

TRAINING TIPS FOR
LEVEL 2
OF THE
MO PAI
NEI KUNG
SYSTEM

BY SHIFU LIN

Training Tips For Level 2 Of The Mo Pai Nei Kung System

Nian-Li Pai, J. G. Lynn



Training Tips For Level 2 Of The Mo Pai Nei Kung System:

Internal Martial Arts Nei-gong Bill Bodri, John Newton, 2011 In many old martial arts films you often see a master capable of extraordinary supernormal feats such as being able to move with the speed of wind throw incredibly heavy objects destroy them with a strike stride over water or even fly through the air Are such things possible The Chinese Taoists say yes if the master practiced special exercises to cultivate their inner energy or yang chi qi These practices to cultivate inner power are called nei gong or the internal martial arts and are related to the mastery of the kundalini energies cited in Indian yogic and Buddhist literature which also explains the various superpowers that become possible with its cultivation Many people today want to be able to attain such supernormal skills or they simply want to understand why and how these skills were cultivated so they might be duplicated as best possible Some practitioners of Tai Chi Chuan Hsing Yi Ba Gua Zhang Five Animals Aikido Karate Judo Northern Shaolin and other Kung Fu Wushu traditions have alternatively damaged their bodies from their practice or have reached a training plateau and want some sure methods to break their current limits and bring their martial arts skills to the next level This book explains the major practices on how to properly cultivate nei gong safely to achieve all these objectives The information provided because of its advance nature was usually considered the high secrets of martial arts lineages made available only to the top students who also practiced breathing methods and meditation It explains how to cultivate the mythical martial arts through the initial practice of qi gong and then inner nei gong exercises involving anapana pranayama one pointed visualization kasina meditations and sexual cultivation It provides training information applicable to Iron Palm Iron Shirt or Dim Mak techniques which though incredible in themselves still fall far short of the special supernormal achievements possible after a martial arts student successfully opens up their chakras and chi channels in particular their sushumna central channel and the macrocosmic chi circulation within the body This is the only book in English offering detailed instructions on how to cultivate the Taoist concept of shen which is the stage of awareness attained after cultivating your chi to a high level For purposes of attaining inner gong fu kung fu it also teaches how to cultivate the Six Yogas of Naropa and the Tibetan tantric mantras for opening up the body's central chi channel In terms of specific long term nei gong methods it stresses visualization and anapana practices which are explained in conjunction with more advanced techniques for dissolving inner energy blockages Rather than just focusing on internal martial arts kung fu the authors go even a step further also bring forth many rarely discussed modern training principles for peak athletic performance that can be applied to martial arts and provide practical information on various vitamin mineral supplements detoxification routines and bodywork therapies that can help heal martial arts injuries and lead to improved skills even if the nei gong route of internal martial arts energies and gong fu is not mastered This is a truly unique book quite different than what's normally available for the martial arts tradition because it provides full materials on topics rarely covered elsewhere and reveals not one two or three but a plethora of inner training practices even for qi gong along with

what are normally considered their secret training details **Forest Dragon Exercises I** Nian-Li Pai, J. G. Lynn, 2016-09-30

This training manual is an introduction to the Forest Dragon Exercises an approach to training in Pai Lum Kung Fu The Forest Dragon Exercises is a system of exercises specifically designed to promote health and well being without requiring a large time commitment It includes an introduction to breathing and meditation stretching exercises based on yoga and the first of five forms or movement exercises intended to introduce the student to techniques of self defense used in Pai Lum Kung Fu Many of the techniques are taken directly from the traditional sets we train The Forest Dragon Exercises represent five phases of development in the lower levels of Pai Lum The first of these phases is presented in this book You can download excerpts from the book at NianMedia net More information about the Forest Dragon School and the Forest Dragon Exercises can be found at www.ForestDragon.org

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