



The Path of Drunken Boxing

Jing Fa Zhang

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This is a 200+ page book based upon Eight Drunken Immortals Gong Fu, and is a “must-read” for anyone interested in the rare Chinese system of Drunken Boxing/Drunken Fist. It specifically covers the internal aspects of drunken qi gong, nei gong (drunkard’s yoga) and each immortal’s respective archetypal energies (for both internal work and combat). The text describes theory, external training methods, internal cultivation practices, and is completed by explaining the combat methods and strategies of each of the Drunken Eight Immortals.

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