

## Beginning Bagua A Practical Guide To Training Form And Application

In its first English-language edition, this detailed training manual is a complete guide to Gao baguazhang, as preserved through the lineage of Liu Fengcai. The youngest of the major bagua lineages, Gao bagua shows the influence of taiji quan, xingyi quan, and shuai jiao. It incorporates traditional bagua weapons, pre-heaven palms, and animal forms in addition to sixty-four individual post-heaven palms and their accompanying two-person forms. A unique synthesis of health-building techniques, Daoist theory, and practical fighting applications, Gao-style bagua is an example of the finest internal-arts traditions. The original manuscript for The Cheng School Gao Style Baguazhang Manual was completed by the art's founder, Gao Yisheng, in 1936. It was not published at the time, but handed down to his student Liu Fengcai, who edited and published the first Chinese edition in 1991 with the help of his own student Liu Shuhang. In 2005, Liu Shuhang published a revised and expanded version, and this was again expanded and reissued in a third edition in 2010. Now, the manual has been translated and fully updated for its first English-language edition. Including over 400 photos showing step-by-step techniques and forms, the manual documents the fundamentals of the art as well as detailed descriptions of techniques and empty-hand forms, laying the groundwork for advanced training. This edition includes rare photos of important masters in the Gao lineage, lineage charts, biographies, and other updates, making it the essential companion for anyone studying Gao style and a useful guide for any practitioner of baguazhang or other Chinese martial arts. From the Trade Paperback edition.

The Dragon Bagua Zhang system of third-generation master Fu Zhen Song was one of the most powerful martial arts styles to emerge from 1920s China. Fu Zhen Song had a reputation as a skilled fighter and uncompromising teacher, and his Dragon Bagua style was renowned for its extensive catalog of whirling body movements and fighting techniques. In 1991 Lin Chao Zhen, Fu's formal disciple, brought this mysterious martial art to the United States, where he practiced and taught until his death in 1997. Fu Zhen Song's Dragon Bagua Zhang presents this challenging system in a step-by-step format, including palm forms, stepping patterns, and training methods. Originally written in Chinese by Lin Chao Zhen and translated by his son, Wei Ran Lin, this edition also features an extensive introductory section on the development of the Dragon Bagua form and the history of its lineage. The text is accompanied by 150 photographs of the late master Lin Chao Zhen demonstrating the form, as well as an illustrated two-person practice set that teaches the system's applications for self-defense and sparring.

The Western Guide to Feng Shui for Prosperity is a collection of over twenty true stories about people who have increased their prosperity using Feng Shui principles. Gathered from around the United States and Europe, these "rags to riches" tales take you into the homes and businesses of people from all walks of life who, by using the art and science of Feng Shui, solved their problems and enhanced their good fortune.

Beginning with an overview of both bagua and tai chi and their origins in Chinese culture, a noted black belt offers comprehensive advice on how to incorporate these practices into daily Western life. Original.

Many martial arts and qigong practices speak of the need to move from the center, to 'round the crotch', to open the Huiyin point, and to relax the waist and hips. Due to the "private" nature of this area of the body, there are few if any martial art teachers who publicly describe methods regarding how to achieve these results. And so the pelvic area (a.k.a. dan-tian or hara) remains the most difficult area of the body for many practitioners to understand, feel, relax, and open. This book weaves together personal insights, practical tips, and a wide range of excerpts and references taken from martial arts, qigong, and other clinical books and articles to offer a functional path for higher level martial arts development. This is the first and only book dedicated to the topic of developing the pelvic area for the martial arts. You simply will not find this wealth of information, in one place, anywhere else!

Discover your Animal archetype to transform your martial arts practice and improve your physical, emotional, and sexual health A cognitive psychologist and respected martial art instructor brings to life the Animals of Ch'ien-lung, and how to live the martial art philosophy--on and off the mat! This martial art belongs to everyone, not just for self-defense but as a force for healing. Keen on detail, big in scope, Unleash the Dragon Within shows how to tap into the Cat and Snake aspects of your mind and body. When you combine the movement, breath and meditation of a Cat with a Snake you create the Dragon, bringing all you are to your athletic performance, spiritual practices and even your sexual relationships.

