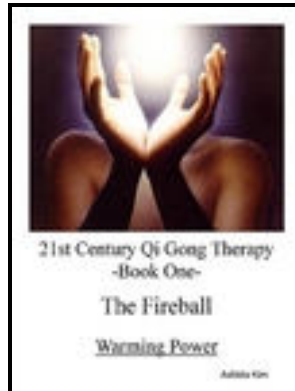


21st Century Qi Gong Therapy
-Level One-

**“The Fireball”
Warming Power**

By Ashida Kim



*Review by: John C. Enger, Ph.D., Th.D., D.Min.
Grandmaster – 10th Dan
Shinja Buke Ryu Kenpo*

The Philosopher Walter Kaufmann stated “*The first function of a book review should be, I believe, to give some idea of the contents and character of the book.*”

I agree with Walter Kaufmann on his wise assessment and it will be my goal throughout to do just that by giving you a glimpse of the content and character of each of the 12 Books in the 21st Century Qi Gong Therapy program.

With this in mind, I believe I should at least address a few items. I have come across many doubters, scoffers and complete unbelievers over the years when it comes to the “Internal Martial Arts” and what it claims it can do. There is nothing wrong with stepping back and assessing any claim or any personal observation of an applied technique that you find is questionable, matter of fact, that’s a very wise thing to do! However, to outright dismiss something as foolishness without completing a valid investigation into the matter by personal study is both irrational and foolish. Until one is willing take the journey with an open mind regarding studying “21st Century Qi Gong Therapy” you will remain on the sideline as one of those who is missing out on what I believe God, yes Our Creator, has placed in each one of us – energy, powerful healing energy, that is given as a gift to each of His children.

It has been said that *"The man with an experience is never at the mercy of a man with an argument."*

Come experience what is rightfully yours!

Qi Gong Level One

Although only fifteen pages in length, it is at this level where you will build the foundation from which to move on to more advanced understanding and applied techniques.

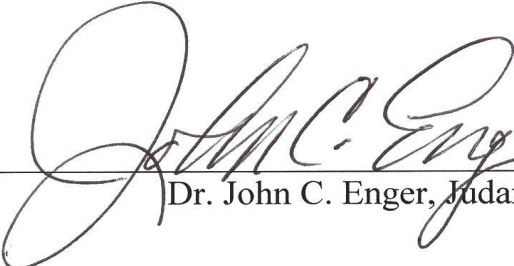
It is here you will learn how Chinese Medicine views the body and how Western Medicine and Chinese Medicine categorize pathogens.

You will not only find a very clear explanation of the "Qi Gong Fireball" but with the help of very clear photographs you will see Grandmaster Ashida Kim show you how to perform this important skill set. Grandmaster Kim goes on to explain the proper application of the "Qi Gong Fireball" as it applies to therapy for pain around such areas as the shoulder, the arm and the back and demonstrates those therapeutic techniques through the use photographs to assist you in understanding its proper application.

What you will also find discussed in brief in this particular lesson is the 21st Century Enhancers such as the "Shun Shen Tao Side-Kick" and the "SRC4U Software". Although not necessary, these two therapeutic tools may very well shorten the time of Qi Gong Therapy needed. I have personally used both of these tools and can emphatically state that they are at the leading edge of 21st Century Qi Gong Therapy.

The techniques demonstrated at "Level One" work! I have not only practiced them, I have used them. I speak from practical experience – there is no argument on my end! Master them and you will see for yourself that you possess the same energy resident within you. That energy is Qi!

I found **Level One** to be very informative and well worth the time invested. I highly recommend letting Grandmaster Ashida Kim teach you how to help not only yourself but others as well!


Dr. John C. Enger, Judan

