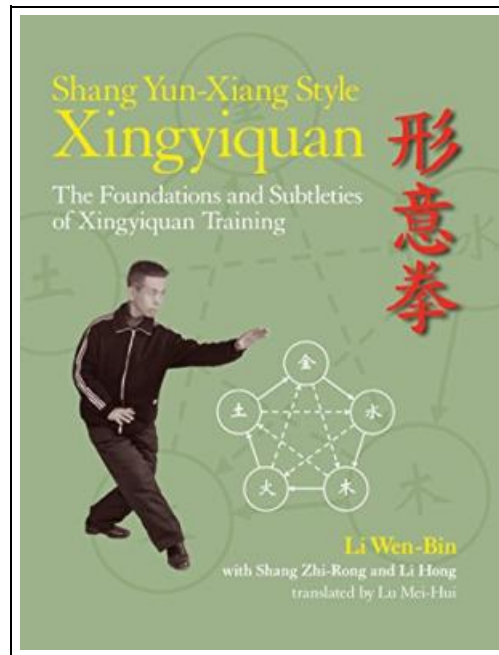


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North Atlantic Books, U.S., United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. A modern classic, Shang Yun-Xiang Style Xingyiquan is essential for Xingyiquan practitioners and a useful guide for any practitioner of the Chinese martial arts. While focusing on Shang-style Xingyiquan (derived from author Li Wen-Bin's training under Grandmaster Shang Yun-Xiang), this book clearly breaks down the fundamentals of those movements and forms found in all of Xingyiquan (and other internal martial arts). Rather than simply presenting the traditional, often-cryptic poetry or songs to impart martial concepts, Li goes into great detail to explain to readers of all levels the finer points of Xingyi training. Featuring hundreds of original photographs and step-by-step explanation of movements, Shang Yun Xiang Style Xingyiquan is an excellent companion to Xingyiquan training of any style or school. Table of Contents Chapter 1 In Search of the Missing Points in the Origin of Xing Yi Quan Techniques Chapter 2 Features of Shang Yun-Xiang Style Xing Yi Quan Chapter 3 The Foundation for Xing Yi Gong Fu Chapter 4 Wu Xing Quan ???Five Element Fist? Chapter 5 Jin Tui Lian Huan Quan ????? (Advance Retreat Linking Fist) Chapter 6 Traditional Xing Yi Weapons.

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