Feng Shui Demystified Feng Shui Demystified is one of the most understandable books written on feng shui. It was originally published by The Crossing Press in 2000 and became one of their best selling books. Readers say, "This is the first time feng shui made sense." This new edition is greatly revised and expanded to include more illustrations, situations, solutions, and success stories. One of the most useful new sections is the Checklist for Moving. Feng Shui Demystified is one of the The book explains why certain environments are conducive to harmony, prosperity, and health, and how to create those environments. It teaches how to minimize conflicts and arguments by avoiding the factors that signify their presence in your life. The book examines the many obstacles that prevent a person from reaching their highest potential. It shows how to develop conscious awareness of the obstacles, minimize their effect, and remove them when possible. It explores the energy and symbolism of objects and how those aspects affect their placement. It is especially sensitive to renters who often have very little control over their home. Feng Shui Demystified is one of the The writing is concise and powerful. When a problem is described, multiple solutions are always suggested. It explains the feng shui rules while encouraging you to cultivate your intuition and act on it. Author Clear

Englebert draws from his own experience as a feng shui consultant to walk you through your home (and yard, and workplace, and even the car) with a consultant's eye. You will learn to observe how chi (Universal Energy) flows in and around your home—where it is vibrant, where it stagnates, and where it picks up a negative charge. The book is a practical how-to guide rich with specific advice, including evocative explanations of the symbolic thought underlying feng shui concepts. The emphasis is on those concepts most accessible to the Western mind, and on those solutions most available to the modern reader.

Jayme Bartett, the feng shui consultant to the rich and powerful of Beverly Hills, has written the most comprehensive and life changing book on the subject.

Baguazhang is both hypnotically beautiful and also the least well understood internal martial art due to its unusual training methods. As a result there are all kinds of authors who capitalise on the misunderstood nature of the art by adding layers of mystery and confusion. This compact book takes the opposite approach. It focuses on the key Baguazhang exercise of circle walking, which is used to develop body power, health, martial mobility and meditative clarity. This book gives simple, clear instructions which are pared down to the essentials. It uses classical Chinese verses about Bagua as its core, and is illustrated to show footwork patterns and postural principles. This book is written to save you time and headaches so that you can progress in your practise. This book will also help you to see the practical sense hidden in other Chinese books and methods. About the Author: Edward Hines started his practice of Baguazhang in 1991 in Taiwan Republic of China. He is currently based in Paris, France. In volume 2 of Liu Bin's Zhuang Gong Bagua Zhang, Professor Zhang Jie documents the style of Bagua Zhang developed by Liu Bin, one of Cheng Ting Hua's top students. Professor Zhang became a disciple in this tradition in 1979, apprenticing under the well-known expert Liu Xing Han in Beijing. He was carefully trained for many years, practicing Bagua's circle-walking techniques under the trees of Temple of Heaven park—the same place where Dong Hai Quan, Cheng Ting Hua, and many other masters used to train. A two-volume series, Liu Bin's Zhuang Gong Bagua Zhang gives equal attention to Bagua Zhang's history, its practice, and the culture from which it arose; Professor Zhang presents Bagua Zhang as a guide for everyday living, stressing the Chinese concept of balance in all things. While volume one instructed students in the fundamentals of Bagua practice (stances and footwork, the circle walk, and the single palm change), volume two teaches variations on the single palm change; the eight mother palms; the twenty-four movements of five elements, three levels form; and the twenty-four movements of eight palms, eight fists, and eight elbows form. Professor Zhang also introduces readers to weapons training with the continuous sword form and the coiling dragon long staff form. Step-by-step photos and descriptions document the forms, while never-before-published historical photographs and first-hand accounts of the development of the art provide a rich background for the practical instruction. Volume two also goes further into the history of Liu Bin's lineage, including profiles of many notable Bagua masters. The author's personal contact with many of these masters, including ones that risked their lives to carry on the tradition through the Cultural Revolution, allows him to record their stories in vivid detail.

