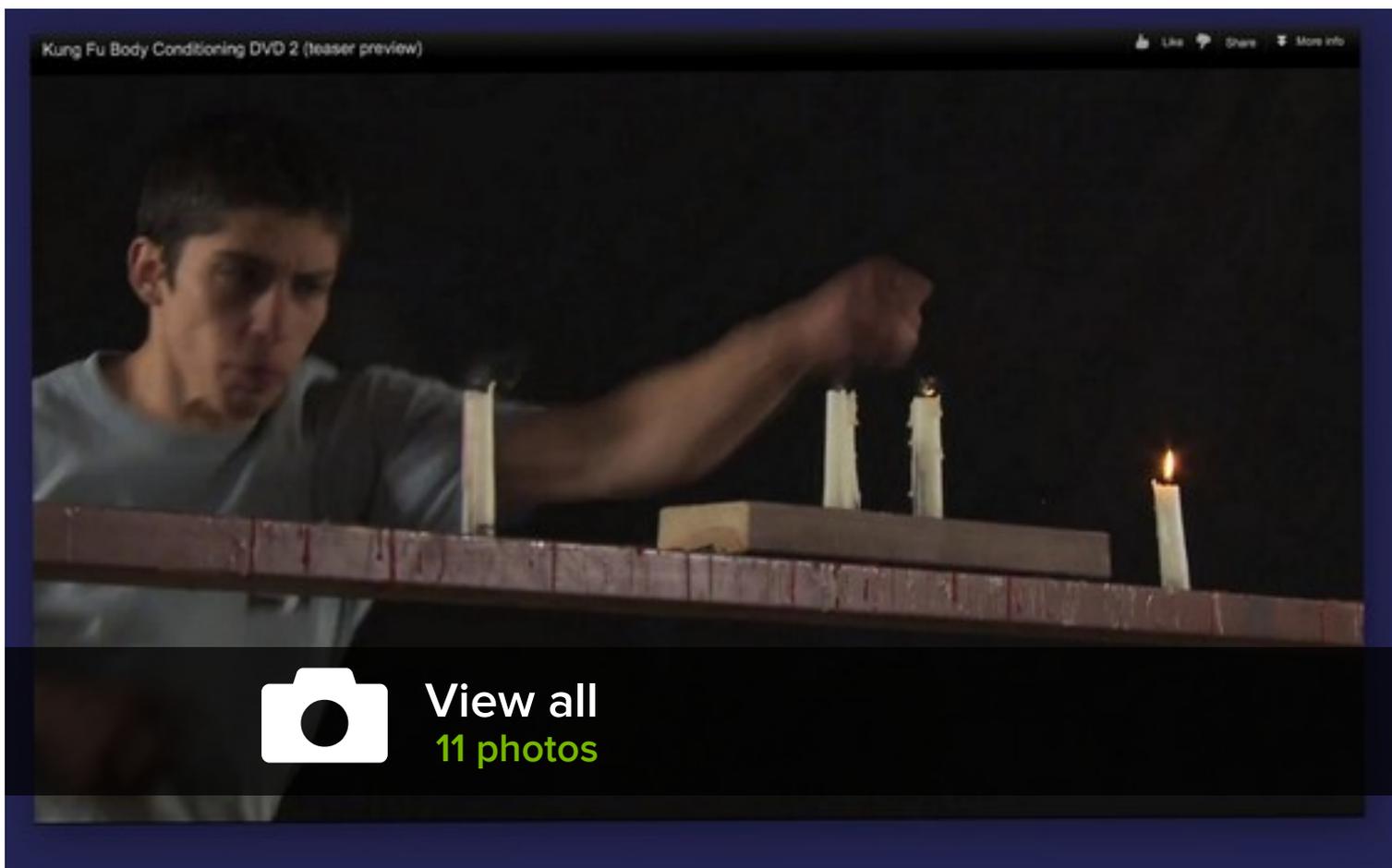


Want to be a superman? Train with Kung Fu Body Conditioning 2

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Last year, [YMAA](#) published the [Kung Fu Body Conditioning](#) DVD, authored and produced by Dr. Yang Jwing-Ming and his disciples trained at [the YMAA Retreat Center](#). Like others, I was totally dazzled by the techniques and strength the training produced. With another year of advanced training under Grandmaster Yang, Jon Chang, Patrick Manriquez, Javier Rodriguez, Jachym Jerie, Santi Costello and Frank Verhuelson have conditioned their bodies to a whole new level. Their bodies can be rooted as firm as trees, flexible as gymnasts, agile as monkeys and strong as tigers.



Punching the candles out
YMAA



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The focus of this 210-minute long **Kung Fu Body Conditioning DVD 2** is traditional Chinese **martial arts** training for endurance and power, which constitutes the intermediate level training for Dr. Yang's disciples of the ten-year resident training program. Body conditioning is a prerequisite in traditional **Kung Fu** training. The purpose of body conditioning is to strengthen the entire body's structure for the rigors of martial arts practice by gradually strengthening bones, joints, and muscles. This allows people to develop speed, root, and explosive power without injury.

Dr. Yang offers martial arts **qigong** exercises instruction of at the beginning of this new DVD. You can learn the Martial Grand Circulation Breathing method, Soft White Crane Qigong, Hard White Crane Qigong, Dan Tian Training, **Tai Chi Ball** Qigong and interestingly Candle Staring training. Through Candle Staring training, students learn how to focus; combining Qigong training, they can also punch the candle flame out from a distance of a few feet.

The Conditioning Exercises emphasize arms, legs, kicks and stances. Arm Conditioning is done with bare arms as well as with weights, staffs, metal bars and punching bags. Some techniques are taken from Shaolin White Crane training but beneficial to martial artists of all styles.

