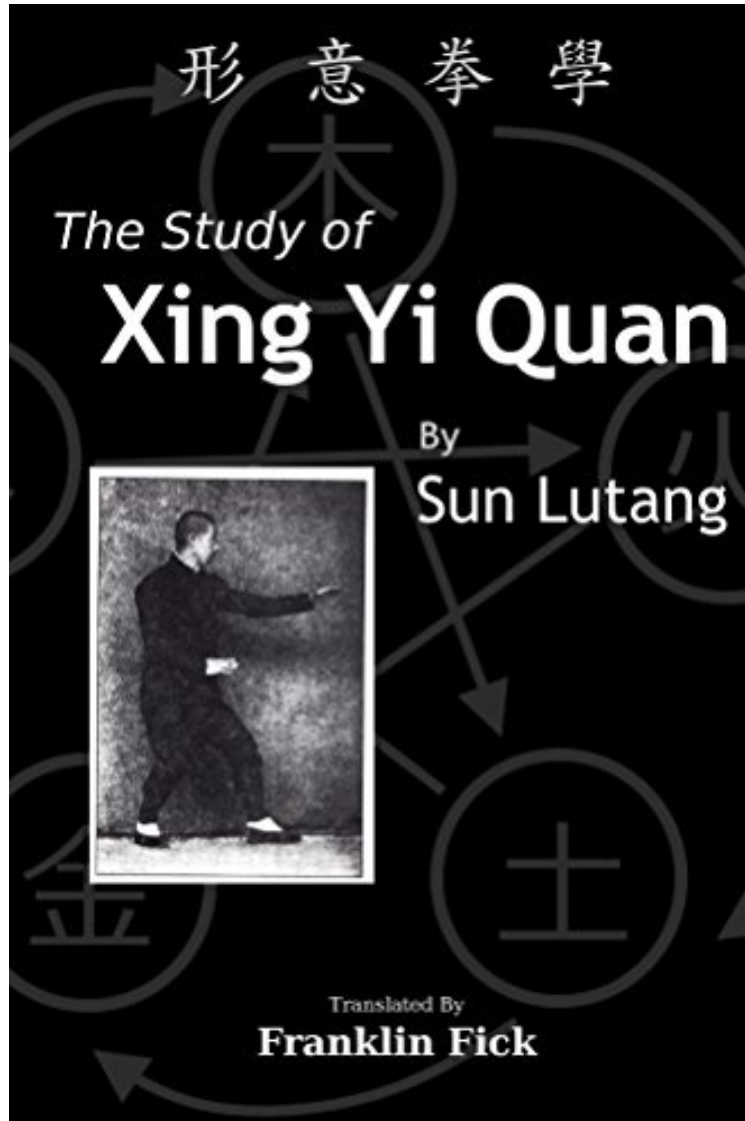


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The Study of Xing Yi Quan: Xing Yi Quan Xue (English Edition)

Von Lutang Sun

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Von Lutang Sun : The Study of Xing Yi Quan: Xing Yi Quan Xue (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Study of Xing Yi Quan: Xing Yi Quan Xue (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Xing yiVon oliGutes Buch. Aber nur verstndlich fr jemanden, der bereits von einem guten Lehrer gelernt hat. Die Bilder

sind schwer erkenntlich, haben aber nostalgischen Reiz.

Kurzbeschreibung Xing Yi Quan Xue (The Study of Xing Yi Quan) was written by Sun Lutang in 1915. This book gives clear instructions not only in the basics of Xing Yi Quan and the important principles for beginners, but also clearly teaches and illustrates the major forms of the style including the Five Elements, Wu Xing Lian Huan Quan, the 12 Animals, Za Shi Chui, as well as the paired practice routines of the Five Elements and An Shen Pao. Sun Lutang mastered all three internal styles of Chinese Boxing: Taiji Quan, Bagua Quan, and Xing Yi Quan. His teachers included: Guo Yunshen (Xing Yi Quan), Cheng Tinghua (Bagua Quan), and Hao Weichen (Taiji Quan). Later in life he founded his own style of Taiji: Sun style Taiji Quan.

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