



The Key of Internal Arts: The power of consciousness

Jinho Lee

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Internal martial/energy arts have been studied for centuries by many people. Yet, most of them have not found the key as it has been kept secret. Author, Jinho Lee, trained in the external martial arts for fifteen years, but did not find the key. After switching his training from external to internal martial arts, he learned much more than martial arts skills from them. Wisdom and enlightenment awaited him at the end of the training.

He came to Western society in 2008 and found that many people had misconceptions about martial arts. Most people could not accept the traditional way, as businessmen had ruined it. Modern people are familiar with the commercial dojo system, so it is hard to make the traditional method of training appeal to them. This book shows how the martial/energy arts market in Western society appears from the view of a person who has trained in the internal arts in Asia in the traditional way.

The internal arts system sounds as if it goes against common sense. It does not use the general muscles to create power. You should connect to the earth and the heaven, and then use their power. What you need to do is to make your body a carrier. Then, you will be able to transmit the power to your opponent. Switching your body system takes a long time, as people have developed bad habits while they were growing up. What he can say about internal arts is simply:

"Relax and empty yourself, then the earth and the heaven will be your side".

"Remove your strength, then you will be able to get the force."

Of course, there is much more to do in your practice. This book will explain the techniques and theory to you.

The author has tried to make this complicated system easier for modern people. Modern society is too busy, so people do not have time to dedicate to martial arts anymore. He has experimented with various methods and has discovered how to make learning the internal arts easier and simpler than the traditional way. This book will guide you in understanding what the internal arts are and will help you discover the key.

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