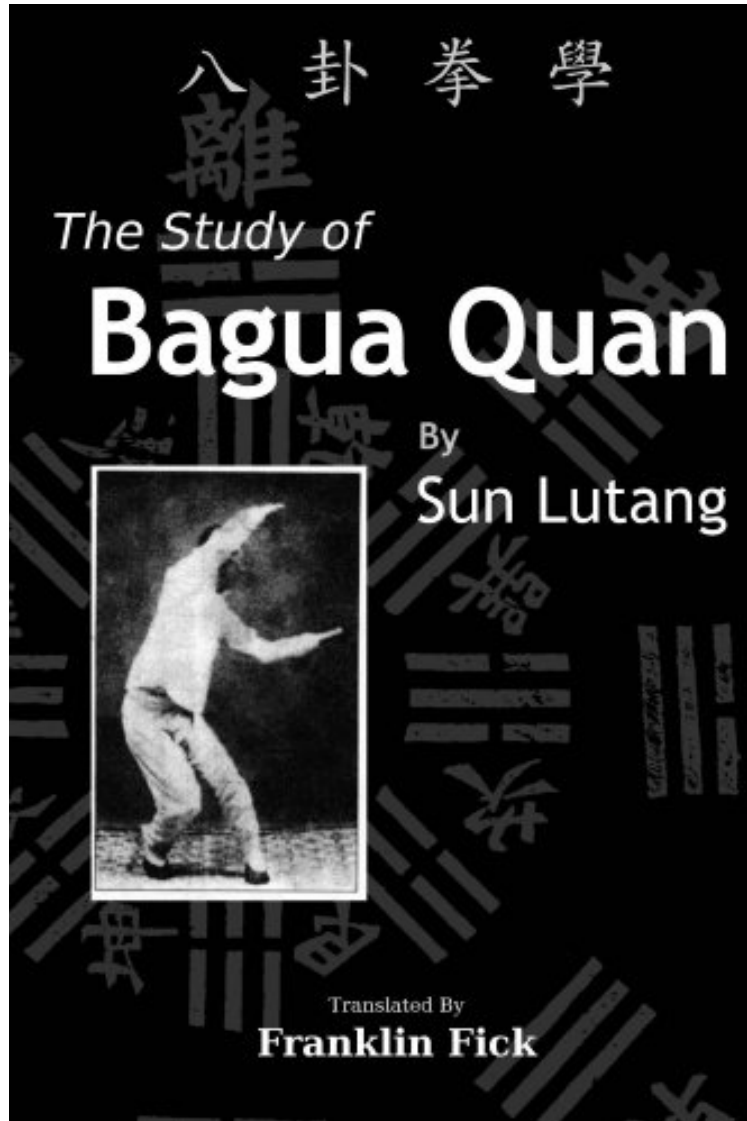


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The Study of Bagua Quan (English Edition)

Von Sun Lutang

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Von Sun Lutang : The Study of Bagua Quan (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Study of Bagua Quan (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Excellent!Von Karl ViethBagua Quan is a very powerful internal martial art and when it is brought to you by a great master such as Sun Lu Tang, it only becomes that much more powerful. It is short, to-the-point and concise. It is however, not a beginners book, you will need to have a good deal of experience in internal martial arts to truly grasp

the information covered in this book.

Kurzbeschreibung Bagua Quan Xue (The Study of Bagua Quan) was written by Sun Lutang in 1917. It was the first book to offer detailed instruction not only in the boxing forms of Bagua Quan but on the underlying theory and philosophy. This book gives clear instructions not only in the basics of Bagua Quan and the important principles for beginners, but also clearly teaches and illustrates the major forms of the style including Single Palm Change, Double Palm Change, and the Eight Animal Changes (Lion, Qilin, Snake, Sparrowhawk, Dragon, Bear, Phoenix, Monkey). In addition Master Sun clearly shows how the postures of the boxing correspond to the Bagua Diagram and the theories of Bagua. In the last chapters Master Sun covers some advanced aspects of practice such as how to choose the practice location and time, as well as the advanced work of transforming the Shen.

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ber den Autor und weitere Mitwirkende Sun Lutang mastered all three internal styles of Chinese Boxing: Taiji Quan, Bagua Quan, and Xing Yi Quan. His teachers included: Guo Yunshen (Xing Yi Quan), Cheng Tinghua (Bagua Quan), and Hao Weichen (Taiji Quan). Later in life he founded his own style of Taiji: Sun style Taiji Quan. Sun Lu Tang was an important figure in the world of martial arts during the late 19th and early 20th centuries. He was the first to publish books available to the public on the Chinese Internal Martial Arts. His legacy lives on today not only through his many students but also through the books that he published.