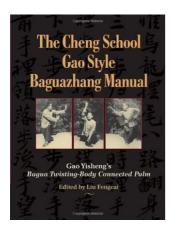
Get Book

THE CHENG SCHOOL GAO STYLE BAGUAZHANG MANUAL GAO YISHENGS BAGUA TWISTING-BODY CONNECTED PALM



Blue Snake Books. Paperback. Book Condition: New. Paperback. 448 pages. Dimensions: 9.1in. x 6.9in. x 1.2in.In its first English-language edition, this detailed training manual is a complete guide to Gao baguazhang, as preserved through the lineage of Liu Fengcai. The youngest of the major bagua lineages, Gao bagua shows the influence of taiji quan, xingyi quan, and shuai jiao. It incorporates traditional bagua weapons, pre-heaven palms, and animal forms in addition to sixty-four individual post-heaven palms and their accompanying two-person...

Read PDF The Cheng School Gao Style Baguazhang Manual Gao Yishengs Bagua Twisting-Body Connected Palm

- Authored by Gao Yisheng
- · Released at -



Filesize: 6.39 MB

Reviews

Extremely helpful to any or all category of individuals. It really is rally fascinating through studying time period. I am just quickly could possibly get a pleasure of reading a composed ebook.

-- Lawrence Keeling

This publication may be worthy of a read through, and a lot better than other. It is among the most incredible book we have read through. Your daily life period will be change when you total reading this article publication.

-- Garett Baumbach

Related Books

The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in

- My Stomach and I Think Im Gonna Throw...
- Shepherds Hey, Bfms 16: Study Score
- Coronation Mass, K. 317 Vocal Score Latin Edition
- DK Readers Invaders From Outer Space Level 3 Reading Alone
- When Santa Claus Prayed