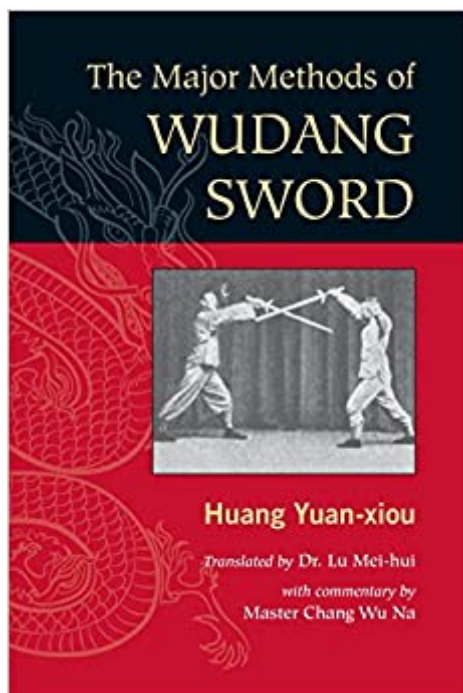


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# The Major Methods Of Wudang Sword



## Synopsis

Originally published in Chinese in 1930, *The Major Methods of Wudang Sword* has become a contemporary classic in the field of traditional Chinese martial arts. Written by Huang Yuan Xiou, the disciple of Li Jing-Lin, "China's most celebrated sword practitioner," this edition now introduces English readers to the fascinating world of traditional Chinese swordplay. Immensely popular in China, Wudang sword contains within its techniques the essence of the internal martial arts of Taiji Quan, Xingyi Quan, and Bagua Zhang. Unlike other books of its time, *The Major Methods of Wudang Sword* explores the practical application of its techniques rather than simply introducing a solo form. This helps readers and students of any style and background discover new insights and gain new approaches to personal practice. The book also emphasizes the internal aspects of swordfighting, including mental and meditative techniques. Translated by Dr. Lu Mei-hui and with expert commentary by Master Chang Wu Na, "two contemporary disciples of Wudang sword" and featuring dozens of black and white photos from the original Chinese edition, *The Major Methods of Wudang Sword* unlocks the secrets of Wudang swordplay for both novice and advanced practitioners.

## Book Information

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## Customer Reviews

In this book, two modern masters of Wudang Sword provide a deep understanding and historical review of this ancient art through the eyes of Master Huang Yuan Xiou. I have been fortunate to have known Dr. Lu Mei-hui and Master Chang Wu Na for two decades and still stand in awe of their unbridled commitment and loyalty to one of the highest-regarded skills in all of martial

arts. Wudang Sword practice teaches how to develop one's inner strength or Jing, transform it into Qi, convert it into Shen, and finally achieve Xu's abilities that are not only essential for this art but also for many other internal and external martial arts. It is evident that Wudang practitioners, other martial artists, and those exploring their own personal cultivation will benefit greatly from this written achievement. Sifu Julio R. Ferrer (Wu Liu), director, Integrative Wing Chun, Pacific Northwest region

Huang Yuan Xiou was a prominent swordsman and author. Master Chang Wu Na and Dr. Lu Mei-hui are, respectively, president and vice president of the International Wudang Internal Martial Arts Association. Both live and teach in Seattle.

The Major Methods of Wudang Sword by Huang Yuan Xiou (Author), Dr. Lu Mei-hui (Translator), Master Chang Wu Na (Commentary) Shaolin shadow boxing and the Wu Tang sword style, do you think your Wu Tang sword can defeat me? Wu Tang Clan "Bring Da Ruckus - Enter the 36 Chambers - movie sample from Shaolin & Wu Tang 1981 (dubbed). The Wu Tang/ Wudang sword method is famous in America because of the Hip-Hop group The Wu Tang Clan's use of samples from, and love of, Chinese kung fu movies. The book The Major Methods of Wudang Sword by Huang Yuan Xiou is a classic and a must have for anyone interested in Chinese straight sword (Jian) methods, philosophy or anyone interested in historical swordsmanship. This book translates the original text with pictures. It outlines the basics of the Wudang sword method but do not expect to learn something as complex as the Jian from a book. The book is a wonderful reference tool, but it is not meant to learn the real method from. The Jian is called the "king of weapons" because of its complexity and subtlety. It was traditionally thought it would take 10 years of consistent training to begin mastery. Because of its difficulty it was also referred to as a "scholar's weapon" and traditionally depicted as the preferred weapon of the aristocracy of ancient China. The Major Methods of Wudang Sword is an important work and even more important because it was one of the few English translations (until recently) of a Chinese Jian manual. I believe the thing that sets this translation apart from other translations is the author and translator are both long time practitioners of the Wudang Jian method. They lend their insights to the translations and they help clarify some of the underlying principles of traditional Chinese swordsmanship. There are several chapters devoted to the basic theory of the Jian. I think these chapters are some of the most insightful because they outline different practice methodologies. With names like "yin yang sword circle method" and

