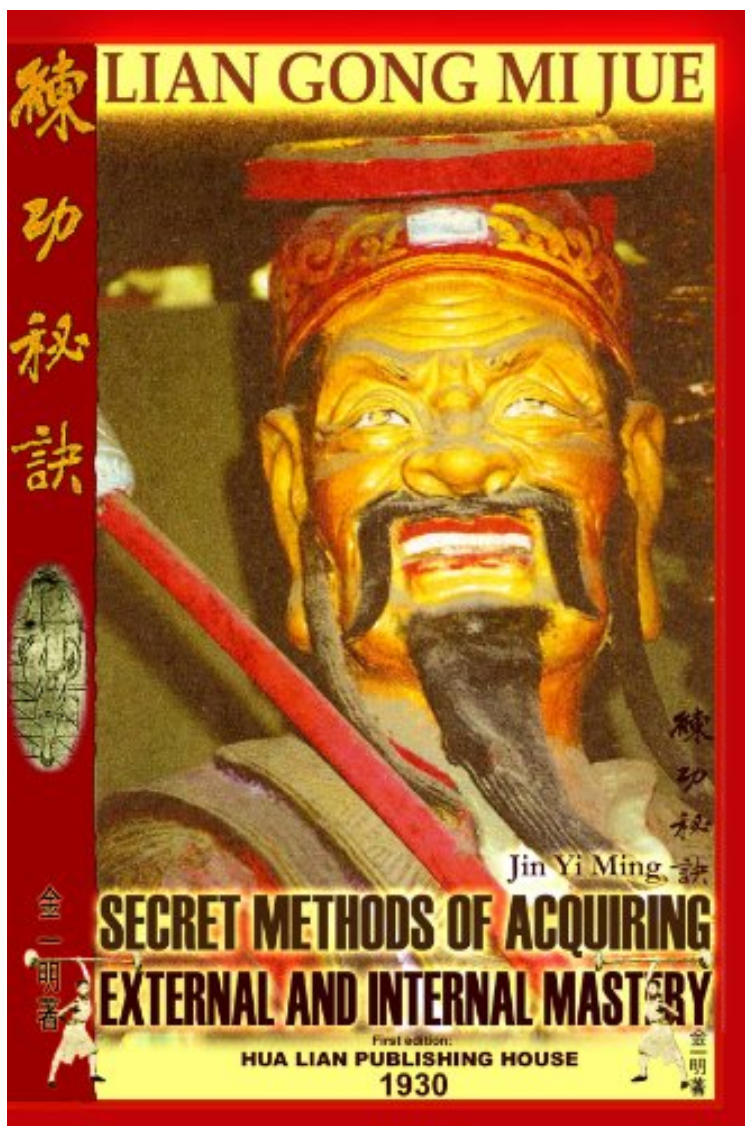


(Download free ebook) Lian Gong Mi Jue: Secret Methods Of Acquiring External And Internal Mastery

Lian Gong Mi Jue: Secret Methods Of Acquiring External And Internal Mastery

Jin Yi Ming, Guo Cui Ya

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Jin Yi Ming, Guo Cui Ya : Lian Gong Mi Jue: Secret Methods Of Acquiring External And Internal Mastery before purchasing it in order to gage whether or not it would be worth my time, and all praised Lian Gong Mi Jue: Secret Methods Of Acquiring External And Internal Mastery:

0 of 0 people found the following review helpful. Five StarsBy S.A.excellent1 of 1 people found the following review helpful. Excellent old publicationBy CustomerExcellent old publication. Shows alot of internal training like Da Mo

series closed fist sets, 8 brocade which is Genral Yei Feis creation. too bad the other 4 brocades were lost to time however. over all interesting read...0 of 0 people found the following review helpful. TrainingBy GMCI'm approaching my 30's...with work and school I dont have time or money right now to train with a Sifu AND SO I have to train myself when it's convient for me. This book has a lot of what i already know but i did learn some very interesting training methods that most people are not aware of.

Today as in the ancient time special exercises aimed at acquiring "Internal Mastery"(GONG FU) are one of the most important elements of Shaolin monks training. Those exercises is the core of the Shaolin martial training, they are the key to the true summit of mastery. An old proverb says: "If you exercise only the technique (style) but ignore special training you will be a nobody till your old days." "Special training" implies particular exercises for developing both WAI ZHUANG - "the External Power" and NEI ZHUANG - "the Internal Power". Those exercises (training procedures) are collected under a common title - LIAN GONG, literally "Exercising to Acquire Mastery".

