

Ba Zhang Kung Beginning Baguazhang Pa Kua Chang: Your Journey to Mastering the Eight Trigram Palm



Ba Zhang Kung: Beginning Baguazhang (Pa Kua Chang) by Hern Heng

★★★★★ 5 out of 5

Language	: English
File size	: 488 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 66 pages
Lending	: Enabled



Discover the Secrets of a Unique and Powerful Chinese Martial Art

Ba Zhang Kung Beginning Baguazhang Pa Kua Chang is the ultimate guide to the ancient Chinese martial art of Baguazhang. This comprehensive book provides everything you need to know to get started with this fascinating art, from the basic stances and movements to the advanced techniques and applications.

Written by a renowned Baguazhang master, Ba Zhang Kung Beginning Baguazhang Pa Kua Chang is filled with detailed instructions and over 500 illustrations to help you learn the art in a safe and effective way. Whether you're a complete beginner or a seasoned martial artist, this book has something for you.

What is Baguazhang?

Baguazhang, also known as Pa Kua Chang, is a unique Chinese martial art that is characterized by its circular movements and flowing transitions. It is based on the principles of the 八卦 (Eight Trigrams), which represent the eight fundamental forces of the universe.

Baguazhang is a powerful and effective self-defense system. It is also a great way to improve your health and fitness. The circular movements of Baguazhang help to develop flexibility, coordination, and balance. The flowing transitions help to reduce stress and improve your overall well-being.

What You'll Learn in Ba Zhang Kung Beginning Baguazhang Pa Kua Chang

Ba Zhang Kung Beginning Baguazhang Pa Kua Chang covers everything you need to know to get started with Baguazhang. You'll learn:

- The basic stances and movements of Baguazhang
- The principles of the 八卦 (Eight Trigrams)
- The applications of Baguazhang techniques in self-defense
- How to develop your internal energy (qi)
- And much more!

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If you're interested in learning Baguazhang, then Ba Zhang Kung Beginning Baguazhang Pa Kua Chang is the book for you. Free Download

your copy today and start your journey to mastering the Eight Trigram Palm.

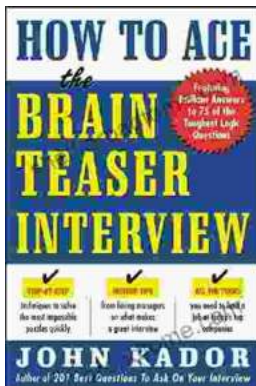
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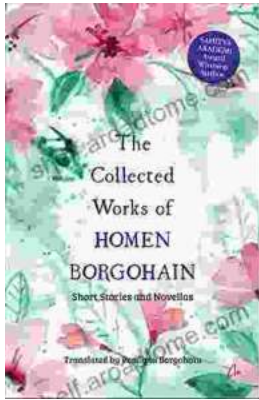
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