

# Xingyi Means To An End: The Ultimate Guide to the Art of Self-Defense



## Xingyi - A Means To An End by Mike Patterson

★★★★☆ 4.5 out of 5

Language : English  
File size : 53435 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 268 pages  
Screen Reader : Supported



Xingyi, a traditional Chinese martial art, is known for its focus on internal power generation and its effectiveness in close-quarters combat. This book is the ultimate guide to Xingyi, providing a comprehensive overview of its principles, techniques, and applications.

Written by a lifelong practitioner of Xingyi, this book is packed with detailed instructions and illustrations that will help you learn the art's core techniques. You'll learn how to generate power from your core, how to use your body as a weapon, and how to defend yourself against a variety of attacks.

In addition to its technical instruction, this book also provides a fascinating look at the history and philosophy of Xingyi. You'll learn about the art's origins in ancient China, its development over the centuries, and its role in modern self-defense.

Whether you're a beginner interested in learning Xingyi or an experienced martial artist looking to improve your skills, this book is an essential resource. With its clear instruction, detailed illustrations, and fascinating insights, this book will help you master the art of Xingyi and achieve your self-defense goals.

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## **About the Author**

The author of this book is a lifelong practitioner of Xingyi. He has studied the art for over 20 years with some of the world's leading masters. He is a certified instructor of Xingyi and has taught the art to students of all ages and skill levels.

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Xingyi Means To An End is available now from all major booksellers. Free Download your copy today and start your journey to mastering the art of self-defense.



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