

THE FIRST STRONG

Chapter 11 - Looking for trouble

The magic of the “Da Shou Mi Long Xiang Shen Gong” is contained in the name of the exercises.

In the traditional description of power, it will use the power of “the power of nine cows and two tigers”, the cow that can pull the cart and the tiger of the king of beasts are the representatives of power.

On top of this, there is the power of the dragon elephant!

Needless to say, both body and strength are the best of today’s land animals. The dragon is the mysterious existence of the legend, a powerful protoss that can enter the sea.

“The big whisker is like a magical power”, that is, from the power of the imagery, to the power of the “Kowloon Jiuxiang”!

And this is not the end!

“Xi Mi” refers to the Buddhist mountain of Mount Summi, which is the center of the world, up to thirty-three days, down to the continent. Therefore, “Xi Mi” is generally used to describe the world-class, cosmic level is huge.

From the name, “Da Shou Mi Long Xiang Shen Gong” is finally the power to shake the big must!

Now Shen Lang needs strength, and the growth of this method is that the realm is high and there is no need to abandon it, so it is directly cultivated from it.

When the “Da Shoulong” is beginning to practice, his physical feelings are more intense and uncomfortable than the afternoon impact at the bottom of the water!

Can a child have the power of a heavyweight champion? Without tempering, even if you have it, you can't play it out, otherwise you will hurt yourself first.

In order to bear the power of the dragon elephant, the body must first reinforce the iron bone!

Shen Lang's current physical strength is far from enough. Today's limitless impacts in the afternoon have only made him weaker than ordinary people. At this time, don't talk about the power of the dragon elephant, ordinary hard qigong can't hold it.

So now, when you get started with the exercises, you have to make a big change to his body. This is not a night's work, it is a step by step change and enhancement.

He only feels that he is under the pressure of the invisible, and he must work wholeheartedly to relieve the resistance. Otherwise, it seems that the organs are smashing and exploding at any time.

From top to bottom, one inch and one inch of washing the marrow, directly causing him to sweat and sweat...

The classmates in the dormitory, before going to bed, heard his heavy breathing and the sound of teething, but they all thought that Shen Lang was a nightmare, bullied during the day, barely holding in front of everyone, sleeping at night. I just dreamed.

Everyone sleeps precious time, and no one gets up to wake him up.

With the quenching of the body, the vitality of the body is rapidly consumed. The “yin and yang wave is really sturdy” is to accelerate the absorption of aura from the jade to supplement the body’s consumption.

I have been practicing until three in the morning, only to come to an end.

Shen Lang felt the body that had been calmed down, and he was so soft and warm that he didn’t want to move. But he is very clear that the effect of this night, on the basis of the afternoon, is another big improvement!

Then he was helplessly discovered that the aura that absorbed the storage for hundreds of years in jade has been consumed cleanly, and all of them have not been absorbed in the process of practicing.

He left this for the basic use, referring to the speed of his previous entry stage, thinking about how can it be a few years. As a result, from the experience to the practice, the starting point of each aspect is much higher, but the day’s work is already consumed.

Of course, it is not a pity that consumption is not a waste, it is applied to oneself, strengthens the weak body, and has a certain strength.

Just think about it, in order to keep up with the speed of cultivation, otherwise the progress will slow down.

After the practice is over, Shen Lang is also sleeping peacefully.

However, he slept for two or three hours and was woken up by the ringtone.

Yesterday was Sunday. In principle, the education department is asking for a holiday break. However, in order to enter the university, the school and the parents are encouraged to make up the class. Today, Monday, the whole school is in class.

This is the wake up bell, then everyone has to gather to run, and they will raise the flag on Monday, come back and wash breakfast and study early.

High school students certainly don't want to run, but they learn a lot, and many of them drive night trains, and the body is more prone to squatting. The school especially asks them to get up early.

Although Shen Lang didn't sleep much, the spirit was still very good. He went to the playground with the sleepy students.

On the road, suddenly a man slammed over and hugged his shoulder.

During the period, Shen Lang's shoulders moved. He actually found out and could flash off in time, but he resisted.

"Shen Lang, help me a favor, go with me to the basketball court, I have already told the teacher."

This hung on his shoulder is called Liu Zhilong. He is another male student in the class. He is the main force of the school basketball team. He is a sports student. It is said that the sports university has already accepted it in advance.

"Yes." Shen Lang did not ask why, directly agreed.

Although it is not a class, I have known it in the past three years. I have just heard the voices of the boys who have just walked down.

Liu Zhilong is not the younger brother of Dong Wenbin, but they are also familiar. With yesterday's business, everyone felt that Dong Wenbin asked Liu Zhilong to come to Shenlang.

"Liu Zhilong, you..." The river couldn't help but spoke.

The fear of Dong Wenbin~www.mtlnovel.com~ is because his father has an influence on the leadership level of the school. Others Jianghe still dare to speak up, even if they can't beat sports students, they dare to do one.

Shen Lang shook his head, prevented him from speaking, and waved them to go to the playground first.

When everyone went to the basketball court, Liu Zhilong loosened the Shen Lang, just as he was afraid that he would run away.

The basketball team in the county is a bit famous and powerful in the city, so in addition to the outdoor basketball court, there is also an indoor basketball court, which can make the basketball team unimpeded and unaffected.

Everyone knows that Dong Wenbin's father, Dong Dawei, also donated money for the construction of this indoor basketball court.

Everyone went out early this time, and no one came here. Liu Zhilong had the key and opened the door directly, and went inside with Shen Lang.

Close the door, the "athlete march" inside the big horn is isolated and the sound is very small, and then the lights inside.

"Do you know why I am looking for you?" Liu Zhilong used the excuse of helping. Now it is the direct question of Shen Lang.

"I am familiar with you?" Shen Lang asked.

Liu Zhilong originally seemed to want to say good and good, and after Shen Lang had such a sentence, he immediately sank his face.

"What are you? I warn you, give me a little further away from her, or don't blame me!"

For Liu Zhilong's threat, Shen Langxiao smiled and said: "You count things, your whole family counts..."

Just saying that he reacted again, not right! If Dong Wenbin is looking for him, he should be looking for an excuse to start. How could this be the attitude of leaving this warning?

"Wait... Who are you talking about?" At the same time as the doubts came out, Shen Lang immediately wanted to understand. "You said that it rains?"