The ancient Chinese martial art of Xingyi Quan is known for its explosive internal power. Closely related to both Taiji Quan and Bagua Quan, Xingyi is regarded as the most esoteric, and the most dangerous of the fighting arts, though the purposes of consistent practice include health and spiritual development. This in-depth guide is the first to cover the history and traditions of the art in such a comprehensive way, describing the essential Xingyi Quan movements, and their effects, in fully illustrated form, and including the author's research with the Song Xingyi Quan clan in China. The book contains a comprehensive teaching guide to the practice of Santi Shr and the Five Element Fists, the core exercises of this potent fighting system, as well as explanations of the underlying principles which give Xingyi Masters their great depth of skill and refined understanding of combat strategy. The reader will also find clearly illustrated teachings of all the Twelve Animal Forms, linking forms, two person sets, basic skills, and the weapons training. This authoritative book will be an illuminating and complete guide for anyone interested in the internal martial arts, especially those practicing or teaching Xingyi Quan or wanting to learn more about it.

Filled with photographs, stories, and many practical Feng Shui "tricks of the trade," this book is packed with ideas and tools that you can easily apply to your life to increase your prosperity and improve your health, creativity, and overall happiness. Terah covers every room in great detail—including your living room, dining room, bedrooms and bathrooms, home office, kitchen, family room, and storage areas. She also explores the attitudinal and spiritual work—the inner Feng Shui—that complements and strengthens your outer Feng Shui enhancements. Includes a 16-page insert of color photos to emphasize the author's points.

This clear, step-by-step guide to the fundamentals of Bagua Zhang lays out the principles, practices, and underlying philosophy of this cerebral and sophisticated Chinese internal martial art. Leading readers from the most basic precepts of Bagua Zhang practice to advanced techniques, Kent Howard draws on his deep understanding of the art and his decades of teaching to set students on a path toward mastery. While Bagua Zhang is often perceived as a complex martial art that is difficult to learn, Howard breaks it down into clear and easily absorbed principles and exercises that beginners can master and incorporate into higher levels of practice at their own pace. Numerous easy-to-follow photographs illustrate core practices such as circle-walking, post standing, and palm changes, as well as foundational techniques of posture and alignment, fluid motion, generating whole-body power, absorbing and redirecting energy, striking while in motion, and much more. In addition to providing a solid foundation for a lifetime practice, Bagua Zhang Fundamentals also offers more advanced practitioners valuable tips on how to increase their knowledge and understanding of this multifaceted martial art.

This book outlines the history and techniques of Pa-kua—a style of boxing based on the eight (pa) trigrams (kua) of the I Ching. This martial arts guide gives a thorough account of the philosophy behind the art. It also presents to the West for the first the orthodox style of the last Chinese Pa-kua master Wang Shu-chin. Described in great detail and fully illustrated are the basic techniques, the eight palm shapes, and the eight traditional methods of "walking the circle." Guided by this easy-to-follow text, the student of Pa-kua can probe deeply into the hitherto hidden secrets of one of the most complete systems of self defense ever developed.

Possible Origins presents for the first time an in depth cultural history of Chinese martial arts. It offers fresh perspectives and the latest research to show how martial arts have preserved religious and theatrical traditions hidden inside martial skills. It connects previously unexamined elements of Chinese cultural history directly to the arts people practice today. Everyone wants to know where their martial art came from and how it was created—here, for the first time, is the authentic story. Find answers to questions like: What is a sworn brotherhood? How do talismans work? Why does Tai Chi have so much mime in it? Why does Baguazhang look like a guy riding around on roller skates? Was the Shaolin Monastery a performing arts center? How can you tell if a martial art is Daoist or Buddhist? And what is so important about emptiness? Master practitioners, beginning students, and serious scholars will discover parts of their practice they didn't know were there.

