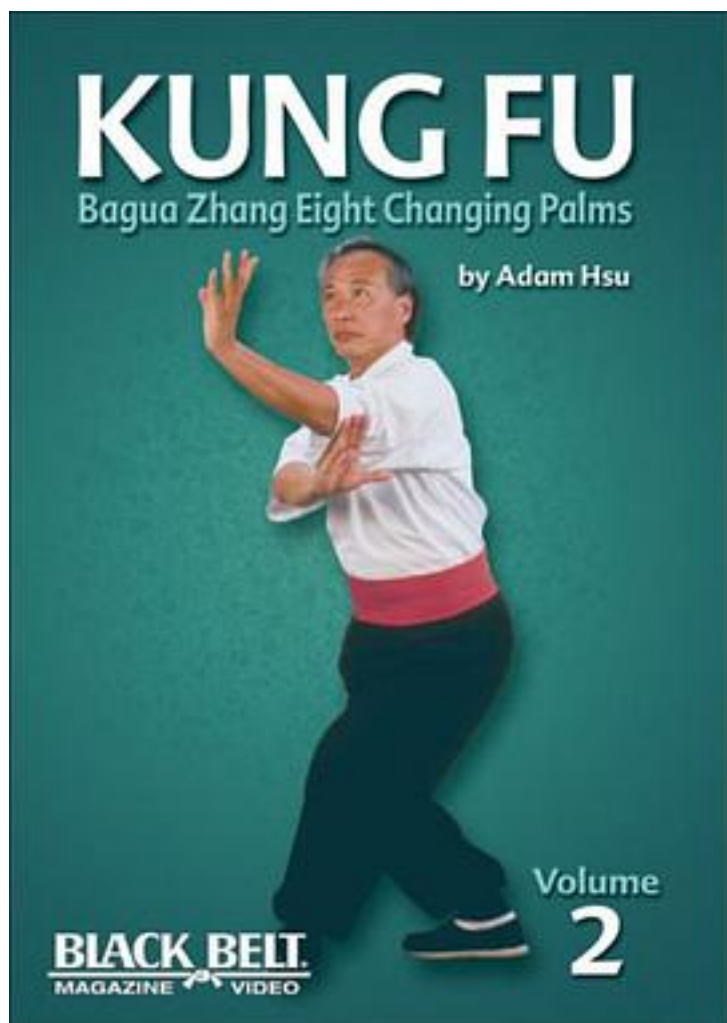


Bagua Zhang



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著者:Hsu, Adam

出版者:

出版时间:1995-9

装帧:

isbn:9781581333244

Volume 2 includes philosophy and Bagua Zhang practice, inward and outward basic

step training, Door Opening Palm techniques, Walking Qi Exchanging Kung breath exercise, Eight Changing Palms form, Multiple Post Switching practice, and more fighting usage applications. Approximate running time: 60 minutes.

作者介绍:

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