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Secrets of Chi KungRise of the dragon Volume II

By Tony Salvitti

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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

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throughout with photos, and drawings. 8) Mental directional

control of your chi-Influence anyone! 9) More ancient training

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Aikido-combat yoga! 12) Secrets herbs used by Taoist masters

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