

Chapter 2868 Improving Martial Arts

Upon hearing Matthew's explanation, Lucius furrowed his brow. "Your idea is indeed good, but your Wave Stacking Fist is powerful yet extremely cumbersome. If you were to encounter a master, it's doubtful that you could even land a hit. The opponent would have already prepared a countermeasure just as you're stacking hidden energy. Although your comprehension is impressive, transferring the original method used with weapons limits the strength of the physical body in hand-to-hand combat."

Matthew had been aware of this but still couldn't find a solution after pondering for a long time. This move was entirely focused on energy storage, with hidden energy continuously stacking, each layer stronger than the last, ultimately leading to the most powerful strike to defeat the opponent.

However, the human body couldn't withstand such force. How could it compare to a weapon?

"Lucius, you're right. This flaw also troubles me, but I believe my direction is correct. To further improve, perhaps I should attempt it again when my cultivation base reaches the master level."

This young man had remarkable comprehension. Although he was still far from reaching the master level, his understanding of martial arts was already close to that level. Although Lucius was surprised, he remained composed.

"It's good that you understand! In fact, you don't necessarily have to reach the master level to try to improve and perfect your technique. I have a method that can enhance the strength of your physical body."

Upon hearing this news, Matthew's face lit up. "Please enlighten me, Lucius."

The Cathay's Union of Medical Practitioners (CAUMP) competition was in full swing, and the hidden sect disciples had already provided numerous herbs and elixirs for body refinement. However, once a certain level was reached, the body developed resistance to the drugs, and the strength of the body reached a bottleneck. To make further progress, Matthew could only refine more potent body-refining elixirs. However, despite possessing an invincible medical heritage, he lacked the necessary materials. Any precious herbs were unattainable, and some had even become extinct. So, Matthew couldn't help but feel excited after Lucius mentioned a way to help him improve his physical body.

Seeing Matthew's changing expression, Lucius felt secretly pleased.

The fish had taken the bait.

"You're welcome. Consider it a token of gratitude for taking care of Ivy. We'll address the improvement plan for the Wave Stacking Fist later.

"Let's discuss your sword technique first. Although it's powerful, the side effects are too severe. It's essentially a suicidal move. Suppose you can't defeat the enemy with a single strike. In that case, you'll be left defenseless, so your meridian and hara will also need refinement to ensure that they can accumulate nimbus to their maximum potential and stimulate sword energy. We'll address this issue along with the problem of your physical body later. As for the Bane Family mixed martial arts, please perform it again, and I will provide a detailed explanation."

Without hesitation, Matthew obediently followed Lucius' instructions and practiced the Bane Family mixed martial arts once more. During the practice, Lucius pointed out the existing flaws in each move and style and then suggested improvements. Of course, the goal was not to change the moves but to guide Matthew on maximizing the attack power when executing each move.

After going through the routine once, Lucius still wasn't satisfied and proposed an improvement plan for the Wave Stacking Fist as well. "Let the hidden energy accumulate in your body, and then release it through the Bane Family mixed martial arts."

Matthew tried to recall Lucius' suggestions while putting them into practice. At first, he was a bit unfamiliar, and his movements were not smooth. However, thanks to his experience with the nine metal needles, multitasking was no problem for him.

After a few attempts, he gradually adapted to this way of executing the moves. The hidden energy instantly accumulated in his body and was unleashed with a palm strike. Even if it was just hitting the air, there was a resounding thump, indicating that the power of the same move had increased several levels.

Adapt, perform, improve.

Matthew couldn't recall the duration of his training in the Bane Family mixed martial arts. His initial enthusiasm gradually waned, and in the end, he felt weary, causing his mind to become hazy. As he swung his palm, the remaining energy in his body was depleted, and he stood resolutely before finally collapsing to the ground.

He lost consciousness due to extreme fatigue.