



The Essence of Shaolin White Crane: Martial Power and Qigong

By Jwing-Ming Yang

YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, The Essence of Shaolin White Crane: Martial Power and Qigong, Jwing-Ming Yang, The secrets of internal power are revealed in this expert guide to Internal and External martial Qigong. This comprehensive martial arts training guide explores White Crane Kung Fu (Gongfu), one of the most famous martial styles developed in China. Martial Arts Qigong is integral to White Crane kung Fu and is a proven way to build explosive fighting power, known as Jin. In addition to fighting power, martial Qigong builds robust health and longevity. By focusing on the spine and torso, Shaolin White Crane develops and maintains a strong, supple upper body. Flexibility and strength of the spine are notable results of this training. It is commonly recognized that Shaolin White Crane is the root of Okinawan Karate, and has heavily influenced Japanese martial arts. From this book, a Karate practitioner will be able to trace this root back, and gain profound comprehension of empty-hand styles. Long time hidden secrets of White Crane revealed. A comprehensive analysis of Internal and External martial Qigong. Complete sets of White Crane Hard and Soft Qigong training. A thorough examination of martial power (Jin). Presents more than 60 White Crane...



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This exploration of White Crane Kung Fu, one of the most famous martial arts styles of China, examines martial Qigong and its relationship to health, longevity, and physical development. This form of martial art is the foundation of other methods and has influenced Japanese martial arts: enjoy a fine blend of historical overview and technical coverage. - - Midwest Book Review. About the Author.Â Verified Purchase. Dr Yang explained the basics of qigong and it helps me in understanding what my master taught me though I'm not a white crane practitioner. The routines inside is not like what I expected but it is easy to follow. It is a good book if you are in the process of learning kungfu which share a root with White Crane such as Wing Chun and Ngo Cho Kun. The Essence of Shaolin White Crane : Martial Power and Qigong. Book Review. This publication is wonderful. I have got study and so i am confident that i am getebooks-isbn4.netlify.app. <https://getebooks-isbn4.netlify.app/.../1886969353-the-essence-of-shaolin-white-crane-martial-power-.pdf>. clipped from Google - 10/2020. Downloads PDF The Essence of Shaolin White Crane by Jwing ...Â The Essence of Shaolin White Crane by Jwing-Ming Yang is Sports & Outdoors The secrets of internal power are revealed in this expert guide to internal and [www.aurorastrong.org. https://www.aurorastrong.org/.../download-the-essence-of-shaolin-white-crane-by-jwing-ming-yang.pdf](https://www.aurorastrong.org/.../download-the-essence-of-shaolin-white-crane-by-jwing-ming-yang.pdf). Muscle/Tendon Changing Qigong specializes in circulating Qi in the twelve primary Qi channels and the two major Qi vessels (Conception and Governing Vessels).Â 5. Qigong and Martial Artsâ€”The Key to Advanced Martial Arts Skill. (New Title: The Essence of Shaolin White Crane, published 1996). 6. Buddhist Qigongâ€”Chan, The Root of Ren (in progress). 7. Daoist Qigong (Dan Ding Dao Gong) (New Title: Small Circulation, Grand Circulation, in progress). 8. Tibetan Qigong (Mi Zong Shen Gong). The first volume, The Root of Chinese Qigong introduced the historical background and the different categories of Qigong, Qigong theory and principles, and the keys to Qigong training. That volume provided a map of the world of Qigong. Good Reference to the Shaolin Contributions to the White Crane systems of the South and its its training and emphasis of "Jin" another powerful reference to a complete White crane compendium. Read more. Helpful.Â The book starts with an intro into Chinese Martial Arts and Qigong - history, practice, the specifics of the White Crane style and moral philosophy. This is very detailed and quite different from other mainstream accounts. Next comes the qigong section. In it, Yang first describes his theory of the science behind qi and qigong. Even if you don't agree with his ideas, it's very interesting as an extended scientific treatment of qi is very rare. Then, it provides exercises for White Crane Qigong - hard and soft and within each of those - stationary and moving.