

Kung Fu, Or Taoist Medical Gymnastics: The Art Of Shaolin Kung Fu, Traditional Chinese Medicine And Qigong Beginning Practice By CM, John Dudgeon MD

By CM, John Dudgeon MD

Practical Process of Taoist Internal Alchemy means cultivating energy, it is a system practiced for health Chinese Kung Fu Art and Wudang Taoist Kung Fu

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It is said that Zhang Sanfeng, the founder of WudangKungfu, was cultivating his spiritual energy in the mountains when he witnessed a fight between a crane and a snake.

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