



Xing Yi Nei Gong: Xing Yi Health Maintenance and Internal Strength Development

Dan Miller, Tim Cartmell

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This is the most complete book on the art of xing yi (hsing Yi) available. It includes the complete xing yi history and lineage going back eight generations; manuscripts handed down from famous practitioners Dai Long Bang and Li Neng Ran; 16 health maintenance and power development exercises; qigong (chi kung) exercises; xing yi long spear power training exercises; and more.



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