



## The Xingyi Boxing Manual, Revised and Expanded Edition

By Jin Yunting

Blue Snake Books. Paperback. Condition: New. 184 pages. Dimensions: 0.0in. x 0.0in. x 0.0in. The boxing art of Xingyi is famed in China and the West for the health and longevity of its practitioners. This authentic manual introduces the Five Elements of Xingyi (Splitting Fist, Drilling Fist, Smashing Fist, Pounding Fist, and Crossing Fist) through photos, illustrations, and descriptive text, including the songs of the postures that succinctly capture and amplify the internal principles. The newly revised and expanded edition includes nearly one hundred and thirty black and white photos and line drawings, extensive sections on the history and theory of xingyi boxing, and the first full English translation of Yue Fei's Nine Essential Teachings. The book is designed as a primer or introductory reader for those practicing or interested in learning about the art. Containing approximately 70 new material, this revised edition will enhance the book's appeal to practitioners of xingyiquan and other internal martial arts systems. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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