From the PublisherIn his preface the author writes: "...It is not an idle talk that "Strength can not overcome the Pugilistic Art (Quan Shu), the Pugilistic Art can not overcome Internal Mastery (Gong Fu)". The people think that it is enough to exercise the Pugilistic Art (Quan Shu) but few know that the Pugilistic Art can not withstand the Internal Mastery (Gong Fu) as the Pugilistic Art is sprouts of Gong Fu and Gong Fu itself is the base and root of the Pugilistic Art. There are people who exercise only Gong Fu and do not exercise Quan Shu. But nobody heard that Quan Shu can be exercised without exercising Gong Fu. Such "mastery" is like flying fluff or floating duckweed - too weak base. It is necessary to exercise both Gong Fu and Quan Shu, only in that case there will be a strong base and excellent Mastery." The first part of the book presents exercises which belong to the section "External exercising" (WAI GONG) aimed at the development of the "External Power" (WAI ZHUANG). It includes exercises for the development of "Hardness" (YING GONG), "Lightness" (QING GONG) and "Flexibility" (ROU GONG). The second part of the book deals with the development of the "Internal Power" (NEI ZHUANG): the description of massage according to the method NEI ZHUANG XING GONG, the method "Rinsing marrow" XI SUI, some formulae of drugs to increase the level of the "internal power" are given. Undoubtedly, the book will be useful for serious practitioners of traditional styles of Chinese Martial Arts who are eager to reach genuine mastery.

From the AuthorThe road to power and flourishing of a state passes, first of all, through building up people's health. When Russia rattles the saber, when insults come from Japan, when winds are blowing and it is raining over China, descendants of Emperors of Yan and Huang , those sick and weak-willed citizens, must acquire such a (combat) technique as to make the country invincible. That is none other than the base for further development as well as a method of counteraction to external interventions. However, it is not an idle talk that he who possesses strength does not match a man in command of the pugilistic art and he who is in command of the pugilistic art can not match a man in command of Gong Fu. The people think that it is enough to exercise the pugilistic art (Quan Shu) but few know that the pugilistic art can not withstand the "internal mastery" (Gong Fu) as the pugilistic art is sprouts of Gong Fu and Gong Fu itself is the base and root of the pugilistic art. There are people who exercise only Gong Fu and do not exercise the pugilistic art. But nobody heard that the pugilistic art can be exercised without exercising Gong Fu. Such "mastery" is like flying fluff or floating duckweed - too weak base. It is necessary to exercise both Gong Fu and Quan Shu, only in that case there will be a strong base - and excellent Mastery. It can be said for comparison that if people are strong, a state is strong. Of course, it is necessary to train and teach troops but it would be much more farsighted to start from training and teaching the people (nation). Otherwise, it would be the same thing as exercising the pugilistic art without exercising Gong Fu - a weak base. If you wish to rule the country, first you must rule your own house. If you wish to rule your own house, you must be capable of ruling yourself. The aim of exercising is not to subjugate (another) man, but to subjugate yourself. If you can subjugate yourself, you will be able to subjugate others as well and be unconquered (by them). If you are able of conquering, others wouldn't dare to conquer you. I have written this book to follow dictates of my conscience. Niu Ti Sheng, Chairman of the Government in the province of Jiangsu and the Chief of "The House of National Martial Art" at the same time, presented me four hieroglyphs - Jiang Guo Zhi Ji - "To strengthen the State is the base of all". We must inspire our four hundred million countrymen for exercising martial arts. If it really happens, if we start seeking for perfection to erase the disgraceful image of "The sick nation of the Eastern Asia", our efforts in the development of the national martial art (Guo Shu) will have the sense. The third decade of August, the 19-th year of the Chinese Republic (1930). Jin Yi Ming from Yangzhou. Shanghai, province of Jiangsu.

About the AuthorThe book was written by Jin Yi Ming in collaboration with Guo Cui Ya. The first edition of the book was issued in August of 1930. The book was printed by the Publishing House Hua Lian in Shanghai. The book covers "external" (WAI GONG) and "internal" (NEI GONG) training methods practiced by traditional schools of the "Shaolin family" (SHAOLIN PAI).