

## 2. What are the internal arts?

The long answer to this question could fill volumes, so in keeping with the FAQ format, we'll stick with the short answer. The phrase "internal arts" specifically refers to the Chinese martial arts: taijiquan (tai chi), baguazhang (pa kua) and xingyiquan (hsing-i), known collectively as neijia or internal style schools. The internal schools combine traditional gongfu with the Daoist principles of movement and internal energy development, creating unparalleled martial arts systems that are renowned for improving the health and vitality of their adherents. In addition, recent years have seen several other styles rise to prominence that many argue deserve recognition as a separate school under this category. The list includes, but is not limited to, such arts as liu he ba fa and yiquan.