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, don't be sloppy, let me tell you in advance, you practice these, not for me, but for yourself." When the words were finished, George Han chose a set of souls of the gods, which is relatively simple but powerful. The exercises taught everyone.

"Transform the sky to the extreme!"

"Transform the qi and walk!"

With George Han's mind and body moving, a group of people followed suit, no one was lazy, and began to follow George Han with full energy And practice.

First, it was really for themselves. Second, they believed what George Han said. If they were lazy, they would suffer.

Although George Han only taught this set of exercises once, he taught them very patiently and slowly.

After all, George Han knew that these great

gods' exercises were actually not simple, so if he wanted to teach them again and again, it would be meaningless for them to learn them seriously.

The important thing is to disassemble each action and method clearly so that they can remember it.

When the exercises were over, George Han practiced the whole set again, slapped himself a bit, but no one mentioned it.

Everyone has found the mystery in the process of learning, and they have long been distracted. Who can remember what George Han said before.

After all the exercises were completed, the sky was already dark. After taking the medicine pill, George Han asked everyone to sit cross-legged and officially started the accompanying mental exercises.

The mind method can make the ten thousand qi smooth, digest the spirit of the medicinal herbs, at the same time, strengthen the foundation and cultivate the vitality, and strengthen the self.

This set is relatively simple. When it was almost midnight, George Han got up, glanced at the disciples who were all meditating,

smiled slightly, and got up: "I hope you all have a good last wonderful night.

" Falling, he turned and disappeared into the forest.

the next day.

When the day came, when the darkness receded, when the sunlight slanted into the woods, the group of people who were meditating opened their eyes one by one.

They collectively took a sigh of relief, which was the turbid air that had sunk from the overnight meditation practice.

"What kind of exercise is this from the Bishop of the Alliance, so amazing?"

“Isn’t that true? After a night of training, I found that my body was at least half lighter than before. Judging from the previous situation, I feel that my cultivation is at least half as good. It’s raised a notch.”

“Huh, I feel like I can fly with my light breath now.”

“Me too, I still have a lot of energy in my body, and even my confidence has grown a lot. I really want to think about it. Find a master for a duel.”

After a group of people woke up, they were all very excited, and they could feel a huge change in their physical appearance and their cultivation.

“It’s a good thing to have this kind of self-confidence, and I believe that everyone present has this kind of self-confidence, and it’s not blind. Yesterday, we ate so many pills from the leader, plus the leader’s old man gave it to us. There is a saying in the exercises we teach, that standing on the wind, pigs can go to the sky, isn’t that what we are doing now?”

Sometimes such words are obviously cursing, but at this time there is no one Care, on the contrary, they enjoy it.

They are very happy to make pigs that can fly in the air.

“I just don’t know how high our group of pigs can fly , hehe, I really want to find some experts to try it out.

“

, Ning is a good candidate to lead them, but they are our bosses, so I don’t dare to start.”

“Yeah, if we want to fight by ourselves, you and I both cultivated together, and the cultivation base itself is at a level, There’s nothing to show in this fight, it’s a headache.”

However, just as the few people were talking about being happy, suddenly, a group of people collectively shut up and frowned.

They could vaguely hear the sound of footsteps coming towards them. Although those footsteps had been deliberately put away and lowered, they were obviously not what they were before.

“What a strong cultivation base!”

“Moreover, there are still a lot of people!”

“Oops, is it possible that another goddamn foreign enemy is invading?” A group of

people looked at each other, and the next second, they drew their swords together, and almost At the same time, the four men in black also attacked suddenly, surrounded by all sides, it was already menacing!

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Watching the four figures, a group of disciples quickly formed a group, although they are now very confident, although the other party is only one of the four Everyone, but all of them know that any of these four are top-notch experts, and they must not be careless.

“Do it!”

Without saying too much, the man in black from the east gave a light drink, and in the next second, the four of them rushed directly to the forty-four disciples.

For a time, swords, lights, swords, shadows, and undercurrents surged.

On the other hand, on the other side of the forest, the situation at this time is exactly the opposite.

Not only was it not violent at all, but it was still leisurely and leisurely...

George Han lay on the branch of a tree, and Amelia Su sat next to him and fed the washed fruit into his mouth.

“You asked Ningyue to choose four masters to deal with them, so you really don’t worry about their accident?”

Although you taught them the exercises, they have just come into contact with them.

” If it hurts them...” Amelia Su did not continue.

George Han smiled: “When you go to the battlefield, will others not kill you because of this? Obviously not.”

“So, instead of dying at the hands of the enemy, it is better to die at the hands of your own people. “

Besides, as you said, they have just learned what I taught, and if they want to improve the fastest, it is in the process of life and death. Only in this way will they remember deeper and use more Familiar, isn’t it?”

Hearing George Han’s words, Amelia Su did not refute, because George Han’s words were not unreasonable.

“This is just the beginning. The strength will gradually increase. If

they can’t even pass these, what kind of sharp knife is it?” When the

words fell, George Han moved his hand, and the speed of the double dragon tripod in the distance also slowed down. Slowly descended: “I hope that these forty-four people will be fortunate enough to eat the third batch of medicinal herbs.”

After that, George Han turned his eyes to the jungle in the distance.

“Bang bang bang!” On the

side of the forty-four people, despite facing the crazy attacks of the four great masters, they still did not have any fear. Although the new practice method was unfamiliar, the overall foundation was good.

In just a few rounds, as forty-four people joined forces, the four masters were directly forced to retreat.

The four masters looked at each other, and in the next second, they fled collectively.

“Don’t chase after poor thieves!”

Someone shouted, and quickly turned around to help the injured disciples to check for them.

Although the challenge was rushed, the overall

performance was good, and only a few disciples were slightly injured.

“Since everyone is fine, let’s get ready and rush back to the hut as soon as possible. Since the enemy has already attacked the forest, I’m afraid something will happen to the hut. We must rush back to support as soon as possible.” Someone suggested .

Everyone nodded quickly, and even the injured disciples quickly bandaged the wound at this time.

“Let’s go.” After the

words were finished, the team drove directly towards the wooden house.

However, after walking about a few dozen meters, the person in front waved his hand to signal the troops to stop.

A group of people also noticed that something was wrong, and looked around vigilantly.

The fallen leaves were flying around, and it seemed that everything seemed to be nothing else, but the forty-four people knew each other in their hearts, these were just the tranquility before the storm.

boom!

Suddenly, the fallen leaves on the

ground bounced, and several black figures flew straight out, and from the seemingly ordinary tree trunks, several figures suddenly flew down, and all of a sudden, they attacked their group of disciples with anger.

“f***, fight with them.”

Someone shouted, and the next second, forty-four people fought back angrily, and the sound of fighting resumed layer by layer.

What they don’t know is that there are still many hurdles on the road ahead of them.

And George Han, who was lying down and eating fruit before, also got up slowly and looked in the direction of the wooden house with a slight smile from the corner of his eyes.

“The big dish is coming.” A

figure was galloping all the way from the wooden house at this time.

When Amelia Su interprets who this person is from George Han’s eyes, she can’t help but frown: “Do you want to play so big?”