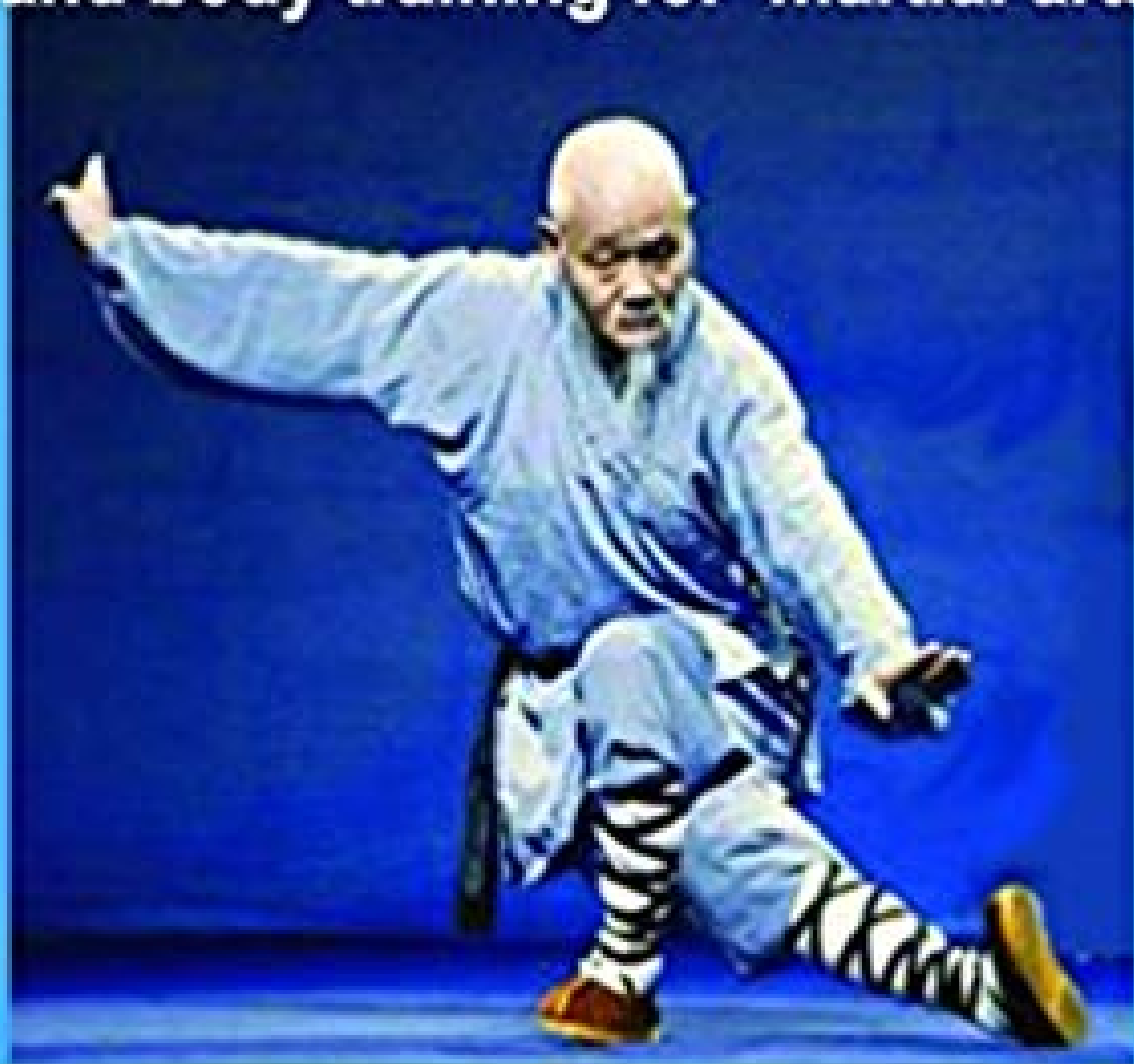


MARTIAL ARTS

Rougong

The art of flexibility
and body training for martial arts



By Igor Dudukchan

Igor Dudukchan and

Rougong: The art of flexibility and body training for martial arts



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The offered book is intended for the visitors, who want to attain the true improvement of joints flexibility and mobility in maximally short terms, to boost the general state of organism, to acquire the higher endurance, to strengthen the own body, fill it with "internal" energy and attain the strong health. Contents: Launch; The exercises and forms, described in the book are the ancient methods, verified by time, used by the masters of martial arts for maximal widening of our body options and schooling to the loads, appearing in extreme situations and under conditions of hand-to-hand fight and combat with weapons. Chapter 1 Rougong — the training of flexibility; Chapter 2 The Soft Qigong; Chapter 4 Particular exercises Chapter 3 The Hard Qigong;



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Great articles, poor translation. Worthwhile. I might slowly try to make contact with them. English is poor, but reminds me of the exercises We used to do.



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