



How to Develop Chi Power (Chinese Arts Series: 450) (Paperback) - Common

Volume editor Mike Lee By (author) William Cheung

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Discusses the mystery behind the elusive energy of chi. This title provides exercises to increase and direct the flow of chi and explains how chi affects the body, the philosophy behind the famous yin-yang symbol, pressure points and the 32 meridians, and the principles behind dim mak (the often misunderstood 'death touch').

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