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Martial Thoughts: Review of "The Xingyi Boxing Manual"

Conclusion I did enjoy reading this book, even if I wasn't a Xingyi martial artist, and I'm not into the Chinese Traditional Medicine parts of the art.

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The Hidden History of the Chinese Internal Martial Arts: Exploring the Mysterious Connections Between Long Fist Boxing and the Origins and Roots of Bagua Zhang, Taiji Quan, Xingyi Quan, and more by Sal Canzonieri

Xing Yi Quan - Wikipedia

Frantzis argues that a Xing Yi - Bagua exchange was more likely to have occurred in Tianjin c. 1900 where xingyi masters Li Cunyi and Zhang Zhaodong, Bagua master Cheng Tinghua, and four other xingyi and bagua teachers lived together (Frantzis, 1998, p. 179).

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Xing Yi Quan is classified as one of the Wudang styles of Chinese martial arts. The name of the art translates approximately to "Form-Intention Fist", or "Sh