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The medicinal effect of a rejuvenation pill is very strong when used on ordinary people. Even if a rejuvenation pill is distributed to the grandmother's family, it is enough to make each of them feel that their bodies have improved a lot.

In addition, charlie also used a little spiritual energy when setting up the formation. At that time, the spiritual energy will assist the medicinal power of the Rejuvenation Pill, and its overall effect will be much stronger than that of a single Rejuvenation Pill.

But charlie didn't want his grandma's family to notice the abnormality, so he deliberately used this formation to assist, using spiritual energy to slowly control the release of the rejuvenating pill's medicinal power.

In this way, people living here can be nourished by subtle spiritual energy and medicinal effects every day. As long as it lasts for a few days, it will give people a much lighter feeling. If they live longer, many intractable diseases will disappear. , will also have a very large improvement.

This formation will continue to operate for at least one or two months. If grandparents live in this environment for more than a week, they will feel more and more comfortable living here, and their bodies will also slowly improve.

This is what people often say, moisten things silently.

After finishing all this, charlie bid farewell to Hong Changqing and Maxton, master and apprentice, and left together.

When going out, charlie told Hong Changqing, "Tianshi Hong, it just so happens that all of you Taizhen Taoists have come to Aurous Hill. When my grandparents arrive, you can ask Maxton to select some martial arts masters from Taizhen Tao and come to Wanliu Villa." Help me take care of their safety."

Hong Changqing said without hesitation, "Master Wade, don't worry, I will explain clearly to Maxton."

"Okay." charlie nodded, and before getting into the car, he urged, "If my grandma and the others arrive Remember to inform me of the news about Aurous Hill."

Hong Changqing hurriedly said, "Okay, Master Wade."

After finishing speaking, Hong Changqing hurried to catch up and asked respectfully, "Master Wade, the Champs-Elysees class will start on time at eight o'clock tomorrow morning. , would you like to come over and say a few words to everyone?"

charlie smiled slightly, "I have prepared some greetings for the students, so I won't make speeches and speeches. In addition, I will arrive at the Champs Elysees on time tomorrow to see Hong Tian The demeanor of teachers teaching and educating people."

Hong Changqing was flattered, but at the same time he said with some trepidation, "Master Wade, you are absurdly praised... How dare your subordinates be teaching and educating people? It's nothing more than passing on some of my experience over the years to everyone." charlie laughed and said,

" Hong Tianshi does not need to be modest, the reason why martial arts are called Dao is precisely because of its profoundness and profoundness, which is far beyond the comprehension of human beings. From your point of view, what you impart is experience, but in the eyes of those students, what you impart is , There are thousands of ways."

After that, he looked at the time and said to Hong Changqing, "Hong Tianshi, it's getting late today, you go back and have a good rest, and we'll see you tomorrow morning." Hong Changqing respectfully said, "

Okay Master Wade, See you tomorrow morning."

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The next day, except for Maxton, all the martial artists who participated in the Champs Elysees martial arts training woke up early in the rooms of the Champs Elysees Hot Spring Hotel.

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

After the students have finished 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.

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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 Ito and Aurora 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, Xion came to them and asked with a smile, "Miss Ito and Miss Aurora, why are you two so sad?"

"Xion!" The two saw Xion Aurora sighed and said, "Xion, Nanako and I are very afraid that we won't be able to get in. How long did it take you to get in?" Xion thought for a while and said, "From the

beginning It took more than a year to practice to see the existence of the meridians and dantian, and it took more than a year to be able to circulate the true energy from the meridians to the dantian. Add up, it is three years "

Three years?!" Aurora 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?"

Xion She smiled and said, "With the talents of both of you, I think there must be no problem."

Nanako Ito said with a smile, "We are just afraid that we don't have the ability to see inside. This is also a matter of talent?"

Xion thought for a while, Opened the mouth and said, "Inside peeping...how?To put it bluntly, it is not as mysterious as it sounds, as if you can really see the inside of your body. In fact, it is a kind of sense. The senses of ordinary people are external, and the wind and sun, cold, heat, and humidity from the outside world can be passed through. The senses can perceive it intuitively, but the movement of true qi is inside the body, so you must first establish your own internal senses. This kind of feeling can only be understood but cannot be expressed in words. Once you find the way, you may be able to master the mystery one day. "

Speaking, Xion said again, "This feeling is exactly the same as that of ordinary people watching others speak ventriloquism. I don't know if you understand ventriloquism?"

Nanako subconsciously said, "I've seen it on TV, it seems that you can speak with your belly, isn't that right?" "

"Almost." "Xion" is actually a special pronunciation technique, but this technique is very different from the way ordinary people speak. It needs to adjust the breath through the abdomen, which is very similar to the feeling of martial arts cultivation. When people see ventriloquism, they will find it incredible, because they don't understand how people can use their abdomen to make a sound. Moreover, if no one teaches the technique and they only rely on their own thinking, among the ten thousand people, not one person may be able to figure out the ventriloquism. The real mystery of the language,"

"However, for those who really understand the principle of its sound, ventriloquism is easy to come by, just like ordinary people can't understand it, and it's hard to understand how to use the dantian and meridians to circulate the true energy The same;" "

"Or to put it more simply, it's like riding a bicycle. Before the bicycle was invented, no one could have imagined that a bicycle with two wheels could keep balance while riding, and it was very difficult to learn to ride a bicycle." It is difficult to find the point to balance the bicycle;" "

But this kind of situation is often like a layer of window paper. If you can't find the way, you will never be able to pierce it in your life. But if you find the way, it will be a moment of epiphany. ! "