

Bagua Daoyin



HE JINGHAN, transmitter of Bagua knowledge

TRANSLATED BY DAVID ALEXANDER

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出版者:

出版时间:2008-6

装帧:

isbn:9781848190092

Bagua Daoyin emphasizes the perception and training of muscles (jin), bones (gu) and

skin (pi), and combines elements of fitness, martial arts and medical science in order to promote harmony and balance in the body and mind.

Master He, a fifth generation practitioner of the BaguaQuan line, sets out a programme of study underpinned by theory. He explains the development of Bagua Daoyin from a refinement of Daoist studies into a method of training the body and mind in which every external movement is echoed in the inner tissue of the body. Bagua Daoyin opens up the joints of the body and relaxes the muscles, encouraging an awareness of the body and posture at all times. With simple body movements, one can channel the hidden flow of Qi, or energy, and blood, giving a new lease of life to zones of the body that have lost their vitality and promoting a sense of tranquillity.

This fully illustrated guide to Bagua Daoyin will be essential reading for Bagua and Tai Chi practitioners at all levels, students of martial arts and anyone interested in Chinese culture.

作者介绍:

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