

"How to get hard" - Expository Speech

How to get hard... No not like that. How to get hard is not a "how to exercise" or "how to get ripped." "How to get hard" is the practice of obtaining an iron body which can help you handle being badly hit during a fight. Now what is an iron body? Why is it worth it to obtain? How can you obtain it? What are the risks?

Well to start off, The practice of an iron body is to obtain a super strong body that can withstand powerful impacts to the body through patience, meditation, breathing, practicing forms, and lots and lots of conditioning. The origin of such practice firstly came from China. It started off when an Indian Buddhist monk, Bodhidharma, traveled to China to spread Buddhism. He encountered a Shaolin temple where he found many monks weak from lack of physical activities because they spend all of their time meditating. So he insisted to teach them how to exercise to better their physiology and strengthen their bodies. And through time, these monks changed the exercises and eventually the practice of getting hard (an iron body) was developed (Wilder 1-2).

(Now why is worth it to learn such thing?) The iron body is a skill that differs you from a regular human being. You are pretty much a super human. The ability to absorb powerful strikes (punching, kicking, elbowing) or some kind of physical contact without pain or injury is a win. You can be hit on the head, neck, torso, back, legs, arms, privates, or basically any part of your body (depending on which part you train on). You will barely or won't feel anything. Wouldn't you want to be technically invincible?

(So how can you obtain an iron body?) There are many ways to practice the iron body technique. No ways are faster or better than the other. All will take time to achieve. Some ways to get an iron body are practices of Sanchin, Qigong, and pure conditioning. Sanchin and Qigong are very complicated, but basically it means that this practice must use techniques of proper breathing and special movements while, on top of that, being hit in the process of executing the techniques (KarateForums and FightingArts). The most easiest method I think is pure conditioning. That is the process of repeatedly striking yourself or putting yourself in physical pain for a high amount of times. According to ezinearticles.com, one way of conditioning yourself, in this case your hands, is too fill a bag up with beans or gravel and constantly punch it for a certain amount of times lightly (strong enough to feel impact on hand) and at a slow pace. As you progress, your repetitions will increase while your strikes will be harder and faster. Livestrong.com says that if you repeatedly hit a certain area (example: leg or torso) at a reasonable amount of power for a high amount of times everyday, those parts of your body will become stronger and stronger. As you progress through, you can hit harder and harder.

For every super ability, there is a price you must pay. When you are practicing such skill

like the iron body, it can be very dangerous. Perhaps the iron body skill is probably the most dangerous out of all skills. So there are injuries you might encounter during your practice. According to stopsportsinjuries.org and okiblog.com, the several injuries you might encounter are cuts, bruises, strains, sprains, and fractures are most common. Some more serious injuries are concussions, calcification (which means the breaking down or weakening of the bones), and arthritis. Whenever injured, please stop and wait until you are completely recovered to start practicing again. Otherwise, you will seriously hurt yourself and you will be in pain much worse than you were before.

The iron body is a difficult practice among many whom had mastered it. The iron body helps develop your strength and mentality to withstand blows to the body. Whether you want to be superman or superwoman, you can by starting off conditioning yourself to an iron body. The perks of having an iron body is endless. You can withstand power strikes or impacts, you will have a strong body, and you will be super compared to a normal being. Make sure to practice carefully and avoid injuries as much as possible. Thank you for your time. I hope you want to go get hard after this.

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