The art of Bagua Zhang is best known for its circular forms, yet linear fighting techniques have been incorporated into Bagua practice by many renowned masters. Liu Dekuan, a student of Dong Haichuan (the founder of Bagua Zhang), was one such master, devising a set of 64 techniques performed in straight lines. These techniques were collected and preserved by Master Liu's disciple Gao Wencheng and his family, passed down from generation to generation. In The 64 Hands of Bagua Zhang, author Gao Jiwu—the grandson of Gao Wencheng—brings these techniques to the English-speaking world. Well

known for his expertise in the 64 Hands form, Master Gao explains the history of the art, his family's place in it, and the key principles for practice. The heart of the book is the complete set of Liu Dekuan's 64 techniques; the solo forms are each explained in detail and then elaborated on to demonstrate their practical applications. Clear photographs fully illustrate the movements of the complete form and practice drills. Translated by Nigel Sutton, who has studied with the Gao family since the early 1980s, *The 64 Hands of Bagua Zhang* helps readers fully understand this form of Bagua Zhang.

First published in Chinese: [Taiwan?]: Lion Books, 2002.

Developed by Wang Lang over 300 years ago, Praying Mantis Kung Fu is the only martial art based on the fighting skills of an insect. This fascinating system utilizes swift, methodical movements for defense and offense, and is well respected as an art that helps practitioners develop great strength and perseverance. *The Complete Guide to Northern Praying Mantis Kung Fu* provides an in-depth look at the history and practice of this remarkable martial art. Author Stuart Alve Olson, a student of T. T. Liang, draws on the lineages of Masters Feng Huan-I and Wang Han-Fon, but includes detailed description of all major schools, styles, and lineages. The first half of the book focuses on tactics and theory; the second half contains step-by-step descriptions of the fundamental Praying Mantis stances, exercises, footwork, and kicks, clearly illustrated by more than 200 photographs. What sets this book apart from other works on Praying Mantis is its philosophical depth; author Olson gives a clear account of the development of the art and the Taoist principles from which it arose. This book provides the basis for not only mastering the martial art of Praying Mantis Kung Fu but also mastering oneself—the true goal of all martial arts.

Start living a calmer, more balanced life with this all-in-one feng shui guide that explains the benefits that this energy healing technique can have on your mind, body, and spirit. Harness the ancient healing power of feng shui! Declutter your life, identify your qi, and reclaim your space with a brand-new perspective. Just by simply choosing specific colors and positioning your furniture in various places, you can take control of your space and your life. Feng shui is an ancient science involving the art of placement that can bring clarity to your life by showing you how to declutter your space and find the right energy flow that works to create a soothing environment and bring you joy. In *The Little Book of Feng Shui*, you can learn the basics of this practice, along with its history and how to balance and harmonize with the energies in any given space—in your home, workplace, or outdoor area. This beautiful and insightful book promotes healing through the choices you make for the spaces you inhabit and helps you learn how to heal yourself and live a happy, balanced life.

Transform your home into a calm, balanced and harmonious oasis using architect Anjie Cho's helpful advice, drawing on her background in green design and feng shui. You don't have to get rid of all your possessions and become an ascetic to change your space and discover the benefits that living in a considered, organic way can bring. The easy suggestions in *Holistic Spaces* show you how to implement the principles of feng shui and green design in your home. Written for the way we live today, as we move toward a more mindful approach to health, diet and the way that we choose the objects in our homes, this is the perfect guide to help you to clear and refresh your living environment. Learn how to make every room in your home serve its highest purpose, create eco-friendly spaces, bring nature indoors, choose colours for maximum impact, select a space for meditation practice, and overall, create a peaceful and organic home. From the bedroom to the home office, these intuitive, straightforward tips will teach you to how improve your spaces to boost the flow of energy through your life.

*Beginning Bagua* is probably the most down to earth, practical book about Baguazhang currently available. It is written with the goal of providing concrete, directly useful information on Bagua. This book covers the basics of body use stepping, static posture training, Qigong, key movements, striking and throwing applications, circle walking as well as how Bagua's intellectual framework applies to martial tactics and to general training. Much of what you will find in this book is useful not just to practitioners of Bagua, but to martial artists in general. *Beginning Bagua* is extensively illustrated with photos of both solo movements, basic exercises, palm changes and martial applications. Bagua is often presented as mysterious, complicated and difficult. It certainly requires study and practice, but this book provides the keys to make sense of the 'abstract' movements, to see the logic behind them and begin to develop useful skills. This book can save you a lot of grief and confusion! The information itself is presented in a straight forward way, based on direct experience and written with at least occasional humour. *Beginning Bagua* is the first book in a series that will look at aspects of Bagua with increasing detail and an emphasis on practicality.

