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(Body BaGua Lian Huan)

**The Essentials of Ba  
Gua Zhang by Gao Ji  
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The essential principles and training methods of BGZ are presented by Master Gao Ji Wu, inheritor of Beijing Gao Family BGZ. Chapters cover the basic principles of Ba Gua Zhang, nei gong, footwork, standing postures, fixed posture circle walking This is a

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unique portrayal of the power, effectiveness and beauty of the art of Ba Gua Zhang, a special martial art like Tai Chi.

## **The Essentials of Ba Gua Zhang by Gao Ji Wu**

The Bagua or Pa Kua or Palgwae (in Korean) are eight symbols used in Taoist cosmology to represent the fundamental principles of reality, seen as a

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range of eight interrelated concepts. Each consists of three lines, each line either "broken" or "unbroken", respectively representing yin or yang, 0 or 1 forming binary numbers 000-111 (0 to 7).

## **Bagua - Wikipedia**

For anyone that is interested in Ba Gua Zhang fighting methods, the contents

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of this book are essential to know. The 8 palm methods may derive into more fighting methods. They are like the 8 diagrams in the book of change or Yi Jing. Thus they gained the name of Ba Gua Zhang (Eight Diagrams Palm).

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Gao Ji Wu is the author of The Essentials of Ba Gua Zhang (4.22 avg rating, 9 ratings, 0 reviews, published 2007) and The Attacking Hands of Ba Gua Zhang... Home My Books

**Gao Ji Wu (Author of  
The Essentials of Ba  
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Bagua is one of the  
main feng shui tools

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used to analyze the feng shui energy in any given space.

Translated from Chinese, Bagua means "eight areas." To define the Classical or Traditional feng shui Bagua of your home or office, you need to first take the compass reading of your front door. Illustration: The Spruce / Ellen Lindner

**Understanding the  
Feng Shui Bagua**

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**(Energy Map)**

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## **The Essentials of Ba Gua Zhang by Gao Ji Wu, Tom Bisio ...**

Ba Gua Zhang (Eight Diagram Palm) is an art of unparalleled sophistication and depth. Rooted in Daoist meditation and longevity practices, and Chinese medical and martial art traditions, Ba Gua Zhang provides the practitioner with a powerful and

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comprehensive method of actualizing his or her own inherent internal potential.

## **The Art of Ba Gua Zhang: Meditation \* Health \* Self ...**

While first book, Essentials of Ba Gua Zhang is an excellent introduction to Ba Gua circle walking, this book looks at the open-handed fighting methods of Ba Gua Zhang. The best part of

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the book for me was the Seventy Two Techniques; these are the fighting movements of Gao Ji Wu's father Gao Zi Ying.

## **Attacking Hands of Ba Gua Zhang, The: Gao Ji Wu, Tom Bisio**

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In order to apply ba gua (or any other internal art for that matter) but  
ESPECIALLY ba gua,



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you must be comfortable facing punches coming at you by someone who is trying to hurt you. You have to have this skill FIRST. If you want to fight with it, ba gua cannot be your only martial art. Boxing or martial arts experience against an angry or aggressive opponent is essential.

**Ba Gua (combat /  
self-defense**

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**baguazhang**  
*Page 21/22*

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