



Wisdom from Wudang: Internal Martial Arts Journey

William Beattie

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If you are a Internal Martial arts lover you will enjoy this riveting compilation trilogy. This is the story of William Beattie's travels into Wudang Shan and his escapades with Chinese monks, in search for Internal Martial Art secrets! During his voyage he unearths many layers of profound knowledge ranging from: Health Elixirs, The Tree of Life, Qi Gung transmissions, Nei Kung, Tai Chi Chuan, Street Fighting, Mo Pai to Alternative Medicine. Thanks again for your support! Browse inside the book for more information. Contact me at: Fightmonks@gmail.com if you have any questions

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