

Holden QiGong - Iron Shirt Qi Gong

Online Course

A correctly trained body is powerful, protected from injury, and full of high-octane fuel.

Iron Shirt Qi Gong was first practiced by the Shaolin monks to protect themselves from invading armies. There are stories of 100 monks defeating armies of 10,000. The Shaolin monks and their power are legendary.

That was a long time ago. Today, the intention of Iron Shirt Qi Gong is different.

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Also known as Golden Shield or Tree Meditation, the Iron Shirt Qi Gong practice builds Qi through the body for power and strength. It's as if practitioners create an “Iron Shirt” around their body.

Witnessing someone with a true Iron Shirt is extraordinary. You can punch them, hit them with a bat, and even put a sharp spear at the throat and push in strongly and the body of an Iron Shirt practitioner is unphased. In fact, after a punch, you might hear the Iron Shirt practitioner say, “Thank you for your energy.”

You might wonder what the point of training the body to the point of withstanding blows is. Well, despite how cool it is at a party, there are very practical benefits. First, you are training the immune system to withstand the blow of diseases and sicknesses. Second, you are able to withstand the emotional blows of modern life and negative energy from others.

In Qi Gong, there is a balance between structure and flow.

Like the banks of the river, the water needs structure to be contained. In the same way, the Qi in your body needs structure so it can flow.

When your Qi flows freely, you protect yourself from stress, negative energy from other people, and from the world around you.

Iron Shirt Qi Gong builds the “inner structures” you need so your Qi can flow freely and you can build strength, power, and abundant energy.

Some of the postures from the practice, like “Golden Turtle,” are regarded as among the most important postures of advanced Wu-style Tai Chi... and the “Iron Bar” technique is an advanced practice in many Chinese medical systems. Each practice will be explained in detail.

Participants will also learn the practice of Rooting and Qi-Packing (which are not to be missed). Some “bonus” materials will include exercises to enhance structural alignment and microcosmic energy circulation.

Iron Shirt Module 1: Standing Meditations Protect the Body from Injury and Disease

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In the Iron Shirt Standing Meditations Module, participants:

- Learn the theory and practice of Iron Shirt Qi Gong. You'll get a comprehensive set of exercises, breathing patterns, and visualizations to help you accomplish the practice. Lee will present the practice primarily for improving your health more than for self-defense.
- Get all the benefits of mindfulness meditation... while you supercharge yourself with Qi, breath, and connection to the earth for healthy energy and longevity. Learn to protect yourself from stress, negative energy from other people, and the world around you.
- Withstand the emotional blows of modern life... and protect yourself from the negative energy of others. If you're a highly sensitive person (HSP), the Iron Shirt practice will help you protect yourself on physical, energetic, emotional, and psychic levels.

- Train the immune system to withstand the blow of disease and sickness. While Iron Shirt was originally used to protect the body from physical blows sustained during combat... the practice also builds a protective shield against sickness and disease.

Iron Shirt Module 2: Tendon Nei Gong Strengthens and Heals Tendons, Ligaments, and Connective Tissue

There is more power in tendons than muscles.

Traditional martial artists recognize this fact... and it's how smaller martial artists can throw around guys twice their size.

Strong, supple tendons and open joints allow more space to store raw energy. Which you can then transform into higher creative and spiritual energy.

You can see tendon power at work with animals in nature.

Think of a gazelle, deer, or cat: they all display tendon power when they jump, leap, and bound.

The eight movements of Tendon Nei Gong are designed to open the joints and strengthen the tendons in the body as a unit... giving you a cat-like balance, power, and flexibility.

Each of the eight movements of Tendon Nei Gong contains a unique "pulsing."

This pulsing is the reason Tendon Nei Gong can help prevent arthritis, injuries to the tendons and joints, and improve the circulation of Qi through the whole body.

Qi moves in vibration and pulsation. In Iron Shirt Tendon Nei Gong (Iron Shirt Module 2), you'll learn how to pulse Qi through the body like a heartbeat to strengthen your tendons, ligaments, and joints.

In Iron Shirt Module 2: Tendon Nei Kung, Lee explains how to do the eight postures standing and sitting. Participants will...

- Prevent and relieve arthritis. Learn how to use Tendon Nei Gong to help prevent and relieve arthritis by forcing poisonous acids out of the body to make room for healing Qi.
- Reverse the effects of aging on tendons and joints. Discover how to heal damaged tendons and joints without strenuous movement.
- Build balance, strength, and power. Use the eight movements to strengthen the tendons and improve the circulation of Qi throughout the whole body.

Iron Shirt Module 3: Bone Marrow Nei Gong Revives the Bone Marrow and Reverses the Effects of Aging

Many people believe daily physical exercise will slow aging.

And yet... why do some non-athletic people live as long as people who look physically fit?

It's because it isn't exercise that helps you live longer. It's your internal organs and glands.

Your organs and glands nourish every function in your body... and it is your blood that nourishes and rejuvenates your organs.

So if you want to live longer (even if you're not "fit")?

You must nourish your bone marrow.

Your bone marrow produces the red blood cells that carry nutrients to your organs, and carry away harmful toxins.

If you only focus on your muscles, and you do nothing to cultivate your internal organs, blood, and bones...

You can exhaust your internal system.

In Iron Shirt Module 3: Bone Marrow Nei Gong, Lee will teach the ancient mental and physical techniques Taoists used to "regrow" bone marrow, strengthen their bones, and rejuvenate their organs and glands.

The practice helps reverse the effects of aging on your internal organs through the techniques of bone breathing, bone compression, and energy massage. Each technique you learn helps fuse Qi into the bones, bone marrow, and blood.

Participants in Iron Shirt Module 3: Bone Marrow Nei Gong will...

- Reverse the effects of aging. Learn how to infuse your blood with healing Qi to nourish your internal organs and glands.
- Help prevent osteoporosis. Use the Bone Breathing and Bone Compression practices to "regrow" bone marrow, strengthen your bones, and prevent osteoporosis.
- Detoxify the body. Nourish the blood to help remove poisonous toxins from the internal organs and glands and enhance life-force energy.

Bone Marrow Nei Gong is an advanced Iron Shirt Qi Gong practice. Only students who have practiced the Iron Shirt standing postures and Tendon Nei Gong should practice Bone Marrow Nei Gong.

About Lee Holden

Lee first discovered the healing power of Qi Gong after nearly losing his ability to walk. He was slide-tacked from behind by a rival soccer player and severely injured his tailbone.

He was amazed to see how quickly these ancient energy practices healed his body and allowed him to return to playing. He was hooked... and decided to devote his life to the study of ancient Chinese healing practices, so people in the West could benefit as well.

Lee is known as the "Accessible Qi Gong Teacher." After 28 years of teaching, he has created a simplified system anyone can use to transform stress into vitality. He is a licensed acupuncturist, herbalist, and author (7 Minutes of Magic, Penguin 2007).

His popular library of Qi Gong DVDs have made him a regular fixture on American Public Television and over 105 PBS stations throughout the U.S. and Canada. Lee's Qi Gong programs have been seen in over 50 million households.