



## Chinese Boxing: Masters and Methods

By Robert W. Smith

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Distilling the martial art known in the West as kung fu, Robert Smith presents Chinese boxing (ch'uan shu) as an art "that combines the hardness of a wall and the softness of a butterfly's wings." His lively, pragmatic account conveys the discipline and insights acquired in ten years of study and travel in Asia. Smith describes his work with t'ai chi master Cheng Man-ch'ing, and connects ch'uan shu with the softer aspects and inner power of that popular practice. Fifty black and white photos illustrate this informative and personal account of the Chinese boxing tradition.

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## **Editorial Review**

### **About the Author**

Robert W. Smith is one of America's great pioneers in the Asian martial arts and has written numerous books and articles on these ancient fighting traditions. Smith is the author of Pa-Kua: Chinese Boxing for Fitness & Self-Defense, also available from North Atlantic Books. He lives in Hendersonville, North Carolina.

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