



Cheng Style Bagua Palms (Cheng Shi Baguazhang) (Classical Baguazhang, Volume 2)

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Bagua is an art, like Tai Chi, which is growing more popular every minute. Cheng style is a major branch of BaGua studies and this book should be a welcome addition to any enthusiast's library: Cheng style's 'Eight Big Palm Changes'; the 8 mother palms Chi Kung walking; a 24 movement duet form; text on Cheng style key points; practicing with a post; info on internal practice; BaGua masters biographies, more text on principles and BaGua "songs."

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