Ã¢ÂÂtriangular paired-practice methodÃ¢ÂÂ Â• there will need to be some explanation, and for the advanced practitioner I found some of these chapters to be most illumination. This is an excellent book and a must have for anyone interested in Chinese straight sword (Jian) methods, philosophy or anyone interested in historical swordsmanship. The biographies, history and discussion of the methods are rare in Chinese and even rarer in English.

There are now several books widely available in English on Tai Chi sword. This book will provide the student will some clear guidelines on the basic cuts associated with the style, interesting historical notes, and other lessons. It's important to note from the start, this book does not contain a form to learn, if that's what the student is looking for. As the contents show, there are chapters on a variety of topics, however, many are fairly short at a page or two. And while the basic cuts are described and photographed, other chapters, like the two person form exercises, are not, giving only terse A then B then A guidelines. Nor are there any application photos. It seems the book's main virtue to the novice, as I am, is the chapter on basic cuts with grainy but decipherable photos from the original work (see the cover for an example). I was excited to see the translated forewords to the original edition by many famous masters. And while I enjoyed them (to say nothing of grasping them), they are, however, quite obscure. They come across like the classics, a riddle inside an enigma..., or they are encomiums of the sword master Lin, whose student compiled the book. As for other books available on the subject, I have 3: Rodell's, Yang Jwing-Ming's (YJM) and Petra Kobayashi's. These three books all have their individual strengths. However, for the beginner without a teacher, I highly suggest Kobayashi's book. It is the only book of the 3 that has arrows drawn from each hand and foot showing its exact path into the next picture. This is the only way to know from a book if one is moving through the postures properly. It also has a legend for each photo that shows weight distribution on the feet, angle of the sword as seen from above, and angle of the torso. The legend completely clarifies the already good photos. In short, it's a book you could actually learn the form from--as far as one can without a teacher. One should note though, Rodell has video of the form on his website, which if of course clarifying, and YJM has a DVD for purchase. Rodell's sword book has extensive information on sword history and construction, wonderful photos with applications, and discussions of basic cuts. For the ambitious, it also has two complete sword forms. YJM's book likewise has a good deal of info, applications and a form, but with the two person drills described and photographed as well. These drills are a strength of YJM's book. So, why acquire "The Major Methods of Wudang Sword" with these other books seeming more modern, complete and user friendly with 100's of more photos? Because while all the other books

have descriptions of the basic cuts, they are not in agreement with each other. "Wudang Sword" clarifies the basic cuts by explaining how to hold and move the hand and what foot is weighted for certain cuts. It's quite systematized. As such, one gets a clearer idea of the cuts themselves, and this would be of use for any of the form books mentioned. Classical T'ai Chi Sword (No Series) Chinese Swordsmanship: The Yang Family Taiji Jian Tradition Taiji Sword, Classical Yang Style: The Complete Form, Qigong & Applications (Martial Arts-Internal) Forgive a novice like me for being so bold as to comment on the above books.

This is the magnum opus of an important martial artist who spent his life engaged in the pursuit of this craft and it's techniques.

useful for practioners of the art

A good review of the essentials.

Written in 1930 by Huang Yuan-xiou, a disciple of the legendary Li Jing Lin, "The Major Methods of Wudang Sword" is an indispensable book for any martial arts manual collection, especially for those into the internal arts of Wudang. While the title implies this is a book for sword stylists alone, the lessons provided within are beneficial to practitioners of all the internal arts, particularly Tai Chi (as a fighting art), Xingyi, and Baguazhang. With detailed chapters on proper practicing techniques, training, application, and martial theory, books of this quality are rare indeed, and in English, rarer still. As a student of Wudang martial arts, and as a collector of quality martial arts manuals, I cannot recommend this book enough. It's also worth noting that typically books such as this have limited print runs, and when they're gone, they're gone. And finding decent out of print copies of such books gets pretty expensive, pretty fast.

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