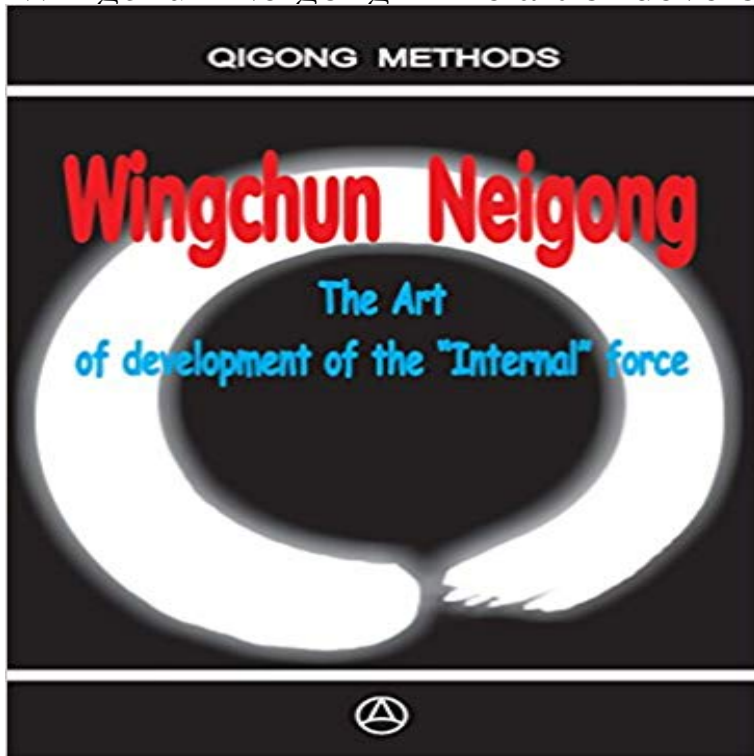


Wingchun Neigong - The art of development of the Internal force



The methods of Wingchun Neigong are described in details in this book, which present harmonious blend of Qigong exercises, ways of strengthening of the body and techniques of military training. They help to establish a free flow of the internal energy of the body through the energy channels, to make the body healthier, to strengthen the limbs, to connect the whole body into a single structure, to develop the inner strength and to calm the mind. Such forms are presented to the readers: Sun hei gwai yuen gong - Bringing Qi of Kidneys to the source, Wingchun Ying Gong form of the hard Qigong, Chingang Gong- form of the diamond hardness and ways of Silent sitting.

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