

# Zhongguo fo jiao mei shu shi

## Dong da tu shu gu fen you xian gong si - Meihuaquan



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- Cang hai cong kan

Cang hai cong kan. Yi shu leiZhongguo fo jiao mei shu shi

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Tags: #Meihuaquan

### Meihuaquan

This style originates with monks and belongs to the Kunlun branch of Chinese martial arts. This style was strongly based on internal chi circulation and large external circular movements. Some write Wumeiquan with other ideograms e.

### Meihuaquan

It is said that Zhou Beitao had spent a whole winter working under plum trees before he succeeded in creating this style of boxing. Hence the name Emei Plum Blossom Boxing.

### Meihuaquan

Dashi is roughly identical to the shunshi of the other branches. Meihuazhuang is divided into two parts: Wenchang literary encompasses theory; Wuchang martial encompasses techniques such as Jiazi frame , Shoutao sparring exercise to teach combat skills , Chengquan combat choreography , Yingquan combat , and Gongquan and Ningquan moving in war. The basic training methods of Meihuaquan are simple, strong, relaxed, and highly adaptable.

### Meihuaquan

In many of the rural areas in which meihuazhuang has been practiced for centuries, the founding of the sect is attributed to the mythological figure Yun Pan. There are various traditions regarding the foundation of this style; it is said that Meihuaquan has no single founder. The whole set comprises more than 100 movements which are distinctly of offensive and defensive nature, and is performed within two minutes.

### Meihuaquan

The legend of Wu Mei came from another style named Wumeihuaquan, or , and is found in some accounts of, a martial art not practiced by Feng Keshan, and different from Meihuaquan. The oral tradition of my old Master has the value of a written report.

### Meihuaquan

It was developed out of the Shaolin system.

### **Meihuaquan**

It is said that when Zhang Sansheng taught in public, there had been 100 generations of teachers before him. Consequently, although this style is known from ancient times, it spread widely only at the end of the Ming, and the beginning of the Qing, dynasties, in Hebei, Henan, Shandong, and Shanxi provinces.

### **Meihuaquan**

Another practitioner, , was an Imperial Palace guard: The history of this school Meihuaquan goes back at least to the kang-xi period, when it was taught by a certain Yang Bing, from Hua county in Henan, who had passed the highest military examination with third place honor, and served in the metropolitan garrison — The origins of the Boxer Uprising Now we know that Yang Bing is a fifth-generation master born in , not in. With a simple expansive posture and built-in poise, Meihuaquan releases and strengthens the flow of energy to increase concentration of the mind. Another maintained that Meihuaquan would have been present before the time of emperor 187-140 B.

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