External And Internal Mastery

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Summary : Free lian gong mi jue secret methods of acquiring external and internal mastery pdf download - today as in the ancient time special exercises aimed at acquiring internal mastery gong fu are one of the most important elements of shaolin monks training those exercises is the core of the shaolin martial training they are the key to the true summit of mastery an old proverb says if you exercise only the technique style but ignore special training you will be a nobody till your old days special training implies particular exercises for developing both wai zhuang - the external power and nei zhuang - the internal power those exercises training procedures are collected under a common title - lian gong literally exercising to acquire mastery

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