This comprehensive guide explains the principles and practices essential for Bagua training.

The combat techniques of Tai Ji, Ba Gua, and Xing Yi were forbidden during China's Cultural Revolution, but the teachings of grandmaster Wang Pei Shing have survived. This comprehensive guide, written by one of his students, selects core movements from each practice and gives the student powerful tools to recognize the unique strategies and skills, and to develop a deeper understanding, of each style. It contains complete instructions for a 16-posture form to gain mastery of combat techniques. The book helps practitioners achieve a new level of practice, where deeply ingrained skills are brought forth in a more fluid, intuitive, and fast-paced fashion.

The study of budo, or the Japanese martial arts for self-cultivation, is a lifelong path toward perfection of character. Here, Dave Lowry, a sword master who has practiced and taught budo for over forty years, addresses the myriad issues, vagaries, and inconsistencies that arise for students of karate-do, judo, kendo, kenjutsu, aikido, and iaido as their training develops. He examines such questions as: • What is the relationship between the student and teacher, and what should one expect from the other? • What does rank really mean? • How do you correctly and sensitively practice with someone less experienced than you? • What does practice look like as one ages? • Why do budo arts put such an emphasis on etiquette? • And many others. Lowry also gives practical advice for beginning and advanced students on improving structural integrity in posture and movement, focusing under stress, stances and preparatory actions before engaging with an opponent, and recognizing a good teacher from a bad one.

With clear instruction and expert guidance, this fully illustrated guide to Bagua Zhang teaches all you need to know about this subtle, powerful martial art. There is no other martial art system or style, internal or external, which combines so many fighting techniques in one practice - and expert Master C S Tang provides lucid, detailed descriptions of the entire training system. Bagua is divided into several sets of exercises, and this guide begins by covering the history behind these, and explaining the basic exercises. It goes on to detail the training in more complex practices - including circle walking, single palm change, the eight palm changes, the special weapons of Bagua, and more. Tying into higher spiritual practices of Daoism, this guide not only covers the practical applications of Bagua Zhang, but explores the reasons why it calms the mind, coordinates the body, and develops health.

*Bagua Quan Xue* (The Study of Bagua Quan) was written by Sun Lutang in 1917. It was the first book to offer detailed instruction not only in the boxing forms of Bagua Quan but on the underlying theory and

philosophy. This book gives clear instructions not only in the basics of Bagua Quan and the important principles for beginners, but also clearly teaches and illustrates the major forms of the style including Single Palm Change, Double Palm Change, and the Eight Animal Changes (Lion, Qilin, Snake, Sparrowhawk, Dragon, Bear, Phoenix, Monkey). In addition Master Sun clearly shows how the postures of the boxing correspond to the Bagua Diagram and the theories of Bagua. In the last chapters Master Sun covers some advanced aspects of practice such as how to choose the practice location and time, as well as the advanced work of transforming the Shen.

Closely related to taijiquan, baguazhang is one of the three great internal arts and, like its counterparts, can be used to kill as well as to heal. Hidden within it is a series of brutal, relentless strikes applied quickly and mercilessly to the very deadly dim-mak points of the body. In this book, Erle Montague first introduces the original circular form, complete with photos of each posture and its practical application. Next he presents the linear or fighting form to teach the secrets of extracting an endless array of combat applications from this complex art. If you appreciate the dual healing and martial qualities of dim-mak and other internal arts, this book will be an invaluable addition to your training library. For academic study only.

Professor Cheng Man-Ch'ing regarded a set of five disciplines—the "five excellences"—to be the mark of a well-rounded person: calligraphy, painting, poetry, t'ai chi, and medicine. Although he is best known for his teachings on the martial arts (in particular, his highly influential adaptation of t'ai chi), versatility was central to Cheng's philosophy of life, and he encourage his students to combine artistry with scholarship. This inspiring book is a commentary on and working compendium of Cheng's literary and pictorial interpretations of these subjects. Of interest to aficionados of Chinese art, culture, and history, Master of Five Excellences also offers internal techniques for practitioners of the martial arts, as Hennessy provides an insight into the rarely-glimpsed creative side of Cheng Man-Ch'ing.

