High Martial 59





"Only at the Muscle Refining Realm?"
Chen Fan's eyes widened.
"Yes."
Zhang Ren glanced at Chen Guodong and the others standing in their posture stance and said, "Martial artists in the Body Tempering Realm still have relatively thin qi and blood. Only when they reach the Muscle Refining Realm, where the qi and blood are abundant, can they unleash the Power of Qi and Blood."
"What effect would that have?"
Chen Fan couldn't help but ask.
"Naturally, it means greater power and speed. For instance, with bare hands, unleashing the Power of Qi and Blood would make punches faster and more destructive. If holding a spear or knife, the swinging speed would be faster, and the force would be heavier. If using a bow,"
His voice paused, and he looked at Chen Fan, "You should be able to draw a heavier bow, and the shooting speed would be faster."
Chen Fan nodded, understanding in his heart. No wonder he didn't have to exert much effort to draw the bow earlier; so that's how it is.
Thinking about it, the Power of Qi and Blood is somewhat akin to the superpower of that guy Gu Ze. The Martial Arts path indeed holds great potential.
"Of course, it doesn't mean that one must reach the Muscle Refining Realm to unleash the Power of Qi and Blood."

Zhang Ren added: "Some exceptionally talented individuals can do it at the Body Tempering Third Layer. However, if their qi and blood aren't thick enough, frequently unleashing it can be more harmful than beneficial."

As he spoke, he glanced at Chen Fan intentionally, seeing that he didn't understand, Zhang Ren felt relieved. It seems he was overthinking. After all, it's improbable for someone at the Body Tempering First Layer to use the Power of Qi and Blood, even in a passive situation.

"Uncle Zhang, does this mean that martial artists in the Muscle Refining Realm would be fine unleashing the Power of Qi and Blood?"

Chen Fan asked curiously.

"Not exactly."

Zhang Ren shook his head, "Even martial artists in the Muscle Refining Realm won't use it unless they're confident. Once used, they would experience a period of weakness, during which even a Body Tempering Third Layer martial artist could kill them.

If used frequently, it would deplete their qi and blood, ultimately ruining their prospects."

Chen Fan took a deep breath.

Indeed, it still requires moderation.

The Power of Qi and Blood is beneficial, but it's not like a superpower wherein the more you use, the better.

Suddenly, he thought of something and asked, "Uncle Zhang, after reaching Entry Force, the Power is an evolution of the Power of Qi and Blood, right?"

A look of surprise appeared in Zhang Ren's eyes, then he nodded and said: "That's right. When the constitution reaches a certain level, Power will naturally emerge in the body, similar to the effect of unleashing the Power of Qi and Blood, but stronger and without side effects,

When one becomes a Dark Power Martial Artist, they can even channel their Power into an opponent's body to cause damage, making it difficult to defend against.

As for powerful Martial Artists..."

He didn't continue, looking up at the starry sky with a hint of longing in his eyes.

Chen Fan nodded, feeling he understood.

When the Power of Qi and Blood becomes sufficiently dense, it transforms into Power, and Power, when condensed enough, might turn into True Qi within the body, right?

It's highly possible!

"The Martial Arts path is endless, so keep striving."

Zhang Ren retracted his gaze, looking at Chen Fan. He had a premonition that the achievements of this young man in front of him would be immeasurable in the future, possibly becoming one of those legends with True Qi in their bodies.

Of course, the exact time was uncertain; it could be a few years or even a decade.

Chen Fan nodded, feeling curious about Zhang Ren's realm.

At least an Entry Force Realm.

Given his earlier performance, it's likely he's a Dark Power expert.



He preferred the spear since he was proficient with it.

However, Chen Fan's expertise in archery suggested that learning a short weapon would better complement his skills, as he could still rely on his bow for ranged combat, so close-quarter combat with a spear seemed less necessary.

"Uncle Zhang, why not learn both?"

Chen Fan thought for a moment and asked.