



Hsing-I: Chinese Mind-Body Boxing

Robert W. Smith

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Harmoniously merging the mind and the body, Hsing-I Ch'uan is simultaneously one of the most simple and most complex of the Chinese martial arts. The five forms, based on the Chinese concept of the five elements, provide a toolbox of techniques that the skillful Hsing-I practitioner uses to box with himself, channeling ch'i into spirit and spirit into mindful stillness. From this synthesis of external and internal forces springs new energy and true ability.

Engagingly written and amply illustrated with black and white photographs, Robert W. Smith's primer includes the history and meaning of Hsing-I, detailed instruction in the five forms and twelve animal styles, and cogent advice from the masters. First published almost 30 years ago, *Hsing-I: Chinese Mind-Body Boxing* was among the first books on Hsing-I and remains one of the best.

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