



Baguazhang: Theory and Applications

Yang Jwing-Ming, Liang Shou-Yu

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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 documents
- Baguazhang Qigong
- Basic Training
- Body Conditioning
- Eight Palms sequence and fighting set
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