Principle 36: Energy Moves Fluids, Fluids Nourish the Body -- Principle 37: Balance the Sphere -- Principle 38: Become a Sandbag -- Principle 39: Ride the Wave -- Principle 40: Moving into Stillness -- Principle 41: Gather and Bank -- Principle 42: Postures Link into Fluid Forms -- Afterword -- REFERENCES

One of the three major orthodox internal styles of Chinese martial arts (along with Xing Yi Quan and Tai Ji Quan), Bagua Zhang (or Ba Gua Zhang) is also one of the most ancient and revered. The first volume in a series of two on the form, Liu Bin's Zhuang Gong Bagua Zhang, Volume One, is written from the perspective of a wise master who gives equal attention to Bagua's historical evolution and to the art and practice itself. A disciple of famous master Liu Xing Han and one who honed his skills for over 20 years under the same trees in Temple of Heaven Park as the originators of Bagua, Professor Zhang Jie is ideally suited for the task. He presents the fundamental theories of Bagua simply and clearly, in such a way that they comprise both a martial arts manual and a guide for everyday living. The idea of balance in all things is stressed throughout, as is the ancient Chinese philosophy that underlies Bagua. In addition to illustrations of the Bagua movements, the book contains previously unpublished historical photographs. Equally useful for novice and seasoned practitioners, as well as students of Chinese culture and history, Liu Bin's Zhuang Gong Bagua Zhang immerses readers in all aspects of this important martial art.

Learn the fundamentals of tai chi in ten weeks Dr. Aihan Kuhn teaches readers the twenty-four-step Yang-style form. She shares insight on warming up, healing, and avoiding injury. Each day millions of people around the world practice tai chi for wellness, focus, and self-defense. This is a lifelong path. Tai chi is more than just a physical exercise. It is a way of life - an art that helps us cultivate health, balance, and qi (energy). For the novice, this idea can be exciting but also daunting. Dr. Aihan Kuhn is a master instructor of tai chi and qigong. In this book she shares the lessons she's learned in a lifetime of studying and teaching. She is warm and encouraging, making readers of all ages and backgrounds feel welcome.

"In Reiki Healing for Beginners, you will explore basic Reiki techniques and learn how to heal over 100 common emotional and physical ailments. Through clear, fully illustrated step-by-step instructions, this practical guide is the perfect companion for new healers who want to address everything from fatigue to forgiveness with Reiki"--Back cover.

In Ba Gua Circle Walking Nei Gong: The Meridian Opening Palms of Ba Gua Zhang, author Tom Bisio details the practice method and theory of this powerful system of internal exercise. The postures, alignments and practice methods are clearly explained and correlated with practical discussions of meridian pathways and pathologies from the perspective of internal Nei Gong practice. These discussions are accompanied by extensive illustrations, including drawings rendered from photographs of famous Ba Gua masters holding the Nei Gong postures. Also included are medical applications of Ba Gua Circle Walking Nei Gong and an introduction to the rarely taught Ba Gua Energy Accepting Palm, in which vital force (qi) is absorbed from the natural environment.

In its first English-language edition, this detailed training manual is a complete guide to Gao baguazhang, as preserved through the lineage of Liu Fengcai. The youngest of the major bagua lineages, Gao bagua shows the influence of taiji quan, xingyi quan, and shuai jiao. It incorporates traditional bagua weapons, pre-heaven palms, and animal forms in addition to sixty-four individual post-heaven palms and their accompanying two-person forms. A unique synthesis of health-building techniques, Daoist theory, and practical fighting applications, Gao-style bagua is an example of the finest internal-arts traditions. The original manuscript for The Cheng School Gao Style Baguazhang Manual was completed by the art's founder, Gao Yisheng, in 1936. It was not published at the time, but handed down to his student Liu Fengcai, who edited and published the first Chinese edition in 1991 with the help of his own student Liu Shuhang. In 2005, Liu Shuhang published a revised and expanded version, and this was again expanded and reissued in a third edition in 2010. Now, the manual has been translated and fully updated for its first English-language edition. Including over 400 photos showing step-by-step techniques and forms, the manual documents the fundamentals of the art as well as detailed descriptions of techniques and empty-hand forms, laying the groundwork for advanced training. This edition includes rare photos of important masters in the Gao lineage, lineage charts, biographies, and other updates, making it the essential companion for anyone studying Gao style and a useful guide for any practitioner of baguazhang or other Chinese martial arts.

