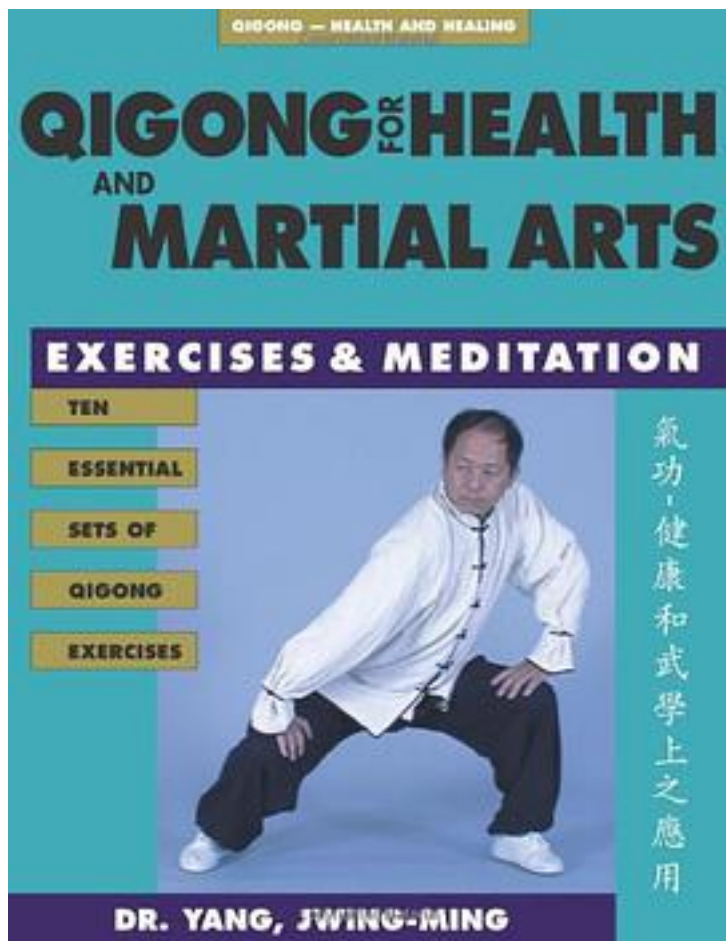


Qigong for Health and Martial Arts



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出版者:Natl Book Network

出版时间:1998-5

装帧:Pap

isbn:9781886969575

Increase your strength, improve your health, and develop explosive martial power with Qigong - the cultivation of your body's internal energy. Renown Qigong and martial arts master Dr. Yang, Jwing-Ming explains how and why Qigong can improve your

martial training, and presents ten complete sets of proven Qigong exercises for martial artists and health seekers. You'll gain muscular strength and vitality, increase your fighting power, and learn meditation training for improved concentration and longevity. This book also includes healing Qigong exercises and soothing massage techniques to help you recover more quickly from injury. In addition, Dr. Yang discusses Qigong and health, and charts the major cavities used in the martial arts. Develop explosive martial power. Recover quickly from injury. Choose from ten Qigong training sets. Easily integrated with any martial style. Over 200 photographs and illustrations.

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