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Thu, 13 Sep 2018 06:21:00 GMT Xing Yi Quan (Chinese: 形意拳; pinyin: Xíng Yì Quán; 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.

Neijia - Wikipedia

Mon, 10 Sep 2018 15:57:00 GMT

Xing Yi Quan (Hsing I Chuan): Bibliography, Links ...

Thu, 13 Sep 2018 02:32:00 GMT Hsing I Ch'uan Xing Yi Quan, Hsing-I, Xin I Quan ??? Form-Mind Boxing, Mind-Will Boxing, Shape-Mind Boxing Xin Yi Liu He Quan, Heart Mind Six Harmonies Boxing

Ba Gua Zhang, Pa Kua Chang: Links, Bibliography, Resources ...

Wed, 12 Sep 2018 21:53:00 GMT Ba Gua Zhang ??? Pa Kua Chang, Baguazhang, Ba Gua Quan Eight Trigrams Boxing - Internal Martial Art (Neijia Quan) Walking the Circle Mind-Body Theory and Discipline Sun Lu Tang's Style Yin Fu's Style Wang Shujin's Style Online Videos Bagua Workshops. Links Bibliography Quotations Bagua Qigong Trigrams of I Ching Conclusion Post Circling

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