

## Introduction Of Yin Style Bagua Zhang 1 Yin Cheng Gong

Baguaquan and xingyiquan are two styles that complement each other as yin does yang. Bagua is known for its circular movements and its practice of circle walking. Xingyi embodies characteristic linear movements said to be derived from the logical strategies for using spear and staff. How fortunate we are to include writings in this anthology by leading authorities on these styles. Separated into three sections, the first features bagua. Allen Pittman presents five variations of the single palm change, followed by an overview of the Yin Fun bagua lineage and an interview with He Jinbao focusing on training, fighting skills, teaching and learning. Travis Joern examines how a martial artist can apply the theoretical aspects of the Book of Changes to bagua training. Hong Dzehan (son of Hong Yixiang, stellar master of the three internal systems) then shares some of his personal experiences and favorite bagua techniques. Section two contains chapters on xingyi. The interview with Luo Dexiu questions the proper way to study xingyi from the beginning to the advanced levels. Robert Yu compares American boxing with xingyi's pragmatic fighting techniques and in the following chapter he recounts in detail how it was to study under Hong Yixiang in Taiwan nearly forty years ago. Stanley Henning gives a travelogue of a trip to Shanxi Province (the home of xingyi) and then discusses Che Style xingyi training methods as thought by Dr. Wu Chaoxiang, including the five element theory, twelve animal forms, two-person routines, and spear training. The third section presents some commonalities in what many refer to as the internal arts: bagua, xingyi, and taiji. The chapter on Fu family style beautifully details how they incorporated the essential elements of taiji, xingyi, and bagua into their majestic sixiangquan (four image boxing). Marcus Brinkman relates many of the unique insights and experiences he had during his extensive study with Lo Dexiu and Hong Yixiang, including internal development and fighting applications. Tim Cartmell provides the final chapter which explains the key concepts of “sticking and following” as they apply to the throwing methods of the Chinese internal martial arts. The rich content in this anthology comes from the rare academic and hands-on experience of those presented in chapters here. Readers will no doubt benefit from the practical practice tips as well as the other cultural details these wonderful authors share.

Wushu, the Chinese martial art form known as kung fu in the West, embodies traditional Chinese culture and reflects the self defense and fitness practices of the Chinese people. The core philosophy of wushu is drawn from Confucian, Taoist and Buddhist principles and the Eastern philosophy that humans are an integral part of nature. In this illustrated introduction Wang Guangxi discusses the theory, schools, weapons and development of this distinctive and captivating branch of Chinese culture from ancient times to the present day, including its representation in literature and film.

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.

The Complete Taiji DaoThe Art of the Chinese SaberBlue Snake Books

Chinese Kung Fu

Meditation Health Self-Defense Exercise Longevity Motion Science Philosophy of Living

The Internal Martial Traditions of China, Japan, and South East Asia

Fighting Techniques of Liu Dekuan

Hidden History in the Book of Changes

Bagua Daoyin

Tai Chi Chin Na

***This revised edition includes a complete redesign with an emphasis on reader usability and modern Chinese typography.Packed with over nine hundred photographs, this comprehensive text offers theory, martial applications, sequences, Qigong exercises, weapon training, and is an indispensable resource for those serious about Chinese martial arts.Translation of ancient Baguazhang documentsBaguazhang QigongBasic TrainingBody ConditioningEight Palms sequence and fighting setSwimming Body sequence and martial applicationsBagua Deer Hook Sword sequence and martial applications 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.***

***What is the essence of martial arts? What is their place in or relationship with culture and society? Deconstructing Martial Arts analyses familiar issues and debates that arise in scholarly, practitioner and popular cultural discussions and treatments of martial arts and argues that martial arts are dynamic and variable constructs whose meanings and values regularly shift, mutate and transform, depending on the context. It argues that deconstructing martial arts is an invaluable approach to both the scholarly study of martial arts in culture and society and also to wider understandings of what and why martial arts are. Placing martial arts in relation to core questions and concerns of media and cultural studies around identity, value, orientalism, and embodiment, Deconstructing Martial Arts introduces and elaborates deconstruction as a rewarding method of cultural studies.***

