

The Martialarm Introduction To Hsing 'I Kung Fu

Literally the 'mind-form'. Found chiefly in the north, originating in San-Shih province. It spread to Hepei, then to Hunan, and eventually reached Peking. Based on the five-element philosophy of Chinese cosmology, it has a simple and practical style. Major weapons are knife(tao) and sword(chien). It uses single movements in training, repeated on both left and right sides, and contains short basic forms, unlike other northern systems. Important figures in the Hepei style (San-Shih original style) are Li-Tsun-I, San-Yuen-Shiang, Tsau-Ke-Li, Chiao-Liang-Feng and Adam Hsu.

Hsing'i training can be done in any city in the world and I encourage you to visit our martial arts directory of Hsing'i to find a school near you!

About the Author

Visit the martialarm website <http://www.martialarm.com/martialarts/hsingi.html>

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