



Kung Fu Scholar Methods: Internal Strikes In 100 Days

Li Jung Yuen

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Long ago in ancient China, there were old masters who had miraculous skills. Even in their old age, their bodies were like iron. When they struck back, it only took one hit and the enemy was dead. Now many centuries later we no longer see these skills. The basic martial skills once taught are ignored and more “modern” day training is used instead. If these new methods are better, then why does the modern martial artist not exhibit the same skills of the old masters? The answer is simple, they have no chi skills. In this book is a 100 day plan to increase your internal strikes using the methods used by Shaolin and Wudang.

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