



## The Hidden History of the Chinese Internal Martial Arts: Exploring the Mysterious Connections Between Long Fist Boxing and the Origins and Roots of Bagua Zhang, Taiji Quan, Xingyi Quan, and More (Paperback)

By Sal Canzonieri

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Today, the martial arts of Bagua Zhang, Taiji Quan, and Xing/Xin Yi Quan are the best known of the Neijia arts and are often practiced together. The origins of these so-called Big Three Internal Martial Arts are both mysterious and controversial. These convoluted origins are often interconnected and interrelated and span through many other Chinese martial arts. Often times some aspects of one style's boxing routines served as a root to the development of another style, though their relationship may have become long forgotten today. During the Qing Dynasty (1644 to 1912), many famous Chinese martial artists arose who practiced not only all three arts of Bagua, Taiji, and Xingyi, but also some form of Long Fist Boxing as well, such as Shaolin Quan and Tongbei Quan. It is important to understand the roots of one's style, so that one can see how the movements developed over time and perhaps learn why there are done the way they are now done. It is an interesting, long winding road exploring who taught what to whom, when and why. This book was...



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