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Bagua Quan Foundation Training (Paperback)

By He Jinghan

JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book. The ancient Chinese art of Bagua Quan combines internal cultivation - the training of the mind - with external application, strengthening and supporting the health of the body. The key functions of Bagua Quan, as understood through the Traditional Chinese Medicine approach to the body, are to regulate Qi and blood, balance Yin and Yang, and regulate the flow of energy in the body. In this book, Master He explains the philosophy and techniques of Bagua Quan and provides the reader with an accessible approach to the practice of the art. The first part of the book provides an exploration of the basic concepts underlying traditional Chinese martial arts and goes on to explain the philosophical principles of the eight Bagua trigrams and their relationship to Bagua Quan. The book contains many exercises designed to improve stamina, strengthen bones and muscles, and fortify the mind, including training methods such as wrist and elbow rotation, leg and palm techniques and stances. A comprehensive chapter on internal cultivation skills explains how Qi and Li (energy and force) can be integrated through changes in limb and trunk movements Fully illustrated...



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