***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.***

***The Definitive Translation by Taoist Master Alfred Huang***

***An Introduction to Crystal Grids***

***The Eight Healing Sounds of Yin Style Ba Gua***

***Tao Te Ching/ Dao de Jing***

***Journal of Asian Martial Arts***

***Remembering Swami Rama***

***Deconstructing Martial Arts***

*Each story in this volume testifies to the brilliance of Gurudev’s insight into human nature and the selflessness of his service to each individual.*

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

*With overview essays and more than 400 A-Z entries, this exhaustive encyclopedia documents the history of Asians in America from earliest contact to the present day. Organized topically by group, with an in-depth overview essay on each group, the encyclopedia examines the myriad ethnic groups and histories that make up the Asian American population in the United States. "Asian American History and Culture" covers the political, social, and cultural history of immigrants from East Asia, Southeast Asia, South Asia, the Pacific Islands, and their descendants, as well as the social and cultural issues faced by Asian American communities, families, and individuals in contemporary society. In addition to entries on various groups and cultures, the encyclopedia also includes articles on general topics such as parenting and child rearing, assimilation and acculturation, business, education, and literature. More than 100 images round out the set.*

*This book begins where Volume One left off, increasing the reader’s knowledge and understanding of pa kua chang footwork, palm striking power, martial arts body movements, and chi kung internal energy development. In addition, this volume adds the components of elbow striking, leg locking, and kicking to give the reader a more well-rounded view of this fascinating internal Chinese martial art.*

*The method of Lu Shui-T’ien as taught by Park Bok Nam*

*Fu Zhen Song’s Dragon Bagua Zhang*

*The Complete I Ching — 10th Anniversary Edition*

*The Cheng School Gao Style Baguazhang Manual*

*Emei Baguazhang Theory and Applications*

*Power of Internal Martial Arts*

***Did Dong Hai Chuan Create The Martial Art of Ba Gua Zhang?Did he base the system on the Ancient I-Jing?Is there any connection to the I-Jing?These and other questions are examined from a compilation of historic legends and facts.Also, an overview of the necessities of Ba Gua Zhang and Internal development.Also included are Various sets from the school of Cheng Ting Hua:Da Jian setRooster Knives set72 Kicks setGao Yi Sheng’s Pre and post Heaven setsA large variety of applications from the various Cheng schools***

***Tai chi chin na will help you include martial art grappling skills in your tai chi training. This book provides a solid and practical approach to learning specific techniques that flow from each movement, the proper hand forms to use when striking or pressing cavities, and the locations for targeting cavities on the body.--***

***Ba Gua Zhang (Eight Diagram Palm) is an art of unparalleled sophistication and depth. Rooted in Daoist meditation and longevity practices, and Chinese medical and martial art traditions, Ba Gua Zhang provides the practitioner with a powerful and comprehensive method of actualizing his or her own inherent internal potential. In this unique book on the art of Ba Gua Zhang, Ba Gua instructor Tom Bisio discusses the many facets of this fascinating art: \*What is Ba Gua Zhang? \*The Relationship of Ba Gua Zhang to the Yi Jing (Book of Changes) \*Ba Gua Zhang and Daoism \*Ba Gua Zhang for Exercise and Physical Fitness \*Ba Gua Zhang as a Method of Physical Therapy \*Suitability of Ba Gua for Different Ages and Professions \*Ba Gua Zhang as Method of Promoting Health and Longevity \*Health Studies on Ba Gua Zhang \*Ba Gua Zhang as a Martial Art \*Ba Gua Zhang as a Psycho-Spiritual Path The Art of Ba Gua Zhang is not a how-to book. It is a fascinating meditation on the art of Ba Gua Zhang and its many applications to life and living. The Art of Ba Gua Zhang reveals how practicing Ba Gua Zhang can create change in all facets of one’s life, physical mental and spiritual. Philosophy, life cultivation and self-defense are seamlessly combined into Ba Gua Zhang’s theories and training methods, so that both the inside and outside of a person are cultivated simultaneously. The foundational training, circular walking, and changing palms strengthen muscles, tendons, ligaments and bones, while simultaneously harmonizing the functions of the internal organs, stimulating the brain and nervous system, unblocking the meridians and fostering the development of an indomitable spirit. At its core, Ba Gua Zhang is an embodied expression of the laws of change and transformation that govern the world in which we live.***

