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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/5(6). The Paperback of the Internal Martial Arts Nei-gong: Cultivating Your Inner Energy to Raise Your Martial Arts to the Next Level by Bill Bodri, John. Click or Press Enter to view the items in your shopping bag or Press Tab to interact with the Shopping bag tooltip. Jan 01, 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 sport224.com:

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