

First Strong 69

Chapter 69 - Phantom Meteor Step

“Phantom Meteor Step” is a high-level practice in his later period, combining step, body and speed. The initial cultivation is to make the body more agile and dexterous, but also more light and fast. In simple terms, it is like light work.

But “Phantom Meteor Step” is not a simple light work, cultivation to the advanced stage, is really a “phantom meteor”!

It’s hard to do it like a meteor across the boundless sky, but it’s all about it. It’s about moving a long distance, a hundred meters, or even a thousand miles away!

And the phantom is as famous as it is, to a certain extent, it can be as illusory.

It is much easier to practice the “Phantom Meteor Step” than the “King Kong is not bad” and “Dasu Milong”. Because the front has already laid the foundation, his body’s strength and ability to withstand, etc., are not ordinary people.

In addition, the foundation of “Yin and Yang Bo Ruozhen” is more and more stable. The key to the use of the “Phantom Meteor Step” is the use. How to apply the energy of the body to the movement, turning, speed and so on.

Just like general practice of light work, first of all, you must practice your body and train your body through weight training. In the later period, if you want to jump a few feet, you still have to rely on one instinct.

Light work is also called “lifting”, which is a higher and farther distance with a breath.

Now that the body foundation of Shen Lang has been established, there is also a “inner and infuriating”, specifically the use of embarrassment.

This is the practice that Shen Lang has mastered. Now I don’t need to figure out the truth. What I need is to review it, and then let the current body understand and cooperate.

If conditions permit, it is of course best to combine the vitality operation with the actual application in the environment of deep forests and old forests through the methods of tempering, moving, flashing, avoiding, rushing, lowering, advancing, and retreating.

But now suddenly going out, it is inevitable that there is no suitable place around.

Therefore, Shen Lang is only a silent exercise, letting himself enter the state of consciousness simulation. In consciousness, the speed is much faster, which is the same as the actual running and imagining running. In the state of consciousness simulation, he can try all kinds of difficulty at various angles, and at the same time silently run the vitality to make it reach a level of familiarity.

A whole night “practice in the brain” until dawn!

In the meantime, he did not put the Lingshi away, still in the palm of his hand and absorbed the spirit. Only his main consciousness is used to practice the “Phantom Meteor Step”, but only by the automatic operation of “Yin and Yang Bozhenzheng”.

Because of the relationship between Lingshi, even if it is automatically running, it is faster than the usual practice.

When the wake-up bell rang in the morning, Shen Lang calmly accepted the work and got up. When other sleepy eyes complained about getting up, he had already gone downstairs to the playground.

Whether it's going downstairs or going to the playground, including the morning run, Shen Lang is immersed in the practice of “Phantom Meteor Steps”!

Although I worked hard all night, I couldn't help but listen to it. Therefore, even if his consciousness has been re-familiar with the use of the practice method, it has been silently exercised numerous times, but in the end it is still a simulation.

Now that he is here, he manipulates the body and realizes that the consciousness has been simulated and does not know how many times. Of course, in the school, it is impossible to play it out, and it must be shocking.

However, in his experience, there is no need to practice from scratch. What is needed is the feeling and manipulation of the present body. Like simple running and going down the stairs, you can appreciate the use of the body and feel the changes of subsequent extensions.

This is like a super swordsman. When you close your eyes and meditate, you can also exercise your swords in your mind, experience the sword, and even attack and defend. Real practice, it is not necessary to take a sword, a chopstick and a finger, can be compared to the sword strokes, find the feeling.

A “key guest”, without a keyboard, as long as the finger can move, on the plane, you can also press the layout of the keyboard.

Early activities have allowed Shen Lang to complete the coordination of body manipulation. Although some specific and difficult changes require familiarity with practical experience, whether it is the speed of rushing or the height of leaping, or dexterity, it has changed dramatically with last night.

When Shen Lang finished breakfast and went to the classroom, it was already awkward. After listening to it, I already knew about it.

One night, the news has spread almost the same, and the relevant departments have also issued authoritative information. After the fire extinguished the fire source, the site was immediately inspected and it was determined that there were no safety hazards before the evacuated households returned.

In order to make the owners feel at ease, the police also investigated and collected evidence overnight. In the end, it was concluded that the gas tank leaked, and the people in the house did not notice that some people had a cigarette after the explosion.

Waiting until this morning, the hospital also sent out the exact news. One of the three people was not rescued last night, and the other two were rescued, but they were also injured and burned.

It will cause embarrassment in the class, because the school uniforms worn, plus the police investigation owner Dong Dawei, basically confirmed that the three are Dong Wenbin and Lin Yun and Li Rong.

What everyone is talking about now is that it has not yet determined which one is specifically dead. On the eve of the college entrance examination, such a thing happened as a classmate. Of course, everyone is also very embarrassed.

Shen Lang was unmoved. After he had the power, he did not take the initiative to find revenge! It was Dong Wenbin who continued to oppress again and again. He just fought back and kept the measure.

But last night I found a rogue outside, the nature is different, if there is no benefit, will it be difficult to retreat?

In the county town, the killer can't find it, but Dong Dawei monopolizes the river sand business in the county. It is too easy for Dong Wenbin to find a dump truck to transport the sand. Then he will get a mix that is not afraid of death. Afterwards, I will find a relationship to make an accident.

Take Dong Wenbin's own work, hire someone else, hire a few gangsters, etc. Step by step may not be able to do it!

Shen Lang is not the same as before, even if he really encounters such a situation, he can escape. But he won't wait for this step!

Give the opportunity, Dong Wenbin does not look back, but instead of intensifying, don't blame him.

Since advocating awkwardness and advocating a big fist, it should be even more crushed by a more fist!

Teacher Wang soon came to the classroom, and many people immediately surrounded the information. He didn't say anything, but let everyone have a good class and ignore other things.

The gaze of Shen Lang and Luo Yu converge once, and also sent a message to him, saying that he would help him to go to see his house at noon.

There is no information back in the rain, but with her character, since it has promised, it should be done!

In the second class, Teacher Wang appeared at the door, interrupted the class, and asked Shen Lang to go out.

Some students close to the door, I saw two people wearing police uniforms waiting outside the corridor!