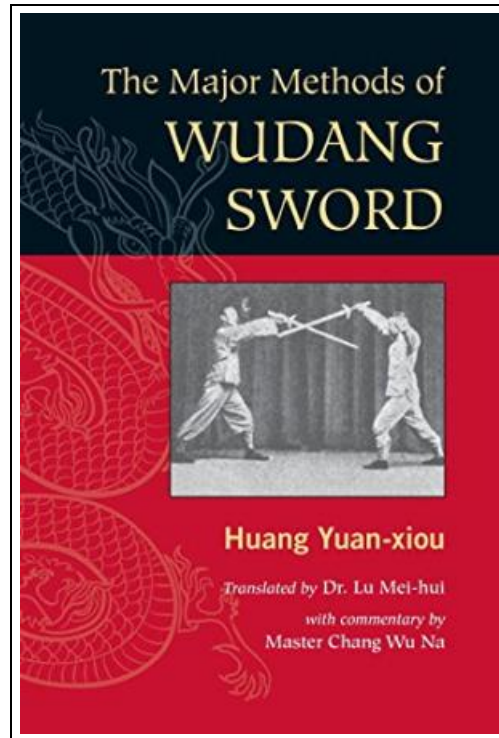


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North Atlantic Books,U.S., United States, 2010. Paperback. Condition: New. Original. Language: English . Brand New Book. Originally published in Chinese in 1930, The Major Methods of Wudang Sword has become a contemporary classic in the field of traditional Chinese martial arts. Written by Huang Yuan Xiou, the disciple of Li Jing-Lin--China s most celebrated sword practitioner--this edition now introduces English readers to the fascinating world of traditional Chinese swordplay. Immensely popular in China, Wudang sword contains within its techniques the essence of the internal martial arts of Taiji Quan, Xingyi Quan, and Bagua Zhang. Unlike other books of its time, The Major Methods of Wudang Sword explores the practical application of its techniques rather than simply introducing a solo form. This helps readers and students of any style and background discover new insights and gain new approaches to personal practice. The book also emphasizes the internal aspects of swordfighting, including mental and meditative techniques. Translated by Dr. Lu Mei-hui and with expert commentary by Master Chang Wu Na--two contemporary disciples of Wudang sword-- and featuring dozens of black and white photos from the original Chinese edition, The Major Methods of Wudang Sword unlocks the secrets of Wudang swordplay for both novice and advanced practitioners.



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