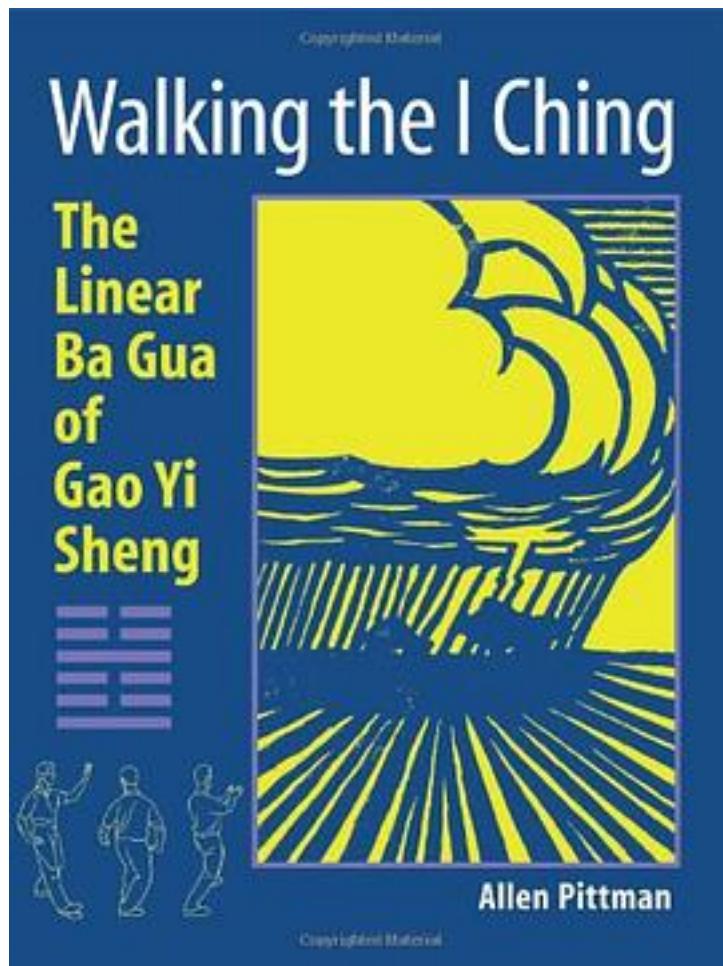


Walking the I Ching



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Ba gua is one of the internal styles of the Chinese martial arts, a "circular" walking technique that helps train the mind and body to recognize and accept change.

Characterized by its spinning movements and extremely evasive footwork, ba gua is often used as a means to protect others, much like a good mother holding her child's hand as they cross a busy street. In this combination of philosophical treatise, health manual, and self-defense text, Allen Pittman details the history, philosophy, and techniques of straight-line ba gua zhang, which means "eight trigram palm" in reference to the seminal trigrams of the I Ching. The book contains eight parts corresponding to the eight sections of the I Ching, each representing a different elemental manifestation and martial arts principle. Descriptions of the symbology, cultural, anatomical, and tactical details of each set are taught as well as detailed instructions on the form practice. Illustrated throughout with step-by-step drawings and photographs, the book shows how ba gua zhang, driven by I Ching wisdom, helps students cultivate a sense of centeredness and spontaneity and use this "martial art" in every aspect of their lives.

作者介绍:

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