

Hsing-i: Chinese Internal Boxing - , Allen Pittman

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Unlike most martial arts, Chinese internal (soft-style) boxing does not depend on muscular strength. The secret behind its power lies in the cultivation and practical application of internal energy--ch'i, There are basically three soft-style martial arts: T'ai-chi, already well known worldwide, and Hsing-i and Pa-kua, relative newcomers to the West. Although they are not essentially fighting arts but living arts, they are devastating as systems of self-defense. This book outlines the history of Hsing-i--a style of boxing given form (Hsing) by the mind (i)--and gives a thorough account of the philosophy behind the techniques. It also presents to the West for the first time the orthodox style of the late Chinese Hsing-i master Ch'en P'an-ling. Described here in great detail and fully illustrated are the basic techniques, the five fists of Hsing-i, a linked form of the five fists, and the twelve animal styles. Author: Smith, Robert W. Author: Pittman, Allen Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Hsing-I: Chinese Internal Boxing Pages: 00104 (Encrypted EPUB) / 00104 (Encrypted PDF) On Sale: 1990-07-15 SKU-13/ISBN: 9780804816175 Category: Sports & Recreation : Martial Arts & Self-Defense

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