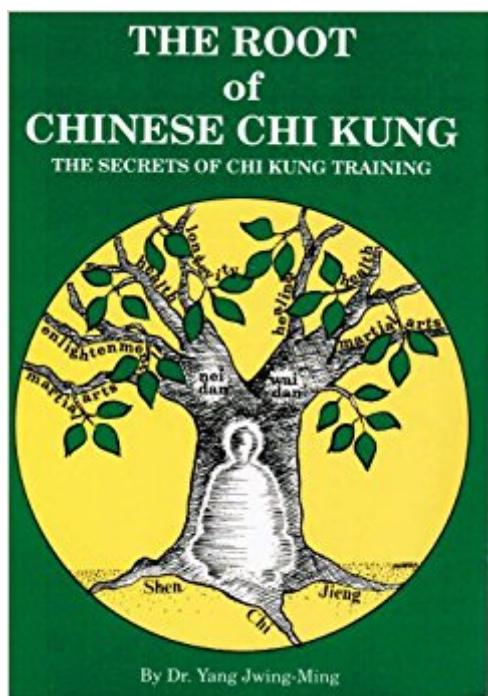


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Root Of Chinese Chi Kung The Secrets Of (Ymaa Chi Kung Series, #1)



Synopsis

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Book Information

Series: Ymaa Chi Kung Series, #1 (Book 1)

Paperback: 272 pages

Publisher: Ymaa Yangs Martial Arts Assoc; 3rd edition (March 1989)

Language: English

ISBN-10: 0940871076

ISBN-13: 978-0940871076

Product Dimensions: 0.5 x 7 x 10 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 5.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #449,736 in Books (See Top 100 in Books) #182 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #919 in Books > Sports & Outdoors > Individual Sports > Martial Arts #89507 in Books > Religion & Spirituality

Customer Reviews

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The book came quickly and is in excellent condition. Although, I have not finished the book yet to give it a complete review, I am enjoying the book. The explanations that the author gives along with the visuals (diagrams and pictures) help make this book a book on Chi Kung.

This is a book all beginners NEED. So well written and in depth. It's a must have for anyone serious about training and understanding the concepts as intended.

This book is essential for any qigong practitioner; or any martial artist. The keys to enlightenment are also here. Unrecognizable by the lame.

For me it's the best book ever, it doesn't contain almost any practical exercise, it explains why they work, like how to make roots on earth to have more balance, and really advanced theory of chi, it responds to a lot of medium to advanced questions. You will gain profit only if you are not a beginner qigong practitioner. It has a lot of information in every page of it! that you can't find in

another book .

This book gives an excellent explanation of Chi and Chi Kung from both the Western and Eastern point of view. It is recommended reading for all martial artists and is especially beneficial for someone just beginning to examine Chi and/or Chi Kung

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