

**Emei quan** is a style of Chinese martial art. Mount Emei, in Sichuan Province is one of the major martial mountains

A wide range of Kung Fu

styles have originated from this place. Since the Emei mountain range is renowned for its abundant wildlife, Emei Quan is famous for its animal styles, most particularly monkey style and its unique Northern styles.

Emeiquan combines both internal and external practices. Low stable stances with little hopping are characteristic of this style. Jumps are executed very lightly and quickly and its movements are very diverse. Many of its most lethal techniques are derived from the use of the wrist.

### References

<http://en.wikipedia.org/wiki/Emeiquan>