

Untraditional Hsing-i - Robb Whitewood

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Deceptively simple, hsing-I is an internal martial art that is related to t'ai chi and pa-kua but maintains a stronger link between the internal and external arts. Robb Whitehead, a former student of Erle Montaigue, brings the phenomenal speed and power of the ancient hitting art of hsing-I to life using teaching methods developed with the goals of Western students in mind. You will learn the basics of five-element boxing and then move straight to the understanding and application of movement. Author: Whitewood, Robb Publisher: Paladin Press Illustration: N Language: ENG Title: Untraditional Hsing-I Pages: 00000 (Encrypted PDF) On Sale: 2011-08-24 SKU-13/ISBN: 9781581600308 Category: Sports & Recreation : Martial Arts & Self-Defense

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