

Wudang Training Manual

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Martial Arts Daoist Gate

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What s the difference between Internal and External

January 8th, 2019 - From Kennedy amp Guo s excellent book Chinese Martial Arts Training Manuals A Historical Survey There are a number of classification schemes used when discussing Chinese martial arts The one major thing they all have in common is that they are not very accurate

Jiang Style Baguazhang Wikipedia

January 14th, 2019 - Jiang Style Baguazhang is the style of Baguazhang taught by Jiang Rong Qiao 1890 1974 Jiang Rong Qiao also anglicized as Chiang Jung Chiao was a student of both Zhang Zhaodong and Cheng Tinghua both of whom were formal students of Baguazhang founder Dong Haichuan

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