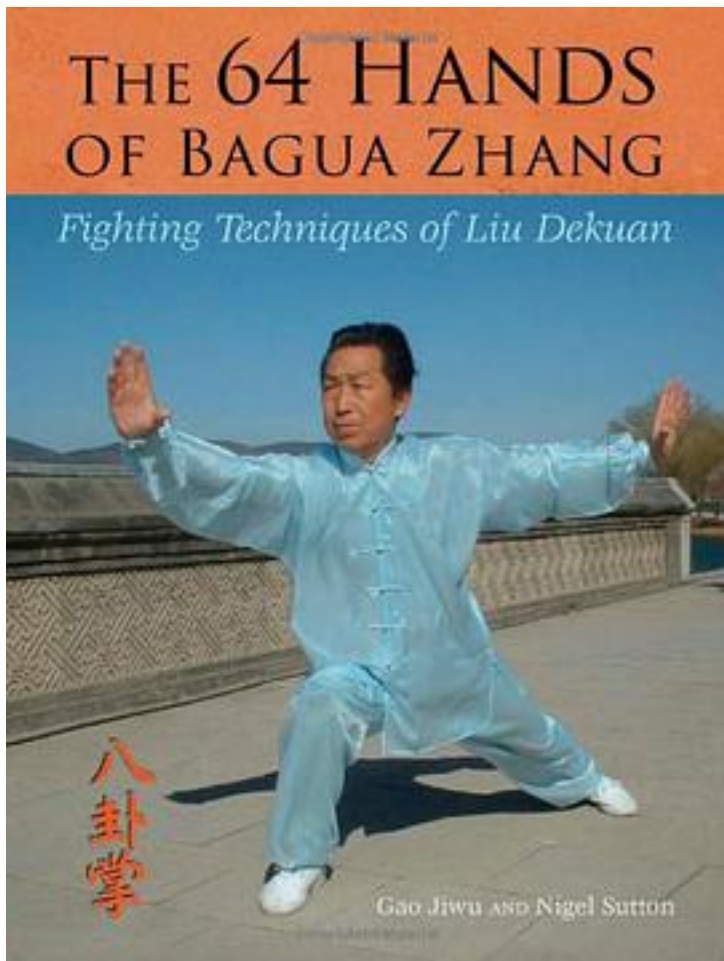


The 64 Hands of Bagua Zhang



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The art of Bagua Zhang is best known for its circular forms, yet linear fighting techniques have been incorporated into Bagua practice by many renowned masters. Liu Dekuan, a student of Dong Haichuan (the founder of Bagua Zhang), was one such

master, devising a set of 64 techniques performed in straight lines. These techniques were collected and preserved by Master Liu’s disciple Gao Wencheng and his family, passed down from generation to generation.

In The 64 Hands of Bagua Zhang, author Gao Jiwu—the grandson of Gao Wencheng—brings these techniques to the English-speaking world. Well known for his expertise in the 64 Hands form, Master Gao explains the history of the art, his family’s place in it, and the key principles for practice. The heart of the book is the complete set of Liu Dekuan’s 64 techniques; the solo forms are each explained in detail and then elaborated on to demonstrate their practical applications. Clear photographs fully illustrate the movements of the complete form and practice drills. Translated by Nigel Sutton, who has studied with the Gao family since the early 1980s, The 64 Hands of Bagua Zhang helps readers fully understand this form of Bagua Zhang.

作者介绍:

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