***In The Art of Ba Gua Zhang, Bisio explains how practicing Ba Gua Zhang not only promotes health and fitness, but also allows us to deeply and directly experience and appreciate the natu 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 Complete Taiji Dao***

***A Unique Branch of Daoist Learning, A Secret Skill of the Palace***

***The Taijiquan Classics***

***108 ways to create a mindful and peaceful home***

***The Essential Translation and Explanation with Commentary on History and Culture***

***Fundamentals, Applications, and Footwork***

***Liu Bin’s Zhuang Gong Bagua Zhang, Volume One***

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.

Taijiquan is one of the most widely practiced and least understood martial arts in the world. Many people no longer practice Taijiquan as a martial art. Of those who do, few outside of China have had the opportunity to read and understand the Classics of Taijiquan as the canon of the art. If there were scriptures pertaining to Taijiquan, the Classics would be those. Accounting for nearly five-hundred years of the teachings of great masters of Taijiquan, the Classics serve as a fundamental reference for all serious students of Taijiquan. For non-Mandarin speakers, this book is the first complete compilation of the Classics in English, including clear and precise explanations of the essential concepts of Taijiquan. Even for those who are not students of Taijiquan, the Classics provide deep insight into Chinese culture generally, with descriptions of the teachings of Daoism, Confucianism, and Buddhism that have guided a people over millennia. We hope that readers of this material will appreciate the depth of its content and the effort that was required to bring it to the level of clarity provided within.

The dao, a single-edged sword with a curved blade, is one of the most popular weapons in traditional Chinese martial arts. The art of Taiji Dao is a set of skills for using the dao, derived from the popular martial art Taijiquan. One of the most important aspects of Taijiquan practice is weapons training, eagerly pursued by students who have become adept in the basic skills of the art. The Complete Taiji Dao introduces the principles and practice of Taiji Dao and provides illustrated discussions of the history of Chinese swords. The book covers the history and features of the dao; the Taiji principles from which Taiji Dao practice derives; the basic skills and techniques of the art; detailed descriptions and photographs of the traditional Taiji Dao form; and Taiji Dao fighting principles and training methods. Broad in scope and detailed in its presentation of the principles and practice of Taiji Dao, The Complete Taiji Dao represents a significant contribution to the field of traditional Chinese weapons practice.

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.

A Unique Branch of Daoist Learning, a Secret Skill of the Palace

The 64 Hands of Bagua Zhang

Ten Methods of the Heavenly Dragon

Principles and Practices of Internal Martial Arts

Bagua and Xingyi: An Intersection of the Straight and Curved

At the Feet of a Himalayan Master Volume 6

South District Beijing's Strongly Rooted Style

***This meticulously researched and eminently readable study considers the economic, political, and religious factors that led Shaolin monks to disregard the Buddhist prohibition against violence and instead create fighting techniques that by the 21st century have spread throughout the world.***

***An in-depth, sometimes whimsical look into the physics behind effective fighting techniques and examining the core principles that make them work: momentum, energy, center of mass, levers and wedges. It also exposes the illusion of safety provided by gloves and helmets, aiding the reader in reducing traumatic brain injury in martial arts, boxing, and other contact sports.--Publisher.***

