

Chapter 5464

The next day, except for Romana, all the martial artists who are participating in the Champs Martial Arts training woke up early in the rooms of the Champs Hot Spring Hotel.

The student cafeteria serves breakfast from six o'clock in the morning until half past seven.

After the students finish their meal, they should arrive at the practice hall on time at 7:40.

This was originally a lecture hall specially used by the Champs Elysees Hot Spring Hotel for group clients to hold meetings.

It can accommodate hundreds of people for meetings at the same time,

But now, it has been completely emptied and has become the main training hall for this martial arts training.

In the practice hall, the original rostrum of more than 100 square meters has been demolished and replaced by a super large arena with the same area.

Here, it will be the main venue for future students to learn from each other and even learn martial arts from their master.

In front of the arena, there is a practice field made entirely of solid wood floors.

At this time, more than a hundred futons have been placed here regularly,

And students have to sit cross-legged on the futons when they are listening to the class.

Nanako and Aoxue were so excited that they didn't sleep much all night.

Both of them love martial arts, but they have never had the opportunity to learn real martial arts.

All those who practice external kung fu dream of being able to master true qi so that they can cultivate both internally and externally,

And these two people are no exception.

However, apart from being excited, the two of them were also very nervous.

After all, they had never really practiced martial arts,

And they didn't know how to move Qi to the dantian and break through the meridians.

They were afraid that they would not be able to find the trick.

Just when the two were at a loss, Ruoli came to them and asked with a smile,

"Miss Ito and Miss Qin, why are you two so sad?"

"Ruoli!" The two saw Ruoli. Aoxue sighed and said,

"Ruoli, Nanako, and I are very afraid that we won't be able to get in."

"How long did it take you to get in?"

Ruoli thought for a while and said: "It took more than a year from the beginning of cultivation until I was able to see the existence of the meridians and dantian inside,"

"And it took more than a year to be able to circulate the true energy from the meridians to the dantian."

"Three years?!" Aoxue was extremely disappointed in an instant and lamented:

"It is said that this training will only last six months at most,"

"So Nanako and I may not even have time to get started..."

"How is that possible."

Ruoli said with a smile: "With the talents of both of you, I think there must be no problem."

Nanako said with a smile: "We are just afraid that we don't have the ability to see the insights."

"This is also a matter of talent, right?"

Ruoli thought for a while, and said, "Insights... how should I put it, it's not as mysterious as it sounds,"

"As if you can really see the inside of your body, but it is actually a kind of sense,"

"And the senses of ordinary people are external,"

"The external wind and sun, cold, heat, dryness and humidity can all be perceived intuitively through the senses,"

"But the movement of true qi is inside the body, so you must first establish your own internal senses,"

"This feeling can only be felt and cannot be expressed in words,"

"Once you find the way, you may be able to master the mystery in one day."

Ruoli said, "This feeling is exactly the same as that of ordinary people when they see others speaking ventriloquism."

"I wonder if you have any experience with ventriloquists?"

Nanako subconsciously said: "I saw it on TV, it seems that they can speak from the abdomen, is that so?"

"Almost." Ruoli said: "Actually, it is a special pronunciation skill,"

"But, this kind of technique is very different from the way ordinary people speak."

"It needs to adjust the breath through the abdomen."

"In order to use the abdomen to make a sound, and if no one teaches the technique,"

"If you just figure it out by yourself, there may not be one person out of ten thousand people who can figure out the real mystery of ventriloquism;"

"However, for those who really understand the principle of its sound for people,"

"Ventriloquism is easy to come by, just like ordinary people can't understand,"

"And it's hard to understand how to use the dantian and meridians to circulate the true energy;"

"Before the bicycle was invented, no one could have imagined that a bicycle with two wheels could maintain balance while riding,"

"And when learning to ride a bicycle, it was also difficult to find the point where the bicycle could balance;"

"But in this case, often it's like a layer of window paper,"

"If you can't find the way, you won't be able to pierce through it for a lifetime,"

"But if you find the way, you will be enlightened in an instant!"