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basically  
states that  
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The book does not reveal any „secret“ relating the pelvis to martial arts. It basically states that learning to relax the muscles of the pelvis would be beneficial,

but the proposed effects are not plausible, either unphysical (a relaxed muscle conducts pressure better than a tense muscle) or outright esoteric (qi and and such).

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The pelvic floor is a group of muscles that attaches to the bones at the bottom of your pelvis. These muscles effectively form a hammock across the base of your pelvis that supports the internal organs above

it. Having strong pelvic floor muscles gives you proper control over our bladder and bowels, but that's not their only role.

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