



# The Power of Internal Martial Arts: Combat Secrets of Ba Gua, Tai Chi, and Hsing-I

*Bruce Frantzis*

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**The Power of Internal Martial Arts: Combat Secrets of Ba Gua, Tai Chi, and Hsing-I** Bruce Frantzis  
This book's primary focus is on the detailed descriptions of the three main internal boxing methods (Hsing I, Ba Gua, and Tai Chi), as well as many substyles. In-depth comparisons and analyses of the different arts in regard to their methods of movement, principles and philosophies, use of force and energy, body mechanics, and some practical applications, are also described. Frantzis also includes "Personal Odyssey" sections where he recounts many of his interesting encounters with famous martial arts masters. This feature recalls Robert W. Smith's *Chinese Boxing: Masters and Methods*, from a previous generation of martial arts books. To make this book as accessible to beginners as possible, there are five appendices covering the different styles of tai chi (such as Yang, Chen, Wu, Tung, Hou, and Sun), a history of Ba Gua, energy anatomy of the human body, a summary of Mr. Frantzis's training and lineage, a chapter on Chinese terminology and transliteration, and an extensive glossary.

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