



Matrixing Tong Bei: Internal Gung Fu

Al Case

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Tong Bei means 'through the back,' it refers to a unique system of Kung Fu, with a unique method for generating chi power. Tong Bei is an old art, an internal martial art, and while not well known in the United States, it is considered on par with such arts as Tai Chi Chuan, Pa Kua Chang, and Hsing I. In this book Tong Bei is presented from the ground up. It includes the unique but simple chi building basics, a method for creating and understanding forms, and a lot of very efficient and street functional self defense techniques. About the Author: Al Case began studying the martial arts in 1967. He became a writer for the martial arts magazines in 1981, and had his own column (Case Histories) in Inside Karate. Al Case is also the author of the five book 'Matrixing Karate' series, the three volume 'How to Create Kenpo Karate series, and stand alone books on Pan Gai Noon, Kang Duk Won, Kwon Bup, Outlaw Karate, Buddha Crane Karate, 'Karate to Shaolin to Pa Kua Chang,' and the two volume 'Fixing MCMAP' series.

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