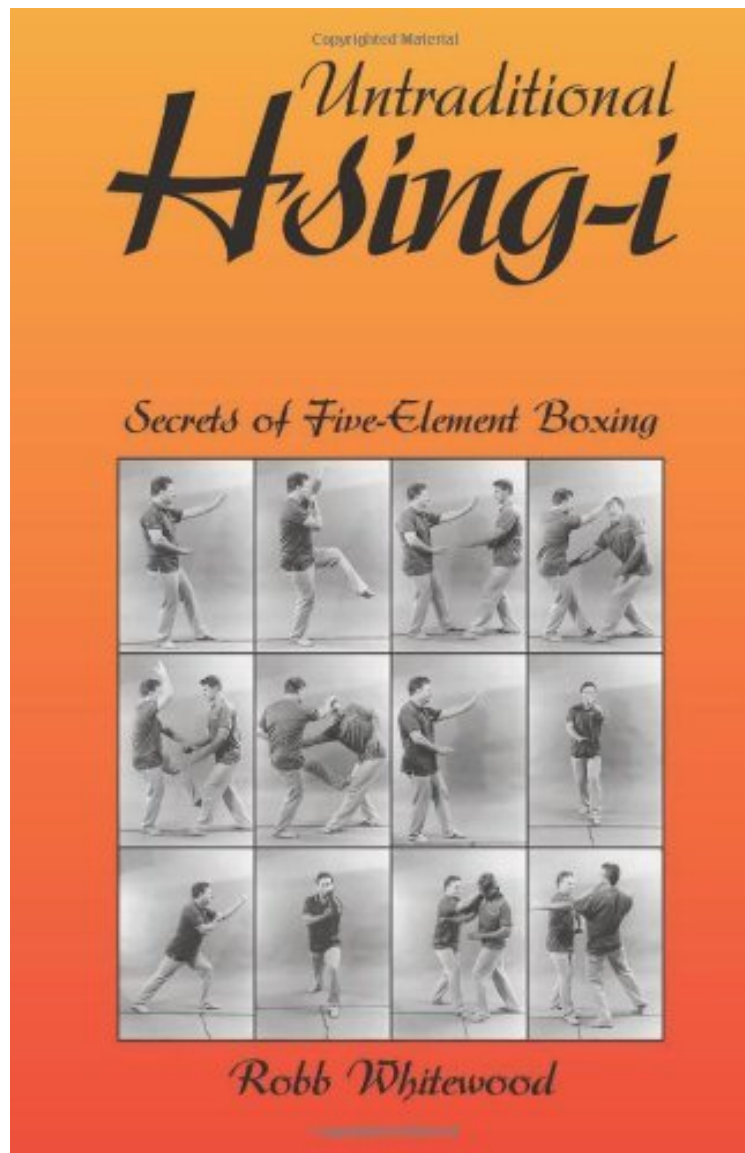


(Free download) Untraditional Hsing-I: Secrets Of Five-Element Boxing: Secret of Five-element Boxing

Untraditional Hsing-I: Secrets Of Five-Element Boxing: Secret of Five-element Boxing

Von Robb Whitewood

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Von Ein Kunde
The best thing about this book is that it explains the actual body mechanics of what gives Hsing-I its power. Other books on the subject usually give arcane explanations but the author breaks it down in terms of physics and physiology. The book only covers the five fists and not the 12 animal forms, which makes sense, since the five fists alone warrant a complete book. Where's the video, Robb?

Kurzbeschreibung
Here hsing-i master Robb Whitewood, a former student of Erle Montaigue and the head instructor of hsing-i for the World Taiji Boxing Association, brings the phenomenal speed and power of this ancient hitting art to life. With the goals of Western students in mind, Whitewood teaches the basics and applications of five-element boxing.
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