



# Tong Bei Quan (English and Chinese Edition)

By Lin Shaoliang

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Also known as Tong Bi Quan, Tong Bei Quan is one of the ancient and reputed schools of martial arts in China. Unlike other Xingyi Quan of the similar kind, Tong Bei Quan takes on the spirit of the monkey, rather than the form of the animal. Thus, it has developed into a specific school of its own, with such fierce and violent technique and skill; swift and various in posture. And its practice is focused on flexibility of the body, especially shoulders and wrists. Thus, constant practice do good to the body and the soul, by strengthening body's harmony and immediate responses and sharpening the ability against violent attack. Therefore, with perfect integration of practicality and appreciation, it has been listed as the traditional and classic routine of Chinese martial arts. The book adopts the three-dimensional teaching method, combines the writing, diagram and video. The authoritative experts are invited for the technical performance and teaching demonstrations, so it ensures that learners grasp the sterling and original and skills.

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