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XINGYI BOXING PDF - Search results, Xing Yi Quan (Chinese: 形意拳; pinyin: Xíngyì Quān; Wade-Giles: Hsing I Ch'üan) is classified as one of the Wudang styles of Chinese martial arts. The name of the art translates approximately to "Form-Intention Fist", or "Shape-Will Fist".

Xing Yi is characterized by aggressive, seemingly linear movements and explosive power that's most often applied from a short range., Hsing I Ch'uan Xing Yi Quan, Hsing-I, Xin I Quan 形意拳 Form-Mind Boxing, Mind-Will Boxing, Shape-Mind Boxing Xin Yi Liu He Quan, Heart Mind Six Harmonies Boxing, History Qing China. The term neijia and the distinction between internal and external martial arts first appears in Huang Zongxi's 1669 Epitaph for Wang Zhengnan. Stanley Henning proposes that the Epitaph 's identification of the internal martial arts with the Taoism indigenous to China and of the external martial arts with the foreign Buddhism of Shaolin and the Manchu Qing Dynasty to ..., Grandmaster Sun Lu Tang's Internal Martial Arts Bibliography

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