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Iron Shirt Chi Kung

Mantak Chia

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Iron Shirt Chi Kung

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Iron Shirt Chi Kung Mantak Chia
An introduction to the ancient Kung Fu practice designed to unify physical, mental, and spiritual health

• Describes the unique Iron Shirt air-packing techniques that protect vital organs from injuries

• Explains the rooting practice exercises necessary to stabilize and center oneself

• Includes guidelines for building an Iron Shirt Chi Kung daily practice

Long before the advent of firearms, Iron Shirt Chi Kung, a form of Kung Fu, built powerful bodies able to withstand hand-to-hand combat. Even then, however, martial use was only one aspect of Iron Shirt Chi Kung, and today its other aspects remain vitally significant for anyone seeking better health, a sound mind, and spiritual growth.

In *Iron Shirt Chi Kung* Master Mantak Chia introduces this ancient practice that strengthens the internal organs, establishes roots to the earth's energy, and unifies physical, mental, and spiritual health. Through a unique system of breathing exercises, he demonstrates how to permanently pack concentrated air into the connective tissues (the fasciae) surrounding vital organs, making them nearly impervious to injuries--a great benefit to athletes and other performers. He shows readers how once they root themselves in the earth they can direct its gravitational and healing power throughout their bone structure. Additionally, Master Chia presents postural forms, muscle-tendon meridians, and guidelines for developing a daily practice routine. After becoming rooted and responsive, practitioners of Iron Shirt Chi Kung can then focus on higher spiritual work.

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