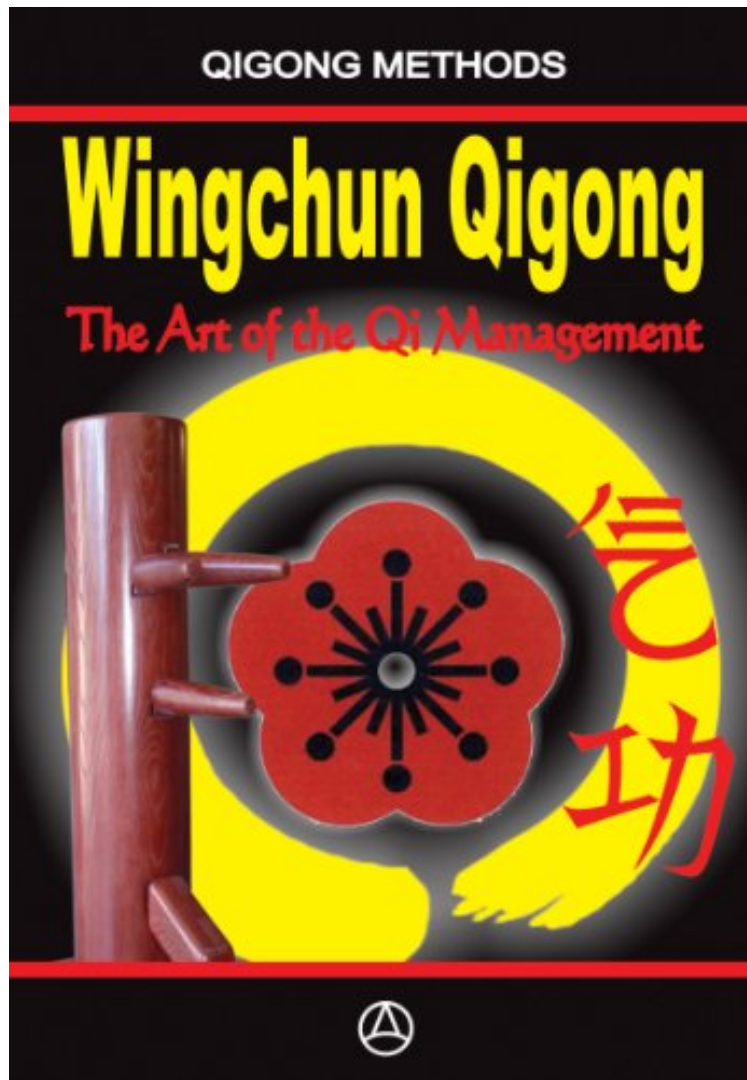


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## Wingchun Qigong. The Art of the Qi Management (English Edition)

Von Igor Dudukchan

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**Von Igor Dudukchan : Wingchun Qigong. The Art of the Qi Management (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Wingchun Qigong. The Art of the Qi Management (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Tolle Ergänzung zum tglichen TrainingVon HeinerDas Buch erffnet einen neuen Aspekt , indem es Qigong Atembungen mit den Formen verbindet.Man bt ruhiger und konzentrierter. Wer dafr offen ist Wing Chun nicht nur als Kampfkunst zu

sehen,der kann aus diesem Buch viel herausziehen.Man sollte allerdings wenigstens die 1. Form knnen.

KurzbeschreibungThe Wingchun is known as an effective style of martial arts. However, besides the martial techniques the methods of the "internal" art and Qigong are practiced in the Wingchun. 390 illustrations. The Qigong is the Chinese art of management of the internal energy Qi. In this book are presented: basic rules, the Wingchun Qigong form (Khi Cong Quyen) and Static Qigong Exercises. These Qigong techniques are practiced in Vietnamese Wingchun Schools.

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