



Empty Force: Chi-Gong Path for the Martial Arts: Using the Power of Chi for Self-Defense and Energy Healing

By Paul Dong, Thomas Raffill

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Of all the Chinese martial arts, Ling Kong Jing, the "empty force," is both the most powerful and the most controversial. Ling Kong Jing harnesses the power of the Chi, the essential life force of all living things. The amazing ability of Empty Force masters to throw opponents to the ground and shatter objects--without making physical contact--has been well documented. Until now, however, a full explanation of this mysterious art has never been available. Here, in *Empty Force*, find a complete, illustrated home study course in both the theory and technique of ling kong jing, as well as the related arts of Chi Kung and Tai Chi. Learn how its power can be used for healing as well as self-defense.

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