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Xing Yi Quan - Wikipedia

More examples from our Hsing I basics manual. Two important elements in actual fighting are often ignored but stressed in Hsing I: tempo and grounding. Tempo What's most surprising in a real fight is the rapidity that you tire. This is because the tempo or rhythm of this activity is broken as soon as you begin fighting.

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The translation, entitled Hsing-I Fist and Weapon Instruction, features the original line drawings but substitutes modern photos for Jiang Rong-qiao's originals. All of the above writers were from the Hupei-Shanxi tradition. The Henan tradition's first book was Xing Yi Boxing Manual by Bao Ding (1865-1942), published in 1931. Part one describes the basic theory of Henan xing-yi and provides some stories of the masters of that tradition, while the second part features photos of Bao Ding ...

An Introductory History of Xing-yi Training Manuals - EJMAS

Hsing-i: Wood Fist (Beng Chuan) Blocks and Captures Hsing-i Wood Fist also known as Beng Chuan or Crushing Fist is one of the five basic techniques of hsing-i. Using your hand to block and capture.