

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 In addition to illustrations of the Bagua movements, the book contains previously unpublished historical photographs.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.

Les Reves des autres (Cadre Vert) (French Edition), ER Confessional (Southern Medical Humor Book 1), Civilisation; Its Cause and Cure, and Other Essays.(Newly-Enlarged and Complite Edition), The Heart Of The Antarctic: Being The Story Of The British Antarctic Expedition 1907-1909 (With original photos), Web Information Systems Engineering - WISE 2010: 11th International Conference, Hong Kong, China, December 12-14, 2010, Proceedings (Lecture Notes in Computer Science), Sales and Leases of Goods in a Nutshell,

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