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Techniques of Hsing-I and Pa-Kua Robert W. Smith, Allen Pittman outlined in his Chinese Boxing: Masters and Methods (Tokyo, 1974) and other books.

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Dojo rat: review: hsing-i; chinese mind-body boxing

Reportedly one of the oldest of the Chinese Internal Martial Arts, Hsing-i as described in his book "Chinese Boxing; Masters and Methods".

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Chinese Boxing: Masters and Methods Paperback – January 26, 1993. Robert W. Smith is one of America's great pioneers in the Asian martial arts and has written numerous books and articles on these ancient fighting traditions. Smith is the author of Pa-Kua: Chinese Boxing for

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Mr. Smith has also written fourteen other books on Chinese martial From one of his very first books Chinese Boxing, Masters & Methods to his

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