

Xingyi Boxing Manual

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Jin Yunting is the author of The Xingyi Boxing Manual, Revised and Expanded Edition (5.00 avg rating, 1 rating, 1 review, published 2015), The Xingyi Box

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Hsing-i Five Elements are in effective the five energies that, according to Taoist cosmology, Sheng Jin, Forward to The Xingyi Boxing Manual [year 1923]

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