

# Download Hsing-i : Chinese Mind-body Boxing

\*Hsing-I: Chinese Mind-Body Boxing\* is just that ~ based on Five Fists of Boxing to just about match the sheer streamlined directness of the six [numbered] fist-blows of Western Boxing ~ especially when moderate variations of the few fist-blows are compared via approximate count across both Arts. Chinese Boxing: Masters and Methods [Robert W. Smith] on Amazon.com. \*FREE\* shipping on qualifying offers. Distilling the martial art known in the West as kung fu, Robert Smith presents Chinese boxing (ch'uan shu) as an art "that combines the hardness of a wall and the softness of a butterfly's wings." His lively Xing Yi Quan 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. 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