Brick Rooting has really stepped up to a new height with three bricks stacking up vertically; even scarier is that a practitioner has to practice punching when standing on them. Double Jumps, Back and Forth Jumps, Linking Kicks, Four-corner Jumps and Alternating Jumps are components of Speedy Jumping. They help strengthening bones, ligaments, tendons and muscles of the hips, knees and ankles as well as making them more flexible.

Bag Kicking along with Six different Kicks (Toe Kick, Heel Kick, Ramble Kick, External Sweep, Internal Sweep and Straight Cut Kick) make kicks more powerful.

Without proper stance training, arms, legs and kicks cannot be executed flawlessly. Therefore, Horse Stance, Four-six Stance, Mountain-climbing Stance, Sitting on Crossed Legs, Tame the Tiger Stance, False Stance, Golden Rooster Stance, Swallow Stand, Unicorn Stance and Squat Stance are part of a training course. These stances are essential for external or internal martial art practice. As matter of fact, they are good for anyone to practice, especially seniors.

Through this DVD, we can peek into how disciples train with each other to develop their sensitivity and coordination ability through Reaction Speed, Reaction Drills, Reaction Games, Push Hands and many other drill activities.

I appreciate that the disciples share their training experience, safety tips and even how they built their training gear. One example is that they dug holes of 3 to 6 feet deep and put long logs in them. They wrapped the portion that is above the ground with bubble wrap and duct-taped it. So they got these awesome looking posts with uneven surfaces to punch and kick. They also show how to include weight training by wearing weight bands and vests or carrying stone-loaded backpacks.

Dr. Yang's training system is very thorough. He trains students from the inside of body by cultivating Qi to extremities of outside the body. Cinderblock Flipping is a grueling regimen to make fingers strong and flexible. Jumping on loose logs can be fun yet dangerous. Running on a ledge and practicing Kung Fu on a banister demand a great degree of concentration and superior skills. One should not try these unless he is fully trained with last year's [Kung Fu Body Conditioning](#).

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