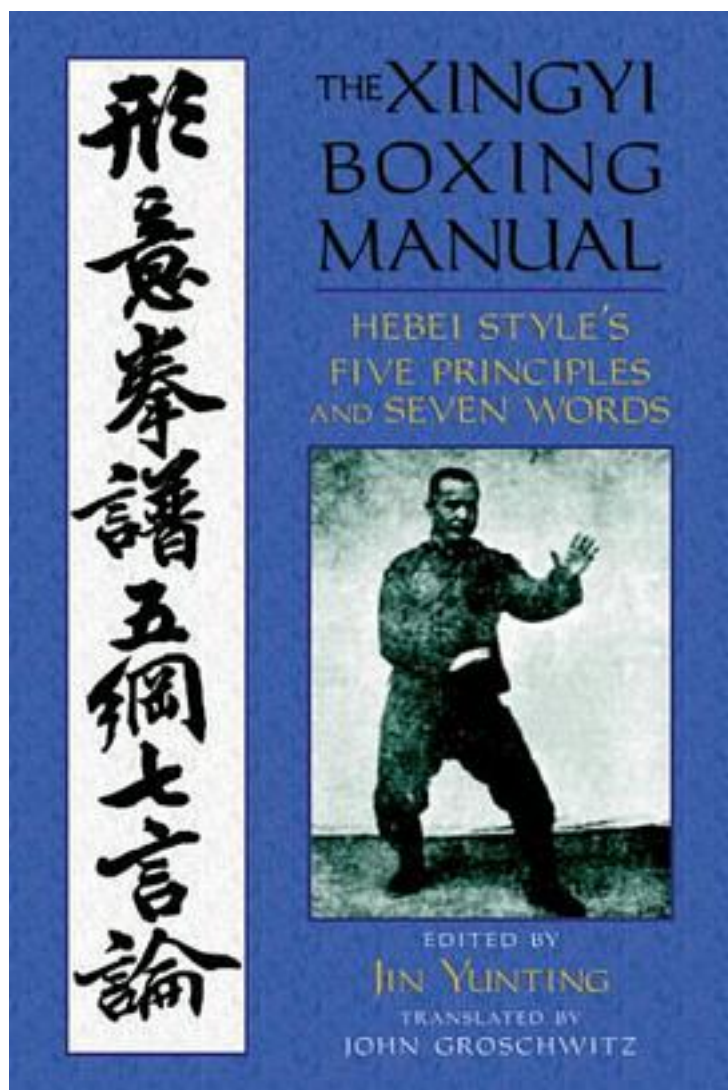


Xingi Boxing Manual



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Famed for its clear-minded, unstoppable practitioners, the martial art of Xingyi is known for both its street fighting quality and its spiritual practice. Written in China before World War II and never previously available in English, this is an invaluable illustrated guide for today's practitioner of this traditional martial art. Coming directly from an eighth-generation practitioner of a famous lineage, this book is a distillation of the knowledge and experience of many of the major figures in the history of Xingyi boxing. It offers a rare and unique perspective on the martial and healing aspects of the internal art of Xingyi Quan.

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