



## The Way of Energy: Mastering the Chinese Art of Internal Strength with Chi Kung Exercises

*By Kam Chuen Lam*

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This publication aims to help the reader to master the basic Zhan Zhuang or "standing like a tree" system of Chi Kung, the internal energy exercise. Part one introduces the warm-ups, while parts two and three go through a series of intermediate and advanced exercises.

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#### **About the Author**

Master Lam Kam Cheun is a master of the arts of tai chi, chi kung and the ancient study of chi (vital energy), and a practitioner of traditional Chinese medicine. Master Lam studied herbal medicine, the martial arts and the great religious philosophies of Chinese culture in HongKong, Taiwan and China under internationally recognised masters. In the United Kingdom, he is one of the most highly trained and knowledgeable experts in the art of healing and the study of internal strength.

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