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boxing, you must first study the standing exercise." In practising any shadow boxing, the boxer must first learn the "starting posture".

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Elliott asserts that Coherent Breathing is integral to the practice of Wuji Qi Gong, as the body becomes an “instrument” strung between Heaven and Earth. Breathing causes the instrument to play.

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Keeping your mouth closed, inhale
slowly through your nose for 2 counts.
Pucker or purse your lips as though you

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Use your right ring finger to close your left nostril and exhale through the right, waiting for a moment before you inhale again. Inhale slowly through the right nostril. Pinch your nose closed ...

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How to Breathe for Every Type of Exercise - Greatist

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