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sinews", while jing means "methods". While some consider these exercises as a form of Qigong, it is a relatively intense form of exercise that aims at strengthening the muscles and tendons, so promoting strength and flexibility, speed and stamina, balance and coordination of the body Yi Jin Jing - Wikipedia ChiKung 28 ejercicios, Yi Jin Jing tradicional Publicado por Isa Hernández Gil (Isaura del Valle) en 2:32. Enviar por correo electrónico Escribe un blog Compartir con Twitter Compartir con Facebook Compartir en Pinterest. No hay comentarios: Publicar un comentario. Tai Chi - Chi Kung: ChiKung 28 ejercicios, Yi Jin Jing ... El Yi Jin Jing es un ejercicio sencillo y de grandes resultados para el artista marcial.

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Su practica combina salud, fuerza y poder marcial de manera realista. Existe una descripción de los ejercicios que es similar a esta ilustración libro Qi Gong La vía del sosiego de Liu Dong. Ed. Kairós. Yi Jin Jing- Practica: Yin Jing Jin Yijinjing Tradicional / 28 ejercicios. Yijinjing. Ejercicios tradicionales para el estiramiento del músculo-tendón. Esta tabla, con diferentes variantes, es muy popular en China, y tradicionalmente se asocia con beneficios físicos, como el fortalecimiento de los tendones, y energéticos, ya que favorece la circulación de energía por los meridianos del cuerpo. Tai Chi - Chi Kung: Yijinjing Tradicional / 28 ejercicios. Yi jin jing: ejercicios tradicionales para el estiramiento del músculo - tendón en la antigua china.

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