



Ba Zhang Kung: Beginning Baguazhang (Pa Kua Chang)

Hern Heng

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This booklet deals with the basics of the Baguazhang internal family system (Nei Jia). It then explains the "Ba Gua Zhang (Eight Trigram Palms)," the basic palms of the Ba Gua system. These can be used as building blocks for further Ba Gua study or as meditations in their own right for circle walking.

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