

#### 4. Are there different types or styles within the three internal arts?

In a manner of speaking, yes. Each of the three schools has specific methods of training, and differ, in some respects, in their focus on the Daoist principles. Each school also differs in the martial forms they practice. There are further differences between classically based practices, and modern wushu styles; the first focusing on the martial aspect while the latter focuses more on the rules of competition.