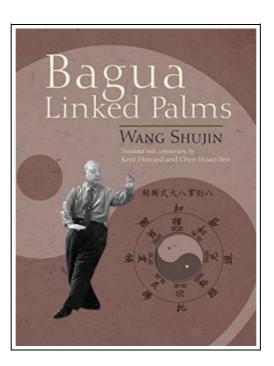
## Bagua Linked Palms (Paperback)



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## Reviews

This ebook is worth acquiring. Better then never, though i am quite late in start reading this one. You will not truly feel monotony at at any time of your own time (that's what catalogues are for about if you ask me). *(Lorenz Vandervort)* 

## **BAGUA LINKED PALMS (PAPERBACK)**



North Atlantic Books, U.S., United States, 2009. Paperback. Condition: New. Annotated edition. Language: English . Brand New Book. 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.

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