

Internal Training in Kung Fu: The Key to Real Power (功夫內功訓練：真正力量的關鍵)

Kung Fu is not just about **punches, kicks, and forms**—it is about **power that comes from within**. Too often, beginners mistake strength for tension, speed for skill, and hardness for power. But true Kung Fu has always emphasized **internal training (內功訓練), breath control, tendon strength, and energy cultivation** as the foundation for real martial skill.

“外練筋骨皮，內練一口氣” – Externally, train tendons, bones, and skin; internally, train one breath.

This saying captures the essence of **internal training in Chinese martial arts**—without **internal power, external movements are just empty shapes**. If you want **true explosive power (發勁, Fajin), endurance, and body control**, then internal training is **not optional**—it is essential.

What Is Internal Training in Kung Fu? (什麼是功夫的內功訓練？)

Internal training in Kung Fu is the practice of developing **power, resilience, and efficiency** in the body through:

- **Qigong (氣功)**: Breath control, energy circulation, and relaxation training.
- **Yijinjing (易筋經)**: Tendon-strengthening exercises that build flexibility and whole-body power.
- **Neigong (內功)**: Internal energy cultivation and structure refinement.
- **Iron Body Training (鐵布衫)**: Developing resistance to strikes while maintaining mobility.
- **Drunken Cotton Body (醉棉身)**: Training to absorb and redirect force through softness.

These methods are **what separate real martial skill from surface-level techniques**. Anyone can throw a punch, but **not everyone can generate devastating force while remaining completely relaxed**.

The Three Pillars of Internal Training (內功訓練的三大支柱)

If you want to develop **true internal power**, your training must focus on these **three key areas**:

1. Breath Control: The Foundation of Power (呼吸控制：力量的根基)

In Kung Fu, breath is **not just about oxygen**—it is about **power, timing, and endurance**.

- **Qigong (氣功) trains breath control** to connect movement with energy.
- **Exhaling on strikes enhances power output**.
- **Holding tension in the breath weakens movement**—relaxation allows full-body connection.

“氣沉丹田” – Sink the breath to the Dantian.

This means learning to **breathe from the lower abdomen (Dantian, 丹田)** instead of the chest, creating deeper energy reserves and stronger strikes.

2. Tendon Strength and Whole-Body Power (筋腱強化與全身力量)

One of the biggest **misconceptions** in martial arts is that power comes from **muscle strength**. In reality, true power comes from **tendon strength (筋腱力量) and whole-body connection**.

- **Yijinjing (易筋經)** trains **tendons, not just muscles**, creating power that lasts a lifetime.
- **Silk-Reeling Energy (纏絲勁)** develops **coiling and uncoiling force**.
- **Fajin (發勁)** is generated when the body moves as **one connected unit, from the feet to the hands**.

This is why Kung Fu masters in their **70s and 80s can still generate explosive force**—they rely on tendon strength, not brute muscle.

3. Softness and Relaxation: The Key to True Power (柔軟與放鬆：真正力量的關鍵)

Many beginners **tense up** when they try to hit harder, but this **reduces power instead of increasing it**. Internal training teaches that **softness (柔) generates real force**.

- **Drunken Cotton Body (醉棉身)** develops **relaxed, heavy power that absorbs and redirects force**.
- **Relaxation allows for greater speed and energy transfer**.
- **Unnecessary tension slows movement and wastes energy**.

“大力出奇跡” – *Great power comes from unexpected places.*

This is why the **most dangerous fighters often look the most relaxed**—they don't waste energy fighting themselves.

Why Internal Training Makes the Difference in Combat (為何內功訓練在實戰中至關重要)

Many fighters **dismiss internal training** until they face someone who has it. Here's how **internal training gives you an advantage in real combat**: ✓ **More power with less effort** – Internal force lets you hit harder without using brute strength. ✓ **Better endurance** – Breath control and relaxation prevent early fatigue. ✓ **Stronger structure** – A connected body is harder to break or manipulate. ✓ **Ability to absorb strikes** – Internal training conditions the body to take impact without damage. ✓ **Deception and adaptability** – Relaxed fighters react faster and move unpredictably.

This is why **internal Kung Fu masters can outlast and overpower stronger, younger opponents**.

How to Train Internal Power (如何訓練內功？)

To start developing **internal power**, follow this method: 1 **Train Qigong (氣功) daily** – Start with slow, controlled breathwork. 2 **Refine posture and stance** – Every stance should be **rooted and connected**. 3 **Practice relaxation drills** – Loosen the shoulders, hips, and spine. 4 **Strengthen the tendons** – Use **Yijinjing (易筋經)** and stretching exercises. 5 **Apply in motion** – Train **relaxed**

but powerful strikes.

Consistency is the key. Internal power **is built over time, not overnight.**

Train in Internal Kung Fu at Red Jade Martial Arts (在赤玉武術學習內功功夫)

At **Red Jade Martial Arts**, we teach **internal training as the foundation of real Kung Fu power**. Whether you train online or in person, our courses cover: ✓ **Qigong (氣功), breathwork, and energy development** ✓ **Yijinjing (易筋經) and tendon-strengthening drills** ✓ **Iron Body and Cotton Body training** ✓ **Practical application of internal power in combat**

If you want real Kung Fu skill, internal training is not optional—it is the key.

Sign up today at Red Jade Martial Arts and start training in the real source of Kung Fu power.