The Xingyi Boxing Manual is one of the most important types of Wushu Kung Fu, and it has a long history. Xingyi Quan is a 19th century martial art from China that was developed by Sun Lu Tang. The Xingyi Boxing Manual is a distillation of the knowledge and experiences of many of the major figures in the history of Xingyi boxing. Translator John Groschwitz includes previously unavailable materials from the complete original book making this revised and expanded edition an essential guide for today's practitioners of this traditional martial art.

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The book includes two parts. The first part is the author’s interpretation of the entire content of Mr. Sun Lutang’s Xingyi Boxing, and the second part is a collection of articles by Mr. Lu Feixue on the research of the match of Daoism and the Internal Boxing. Xingyi Boxing is a summary of the comprehensive system of Xingyiquan by Mr. Sun Lutang, a great master of internal boxing, and a reveal of the secret of the core of Xingyiquan. Xingyi Boxing is based on the book by Mr. Lu Feixue in his Research on the Internal School of Martial Arts.

Baguaquan and xingyiquan are two styles that complement each other as yin does yang. Bagua is known for its circular movements and its practice of circle walking. Xingyi movements characteristic linear movements said to be derived from the logical strategies for using spear and staff. How fortunate we are to include writings in this anthology by leading authorities on these styles. Separated into three sections, the first focuses bagua. Allen Fittumas presents five variations of the single palm change followed by an overview of the Yin Fu bagua lineage and an interview with Mr. Liang Hongyuan on training, fighting skills, teaching, and learning. Travis Joern provides two martial artists can apply the theoretical aspects of the Book of Changes to bagua training. Hong Guoxing (one of Hong Yixiang, stellar master of the three internal systems) shares some of his personal experiences and favorite bagua techniques. Deshun two chapters on xingyi. The interview with Lao Daoji questions the proper way to study xingyi form the beginning to the advanced levels. Robert Ye compares American boxing with xingyi’s pragmatics fighting techniques and in the following chapter he recounts in detail how it was to study under Song Xingyi in Taiwan nearly forty years ago. Travis Joern gives a travelogue of a trip to Shanxi Province (the home of xingyi) and then discusses the right xingyi training methods as taught by Mr. Wang Xianqu, including the five element theory, twelve animal forms, long-person methods, and spear training. The third section presents some commonalities in what many refer to as the internal arts: bagua, xingyi, and taiji. The chapter on Fu family style bagua explores the theoretical aspects of the Fu bagua lineage and reveals some of the unique insights and experiences he had during his extensive study with Li Wenliang and Lin Weidong, including internal development and fighting applications. The Catwell provides the final chapter which explains the key concepts of “sticking and following” as they apply to the throwing methods of the Chinese internal martial arts. The rich content in this anthology comes from the rare academic and hands-on experience of these presented in chapters here. Readers will surely benefit from the practical point of view as well as the other cultural details these wonderful authors share.

The ancient Chinese martial art of Xingyi Quan is known for its explosive internal power. Closely related to both Taiji Quan and Bagua Quan, Xingyi is regarded as the most aesthetic, and the most dangerous of the fighting arts, though the purposes of consistent practice include health and spiritual development. This in-depth guide is the first to cover the history and traditions of the art in such a comprehensive way, describing the essential Xingyi Quan movements, and their effects, in fully illustrated form, and including the author’s research with the Hong Xingyi Quan clan in China. The book contains a comprehensive teaching guide to the practice of Fuji Quan and the Five Element Fists, the core exercises of this potent fighting system, as well as explanations of the underlying principles which give Xingyi Quan their great depth of skill and refined understanding of combat strategy. The reader will also find clearly illustrated teachings of all the Twelve Animal Forms, listing forms, two person sets, basic skills, and the weapon training. This authoritative book will be an illuminating and complete guide for anyone interested in the internal martial arts, especially those practicing or teaching Xingyi Quan or wanting to learn more about it.

This is tgl books 25th Anniversary, with a new edition of Li Tianji’s The Skill of Xingyiquan. This is still one of the most complete books on Xingyiquan, and a good variety, and the classic texts of Xingyiquan included.