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CHI KUNG THE CHINESE ART OF MASTERING ENERGY PDF - Search results, Qigong (), ch'i kung (), and chi gung are English words for two Chinese characters: qì (气) and gōng (功). Qi (or chi) is often translated as life energy, referring to energy circulating through the body; though a more general definition is universal energy, including heat, light, and electromagnetic energy; and definitions often involve breath, air, gas, or relationship between matter ..., Tai chi (taiji), short for T'ai chi ch'uan, or Taijiquan (pinyin: tàijíquán; 太极拳), is an internal Chinese martial art practiced for both its defense training and its health benefits. The term taiji refers to a philosophy of the forces of yin and yang, related to the moves. Though originally conceived as a martial art, it is also typically practiced for a variety of other personal ..., What is Chi Kung? Also called "Qi Gong" or "Chinese Yoga", the term refers to health exercises that are an integral part of Traditional Chinese Medicine., Dragon Qigong A Chinese Chi Kung

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Abbot of the Shaolin Monastery Reverend Miao Xing nicknamed "Golden Arhat", one of the best Shaolin fighters of all times., , charlotte martial arts and health arts center features authentic tai chi, kung fu, yoga, kempo karate, kickboxing, zen meditation and grappling (mixed martial arts)â€”for health, fitness, stress management, self-defense, spiritual growth and more!

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