***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.***

***Healing the mind, body, and sacred spirit--a beginner's guide to the power of crystal grids. A small symphony of crystals energized in complete harmony--that's a crystal grid. A single gemstone sets the tone. Add more crystals and sacred geometry brings shape and structure to amplify and harness the ultimate power of your grid. An Introduction to Crystal Grids is the perfect guide for beginners to manifest your intentions and get on the path to positive energy, healing, and wellness. Start your gemstone journey with powerful crystals--then build your skills grid-by-grid so that the collective crystal energy can deliver the change you desire. From the simplest shape (a single circle) to the most complex configuration (flower of life), An Introduction to Crystal Grids gives you the insights and information to achieve your desired manifestation--from aura cleansing to cultivating a work ethic. This essential handbook on crafting crystal grids includes: Get crystal clear--Discover 25 essential crystals--from amber to turquoise--and their healing properties in this quick crystal grids reference guide. Sacred shapes--Explore fundamental forms, sacred geometry, and 15 basic grid shapes like a spiral, a sunburst, a triangle, and beyond. Manifest positivity--Build crystal grids step-by-step that enrich the five modes of life--health, spirituality, career, relationships, and learning. Learn how to release the awesome healing power of crystals grids in your everyday life.***

*A Practical Guide to Training, Form and Application*

*Baguazhang*

*Bagua Quan Xue*

*The Shaolin Monastery*

*Xiantian Bagua Zhang*

*The Fundamentals of Pa Kua Chang*

*Gao Yisheng's Bagua Twisting-Body Connected Palm*

Inspired by the author's personal training experiences, this book presents an intimate exploration of the philosophy of some of the rarest martial art forms. Encompassing the arts of China, Japan and India/South East Asia, it includes in-depth Masters such as Dr Serge Augier and Master He Jing Han.

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, 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 30 years at 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 to 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 teachers 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.

Be inspired by the Tao Te Ching of Lao-Tzu and then leverage AmAre as an approach to cultivate joyful living for the benefit of all beings. In Italian, AmAre means "to love"; in English, interconnectedness: (I)Am (we) are. AmAre stands for being Mindful - Meaningful and Motivated A - Active and Attentive R - Resilient and Respectful E - Eating properly and Exercising For more information, please visit http: //www.amareway.org/

Book contains: Over 150 old photos and drawings, 135 pages of detailed information from the source. A distinctive book authored by one of Madam Sun Jian-Yun's (daughter of Grandmaster Sun Lu-T'ang) direct long-term students. Contains Taiji boxing masters, lectures and explanations from Madam Sun [1913-2003] and original students of Grandmaster Sun [1861-1933]. Topics covered concern old practices of Sun Taijiquan (Tai-Chi), Sun and Cheng styles of Baguazhang, Xingyiquan methods, and an overview of Grandmaster Sun's history with photos. Introduction to several of Madam Sun's direct long-term students: Bradford Tyrey (USA), Dave Martin (United Kingdom), and Su-Ying Martin (United Kingdom). Writings of Grandmaster Sun Lu-T'ang, The Essence & Smoothness of Qi Within the San-t'i Posture, Old Xingyiquan Teachings of Master Guo Yun-Shen [1827-1903], Baguazhang & Xingyiquan's I-Chin Jing (Changing Tendon Classic), Guo Yun-Shen's Animal Xingyiquan: Dragon & Tiger, Developing Inner Force Through Standing, Ten Character Hands, Food & Drink That Harm Qi, Taoist Methods of Grandmaster Sun Lu-T'ang, Traditional Sun Family Sword Practices, Sun Family Bagua Sword Methods, Eight Immortals & Sword Methods, Ten True [Correct] Sword Shape Methods, A Lecture on Internal Sword Practices - Presented by Madam Sun Jian-Yun in 1987, An Explanation of Lao Yin Yunshou (Old Yin Cloud Hands), Questions & Answers on Points & The Skill of Nurturing the Small. This is our first book offered on traditional Sun family style practices. We highly recommend that you also purchase our second book 'Traditional Sun Lu-T'ang Style: Commentary by Madam Sun Jian-Yun' T'ang - Questions & Answers on Taijiquan - Baguazhang -Xingyiquan - Qigong (Volume I), full of old photos and training methods.