The ancient Chinese art of Bagua Quan combines internal cultivation - the training of the mind - with external application, strengthening and supporting the health of the body. In this book, Master He explains the philosophy and techniques of Bagua Quan and provides the reader with an accessible approach to the practice of the art.

A comprehensive guide to the fundamentals, sequences, and applications of Baguazhang. Baguazhang is unquestionably one of the most esoteric disciplines in martial arts. Based on the eight trigrams (bagua) of the Yi Jing, baguazhang emphasizes the importance of maneuverability, evasion, and change to deflect an aggressor's attacks. Unlike martial arts systems that employ overt punches, kicks, and grappling techniques, most of the bodily weapons of the baguazhang arsenal are well concealed, agile, and smooth. Utilizing deceptive forms of footwork and body shifting, the principles and techniques of Baguazhang will help readers develop a firm foundation and build a critical skill set for this unique martial art. Longtime martial arts practitioner and author Phillip Starr introduces readers to the fundamentals of baguazhang, showing how the movements of this enigmatic and widely misunderstood art can be practically applied in self-defense. Readers will learn: • Key baguazhang principles • Footholds • Basic stepping techniques, walking exercises, and postures • Proper alignments • "Mother palms," or basic exercises critical to the development of the "bagua body" Ideal for newcomers to baguazhang, this introduction elucidates the two foundational Single Change and Double Change Palms and offers a refresher for advanced practitioners looking to further explore applications for movements they already know.

Master Wang Shujin (1904—1981) was one of the world's foremost exponents of Chinese internal martial arts, with legendary expertise in the disciplines of Bagua Zhang, Taiji Quan, and Xingyi Quan. This book offers a lucid translation of Master Wang's seminal work on Bagua Zhang and includes expanded instruction by co-translator and noted Bagua Zhang expert Kent Howard. It also introduces readers to a rarely seen personal side of Wang Shujin, who was not only a fighter but also a teacher and spiritual leader. Bagua Linked Palms includes a wealth of additional information useful to the practitioner of internal martial arts, including the story of Bagua Zhang's development, the connection between the Bagua and the I Ching, and step-by-step instruction in the eight "changes" of Bagua Linked Palms, the first form in Master Wang's style of Bagua Zhang. This comprehensive, richly annotated text makes it a must-have addition to every serious martial arts library.

Meditative breath and movement are potent tools for personal transformation, for health development, stress release and as tool of martial arts. Learn the movement principles which you can apply that give special advantages over 'static' meditation. Moving into Stillness will give you a series of step by step techniques that are easy to learn and which you can use to cultivate states of deep peace, to free your self from habits of thought, action and emotion, as well as exercises to support martial skill. This book is more than a set of techniques though. Written by Edward Hines, a senior student of renowned Bagua master Luo Dexiu it contains clear explanations in Western terms of the process of meditation, and does not resort to jargon. If you are looking for a qigong or meditation book for a skeptical friend, then this is it. Whether you are already a martial artist, meditator, athlete, or too busy to waste time with fuzzy thinking, you will find a great deal of value here. The exercises are powerful, simple and adaptable. Clear principles and samples programs are included that you can use to develop a practice that fits with your life. You will also find extremely practical principles and exercises that will help you apply your meditative skills to communication and planning. The explanations which draw on science and experience address many misconceptions that are common in in Qigong. As such they can save you time and wasted effort. Want a book that focuses directly on the key skills, exercises and ideas of qigong and meditation, then choose this one.

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