

Bagua

Swimming Body Palms

WANG SHUJIN

Translated with Commentary by
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Bagua Swimming Body Palms, Shujin Wang, Blue Snake Books, 2011, 1583942459, 9781583942451, 89 pages. Bagua Swimming Body Palms is the second book written by Wang Shujin, one of the world's foremost exponents of Chinese internal martial arts and a renowned expert of Bagua Zhang. This volume continues the process of bringing Master Wang's important art to Western readers. More intricate than the Linked Palms form, Swimming Body Palms helps practitioners achieve fluent body mechanics and the ability to connect and flow from one movement to the next with power. Master Wang, who taught Swimming Palms to only a few advanced students, described it as "swim-walking" or swimming around the body. Bagua Swimming Body Palms offers a thorough grounding in the basics of Bagua principles and practice, and illuminates the connection between the cultural meanings of the Bagua and the physical movements of Bagua Zhang. The photographs from the Chinese book are reprinted, along with hundreds of new photographs of translator Kent Howard demonstrating the exercises in greater detail. Sifu Howard provides extensive commentary on Master Wang's writings, and Daoist master Huang Jinsheng contributes a thoughtful essay on Master Wang's spiritual practice with the esoteric Daoist sect Yi Guan Dao. The book's engaging style, fidelity to the Chinese text, and comprehensiveness make it a welcome addition to any martial arts library..

Bagua Linked Palms , Wang Shujin, 2009, Sports & Recreation, 86 pages. 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

Bagua Wing Chun, Volume 2 , Wayne Belonoha, 2009, Sports & Recreation, 471 pages. "An illustrated manual of wing chun movements and applications in the three hand forms, underscoring the philosophy and theory on which they are based"--Provided by publisher..

Learn the martial arts in eight weeks , Michael DePasquale, Oct 1, 1983, Sports & Recreation, 127 pages. Introduces karate, judo, and ju-jitsu, demonstrates basic stances, strikes, kicks, blocks, and throws, and recommends stretching exercises and practice drills.

Ba Gua Zhang Techniques And Application, Peter Jaw, Sep 1, 2005, Sports & Recreation, 48 pages. The most frequent questions I was asked of Ba Gua Zhang are that how many styles there are and what characterizes the differences. I laughed and sighed. I laughed because I am

The Attacking Hands of Ba Gua Zhang , Gao Ji-wu and Tom Bisio, Jan 1, 2009, , . .

Walking the I Ching The Linear Ba Gua of Gao Yi Sheng, Allen Pittman, 2008, Health & Fitness, 226 pages. Ba gua is one of the internal styles of the Chinese martial arts, a "circular" walking technique that helps train the mind and body to recognize and accept change

Combat Techniques of Taiji, Xingyi, and Bagua Principles and Practices of Internal Martial Arts, Lu Shengli, 2006, Sports & Recreation, 371 pages. "A comprehensive introduction to the essential fighting techniques of Taijiquan, Baguazhang, and Xingyiquan, presenting authentic training material that has survived the

King Fu: Bagua Zhang Eight Changing Palms, Volume 2 Bagua Zhang Eight Changing Palms, Adam Hsu, Sep 14, 1995, , . This volume contains a tracing of bagua zhang from its origins, the true relationship between bagua principles and their practice, the Trapping Step, the Three door-Between

Liu Bin's Zhuang Gong Bagua Zhang South District Beijing's Strongly Rooted Style, Jie Zhang, 2008, Sports & Recreation, 232 pages. Documents the style of Bagua Zhang developed by a top student of martial arts master Cheng Tin Hua, in a second volume that includes coverage of related history and culture as

Shao-Lin Chuan The Rhythm and Power of Tan-Tui, Simone Kuo, 1996, Health & Fitness, 150

pages. This practical guidebook by master artist Simone Kuo outlines the practice of Tan-Tui, a rigorous set of tai-chi fundamentals from China's legendary Shao-Lin Temple. The

The Dao of Taijiquan Way to Rejuvenation, Tsung Hwa Jou, 1983, Health & Fitness, 256 pages. In The Dao of Taijiquan, the author, Jou, Tsung Hwa, himself bears witness to the ability of Tai-Chi to relieve the body of pent-up tension and rejuvenate the spirit in a

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