

# Download Nei Jia Training For Mixed Martial Arts And Self Defense

Neijia is a term in Chinese martial arts, grouping those styles that practice neijing, usually translated as internal martial arts, occupied with spiritual, mental or qi-related aspects, as opposed to an "external" approach focused on physiological aspects."B.K. Frantzis has a depth and breadth of knowledge of the nei jia (internal arts) that few Westerners possess." - Don Ethan Miller "This work by B.K. Frantzis on the practical structures and essence of the internal systems is definitive.Xing Yi Quan is classified as one of the Wudang styles of Chinese martial arts. The name of the art translates approximately to "Form-Intention Fist", or "Shape-Will Fist".About Adam Hsu: World-renowned as an acknowledged top level teacher and also scholar of the martial arts, Adam Hsu has the distinction of also being fully dedicated to their promotion.