



Xingyiquan: Theory, Applications, Fighting Tactics and Spirit

Yang Jwing-Ming, Liang Shou-Yu

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Xingyiquan (Hsing I Chuan) is one of the best known Chinese internal martial arts.

Xingyi means "Shape Mind", and Quan means "Fist" or "Style". The name derives from the style's imitation of the movements and inner characteristics of twelve animals. The style was created by Marshal Yeuh Fei, a famous general of the Chinese Song Dynasty.

The practice of Xingyiquan, like Taijiquan, improves Qi circulation in the body and maintains health. In addition, the training builds up an abundant level of internal Qi so that both the physical body and the mental body can be strengthened.

This book presents traditional Xingyiquan training, including two sequences with many of their martial applications, and the famous fighting set "An Shen Pao". The most unique part of this book is the discussion of Xingyiquan theories and principles, drawn from many of the ancient poems and songs. Understanding these will greatly speed your training.

- Deepen your Understanding for Great Xingyi.
- Inspiration and Advice for a Lifetime of Practice.
- For All Levels of Experience.

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