The Incredible Science Behind Martial Arts

The Internal Practices of Sun Lu-T'ang

Holistic Spaces

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The Study of Bagua Quan

The Art of the Chinese Saber

Ba Gua Zhang a Historical Analysis

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.

A revised edition of the definitive translation of the world's most important book of divination • More than 64,000 copies sold of the first edition • The first English translation from within the tradition by a Chinese Taoist Master • Includes translations of the Ten Wings—the commentaries by Confucius essential to the I Ching's insights Translated by the eminent Taoist Master Alfred Huang, The Complete I Ching has been praised by scholars and new students of the I Ching since its first edition. A native Chinese speaker, Master Huang first translated the original ideograms of the I Ching into contemporary Chinese and then into English, bringing forth the intuitive meanings embodied in the images of the I Ching and imbuing his translation with an accuracy and authenticity not possible in other English translations. However, what makes his translation truly definitive is his return to prominence of the Ten Wings, the commentaries by Confucius that are essential to the I Ching's insights. This 10th anniversary edition offers a thorough introduction to the history of the I Ching, how to use it, and several new divination methods; in-depth and easy-to-reference translations of each hexagram name, description, and pictogram; and discussions of the interrelations between the hexagrams and the spiritual meaning of their sequence.

The Mandate of Heaven was originally given to King Wen in the 11th century BC. King Wen is credited with founding the Zhou dynasty after he received the Mandate from Heaven to attack and overthrow the Shang dynasty. King Wen is also credited with creating the ancient oracle known as the Yijing or Book of Changes. This book validates King Wen's association with the Changes. It uncovers in the Changes a record of a total solar eclipse that was witnessed at King Wen's capital of Feng by his son King Wu, shortly after King Wen had died (before he had a chance to launch the full invasion). The sense of this eclipse as an actual event has been overlooked for three millennia. It provides an account of the events surrounding the conquest of the Shang and founding of the Zhou dynasty that has never been told. It shows how the earliest layer of the Book of Changes (the Zhouyi) has preserved a hidden history of the Conquest.

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.

The Seizing Art of Tai Chi Chuan

The Mandate of Heaven

Combat Secrets of Ba Gua, Tai Chi, and Hsing-I

Bagua Quan Foundation Training

An Encyclopedia

The Art of Ba Gua Zhang

History, Religion, and the Chinese Martial Arts

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

Previously published by Line of Intent, Inc. Publishing, 2011.

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.

Demonstrates and explores the difference between the internal and external martial arts, explaining how the manipulation and development of chi can reduce stress, heal disease, and balance the emotions

Combat Techniques of Taiji, Xingyi, and Bagua

The Attacking Hands of Ba Gua Zhang

Beginning Bagua

Daily Rituals for Your Heart, Health, and Happiness

Bagua Linked Palms

Asian American History and Culture: An Encyclopedia

Warrior Guards the Mountain

**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.**

**The beautiful, complex movements of Bagua require a lifetime to master fully, but can be practised with significant physical and mental health benefit at any level. In this highly illustrated guide, Master He, a fifth generation practitioner, introduces the ancient Daoist principles on which Bagua is based, its place within the Chinese martial arts, and the approach to life it nurtures. Many pages of photographs illustrate a programme of sequences, showing the beauty of the movements, and the positions and transitions the practitioner is aiming for. Bagua Daoyin supports and trains the body and the mind to promote balance and harmony. The external movements are echoed in the internal body, which promotes the flow of energy that leads to greatly improved health, a tranquil and focused mind, and increased longevity. Practitioners quickly report reduced stress levels and increased enjoyment of life. This fully illustrated introduction to Bagua Daoyin will be essential reading for Bagua, Xingyi and Taiji practitioners at all levels, dancers, and indeed anyone interested in improving their physical and mental wellbeing.**

**Gao Style Bagua Zhang - Circle Form**

**Fight Like a Physicist**