

## Menu 247

### Chapter 247: Special Cultivation Methods

While the female pastry chef began hastily whipping cream, Jason had already started his training.

He hadn't forgotten the reason he chose this "Crispy Meat Roll" world: he needed to strengthen his physique and expand his 'undying trait' so he could more easily cope with Lorde's bizarre nature.

The previous day had been tangled up with unfamiliarity in Newdeth City and [City Recognition].

Now, having more or less figured things out, Jason immediately entered training mode.

He started with 100 push-ups, 100 sit-ups, 100 squats, and a 10-kilometer run every day.

Even though his mind contained secret techniques like the Griffin Body Refinement Technique, Jason was well aware that a body without warm-up was like a piece of cheese taken out of the fridge—move it slightly, and it would crumble.

Gerard had reminded him more than once that when practicing secret techniques such as the Griffin Body Refinement Technique, it was crucial to warm up thoroughly.

Because techniques like the Griffin Body Refinement Technique dig deeper into the body's strength, and a fully active body aids in this exploration.

Push-ups, sit-ups, squats.

Jason completed these three exercises one by one in the storeroom where he lived before heading downstairs.

“I’m going for a run.”

Jason called out to the busy female pastry chef.

“Okay.”

The pastry chef responded.

Instead of going to the central park, Jason began shuttle running on Pea Corner Street, by the side of the Watchdog Pastry House.

Firstly, this place wasn’t crowded.

Secondly, the Watchdog Pastry House was within sight.

The entire Pea Corner Street was about 500 meters long; a round trip made it 1000 meters, and after 10 times, it was exactly 10 kilometers.

Even though Jason's physical fitness was more than double that of ordinary people, he began to sweat from the continuous exercise, but he didn't stop to rest immediately. Instead, he strolled and began to adjust his breathing.

Breathe in, breathe out.

Breathe in, breathe out.

This was the breathing method detailed in the Griffin Body Refinement Technique.

It was also the most basic stage.

When the body adapted and instinctively started breathing this way, it meant the basics of the Griffin Body Refinement Technique were mastered.

Of course!

The prerequisite was that the secret technique did not backfire.

Jason thought he was still too far from being able to sense if it backfired.

He concentrated fully on controlling his breathing, letting his body get used to this method.

But it was a bit hard!

After just a few steps, Jason felt he was getting short of breath.

“I’m still too impatient at heart,” he thought.

“I need to take it slowly.”

Jason reminded himself.

Then, he slowed his pace and continued to adjust his breathing.

Next...

He got short of breath again.

Jason furrowed his brow.

“Could it be that my talent is too poor?”

“No, no, no.”

“I must be too anxious,” he thought, then proceeded with an even finer, more cautious stride.

Just as before.

After a few steps, Jason got short of breath again.

This time, after the shortness of breath, he also felt a spasm in his heart.

He was naturally aware of such pain.

Suddenly, he had a bad feeling in his heart.

Could it be...

That the existing secret technique makes me unsuitable for the Griffin Body Refinement Technique?

This speculation made Jason's brows tighten.

He knew that the Griffin Body Refinement Technique was not just any secret technique for him at the moment, but it was essential for the entire Griffin system. R

Without the addition of the Griffin Body Refinement Technique, the other techniques of the Griffin school would remain at their current level, and any improvement would be impossible.

Moreover, according to Gerard's records, the Griffin Body Refinement Technique could greatly enhance physical fitness, which was exactly what Jason needed most at the moment.

However, if it was unsuitable, it was unsuitable.

He couldn't risk trying it, could he?

Thinking this, Jason continued to maintain the breathing method of the Griffin Body Refinement Technique and walked forward.

He, Jason, with the Undying Body.

Is not afraid!

With one step, I caught my breath.

With the second step, my heart clenched in pain.

With the third step, my nostrils bled from a fatal injury, then I revived at full health.

With the fourth step, blood trickled from the corner of my mouth from a fatal injury, then I revived at full health.

With the fifth step, blood seeped from my eyes from a fatal injury, then I revived at full health.

With the sixth step, blood poured from both ears from a fatal injury, then I revived at full health.

With the seventh step, the Griffin Body Refinement Technique was perfected.

Roar!

A low roar echoed in Jason's ears.

Before his eyes, suddenly there was a blinding light.

It seemed like the radiance of the sun.

A massive Golden Griffon stood tall and proud before him.

But,

Such brilliance lasted for less than a second.

Then it deepened.

It was the depth of night!

Complete darkness replaced the sun's glow.

The Golden Griffon quickly darkened.



It was uncomfortable.

It resisted.

It struggled.

But it was futile; the black rapidly infiltrated the gold.

In a breath's time, the golden hue turned dark gold.

Its discomfort quickly vanished.

Only a serene majesty remained.

Only the primal instincts of its birth remained.

It soared toward Jason.

It plunged headfirst into his body.

Si WI Vc!

Three characters of the Dufol Language appeared over Jason's heart.

Right next to "Protection Against Evil."

Even connected to it.

Not an illusion but a fine line stretching from the three Dufol characters of "Protection Against Evil," Si oT Yn, connecting with the three Dufol characters representing "Griffin Body Refinement Technique," Si WI Vc.

Then, clearer text appeared before Jason's eyes.

[Griffin Body Refinement Technique Judgment In Progress...]

[Special Mastery Method Determination In Progress...]

[Determination Successful!]

[Mastered the 'Basics of Griffin Body Refinement Technique']

[Griffin Body Refinement Technique (Basic): This is the core secret technique of the Griffin style. Having mastered it means you have become a core disciple of the Griffin school, but its cultivation is extremely difficult, demanding not only high talent but also a considerable amount of time. However, with your exceptional talent, you don't need any of that, and with the Night Watcher traits integrated, it has undergone numerous changes and become even more extraordinary; Effects: Strength, Agility, Constitution +0.1, Physical Strength Recovery Speed +5%, Energy Recovery Speed +3%, Injury Recovery Speed +1%]

(Note: The unique cultivation method makes it truly extraordinary, and it becomes even more special. The level of "Griffin Body Refinement Technique" cannot exceed "Protection Against Evil.")

...

"Just as expected! Persistence makes all things possible."

Jason looked at the text before him.

Feeling his body rapidly strengthening.

Feeling his heart beating more powerfully.

The backlash had disappeared.

His body had fully adapted to the presence of the “Griffin Body Refinement Technique,” and when his blood flowed, it enhanced his muscles, bones, fascia, and internal organs even faster.

The only thing that surprised Jason was that when “Griffin Body Refinement Technique” connected with “Protection Against Evil,” instead of occupying six single Dufol character positions on the heart, it took eight.

This left him, who originally had 66 slots and could accommodate 55 single Dufol characters, with only 50 slots remaining.

This made Jason a bit uneasy.

Although ordinary people could typically “occupy” only 10 to 40 single Dufol character positions after “joining,” he still had 50.

But obviously, the more, the better.

Just like weapons, the more you have, the better.

“There should be a way to increase the number of slots on the heart, right?”

Jason wondered, but his gaze shifted to the side.

Someone,

Was watching him.