

Iron Shirt Chi Kung I Once A Martial Art Now The Practice That Strengthens The Internal Organs Roots Oneself Solidly And Unifies Physical Menta

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[Iron Shirt Chi Kung I](#)

Iron Shirt Chi Kung I - Ning

The real point of Iron Shirt Chi Kung is to prepare the body to receive higher spiritual energies The Core Iron Shirt Chi Kung training consists of: - Packing breathing process - Iron Shirt postures Main goals are to develop: - Centering and Rooting power - Structural alignment with the earth and also with the heavenly force - Internal power

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- 2 - Iron Shirt Chi Kung I Once a Martial Art, Now the Practice that strengthens the Internal Or-gans, Roots Oneself Solidly, and unifies Physical, Mental and Spiri-

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Tendon Nei Kung - Ning

Tendon Nei Kung Forms Building the Structure Rocking Forward The basic movement for the Tendon Nei Kung forms proceeds out of the Iron Shirt I posture Once in this posture, following the same guidelines and principles of relaxation and alignment, you are ready to start with the movement Power Moves from the Ground Up Fig 1 Earth Force

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