

中国道家养生功夫之太乙五行拳-附送VCD影碟



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太乙五行拳为道家崂山派拳术，由五行拳和五形拳两部分组成。五行拳为劈拳、钻拳、崩拳、炮拳、横拳五种基本拳法的合称，以金、木、水、火、土与劈、钻、崩、炮、横五种拳法对应。五形拳为龙、虎、豹、鹤、蛇五种拳型。

太乙五行拳融合养生术武功内丹功法，动静结合，性命双修，武道一体。经常练习此拳可使人体内五行平衡，五脏调和，促进血液循环，提高全身各器官系统的机能。

Taiyi Five-form Boxing of Taoism is the boxing technique of Mt. Laoshan school of Taoism. It is mainly made up of two parts: Five-element Boxing and Five-animal Style Boxing.

Practicing the boxing is beneficial to the internal organs of the body, which are traditionally the heart, liver, spleen, lungs, kidneys, making them harmoniously grouped and functioned together. The practicing of the famous priest was integration of activity and stillness for body and soul so as to preserve his health by internal martial arts.

作者介绍:

目录:

[中国道家养生功夫之太乙五行拳-附送VCD影碟](#) [下载链接1](#)

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