



## Xingyi - A Means to an End (Paperback)

By Mike Patterson

Phk, United States, 2012. Paperback. Book Condition: New. 280 x 214 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A book covering the tactical theories, training methods and philosophy of Xingyi as taught to Mike Patterson by the late Hsu Hong Chi of Taiwan. Shrfu Patterson is widely considered to be one of the foremost experts in the world on the art of Xingyi. With over 40 years experience (at time of writing) as a fighter, coach and teacher, he has authored a masterpiece covering all aspects of this discipline. His immense experience is gleaned from the crucible of continuous and true testing of Xingyi s tenets. The crucible of first being a successful full contact fighter himself and then following that experience by becoming a successful full contact coach, training and guiding 37 full contact champions throughout the 80 s and 90 s until retirement from coaching in 2000. This book covers the Hsing I (xingyi) taught to him by Hsu Hong Chi (XuHongJi) in thorough detail. Theory, mechanics and strategy of the five fists and twelve animals are covered with emphasis placed on opening/closing phases of core power generation. Perspectives on training, skill development, conditioning,...



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