



The Mysterious Power of Xingyi Quan: A Complete Guide to History, Weapons and Fighting Skills

C S Tang

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The ancient Chinese martial art of Xingyi Quan is known for its explosive internal power. Closely related to both Taiji Quan and Bagua Quan, Xingyi is regarded as the most esoteric, and the most dangerous of the fighting arts, though the purposes of consistent practice include health and spiritual development.

This in-depth guide is the first to cover the history and traditions of the art in such a comprehensive way, describing the essential Xingyi Quan movements, and their effects, in fully illustrated form, and including the author's research with the Song Xingyi Quan clan in China. The book contains a comprehensive teaching guide to the practice of Santi Shr and the Five Element Fists, the core exercises of this potent fighting system, as well as explanations of the underlying principles which give Xingyi Masters their great depth of skill and refined understanding of combat strategy. The reader will also find clearly illustrated teachings of all the Twelve Animal Forms, linking forms, two person sets, basic skills, and the weapons training.

This authoritative book will be an illuminating and complete guide for anyone interested in the internal martial arts, especially those practicing or teaching Xingyi Quan or wanting to learn more about it.

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