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The Major Methods of Wudang Sword

By Huang Yuan Xiou

North Atlantic Books, U.S. Paperback. Book Condition: new. BRAND NEW, The Major Methods of Wudang Sword, Huang Yuan Xiou, Originally published in Chinese in 1930, "The Major Methods of Wudang Sword" has become a contemporary classic in "the field of traditional Chinese martial arts. Written by Huang" "Yuan Xiou, the disciple of Li Jing-Lin--China's most celebrated" "sword practitioner--this edition now introduces English readers" "to the fascinating world of traditional Chinese swordplay." " Immensely popular in China, Wudang sword contains within" "its techniques the essence of the internal martial arts of Taiji" "Quan, Xingyi Quan, and Bagua Zhang. Unlike other books of its" "time, "The Major Methods of Wudang Sword" explores the practical" "application of its techniques rather than simply introducing" "a solo form. This helps readers and students of any style and" "background discover new insights and gain new approaches to" "personal practice. The book also emphasizes the internal aspects" "of swordfighting, including mental and meditative techniques." "Translated by Dr. Lu Mei-hui and with expert commentary by Master" "Chang Wu Na--two contemporary disciples of Wudang sword--" "and featuring dozens of black and white photos from the original" "Chinese edition, "The Major Methods of Wudang Sword" unlocks" "the secrets of Wudang swordplay...



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