

## Core Self Defense Manual Hapkido Defense System

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The earliest written records of Xing Yi can be traced to the 18th century, and are attributed to Ma Xueli of Henan Province and Dai Long Bang of Shanxi Province.Legend credits the creation of Xing Yi to renowned Song Dynasty (960-1279 AD) general Yue Fei, but this is disputed.. According to the book Henan Orthodox Xingyi Quan written by Pei Xirong (Chinese: 裴希戎) and Li Ying'ang ...

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