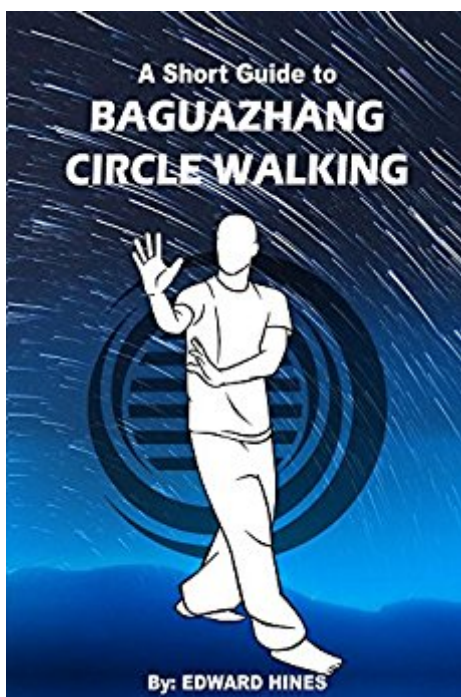


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# Baguazhang Circle Walking: A Short Guide



## Synopsis

Baguazhang is both hypnotically beautiful and also the least well understood internal martial art due to its unusual training methods. As a result there are all kinds of authors who capitalise on the misunderstood nature of the art by adding layers of mystery and confusion. This compact book takes the opposite approach. It focuses on the key Baguazhang exercise of circle walking, which is used to develop body power, health, martial mobility and meditative clarity. This book gives simple, clear instructions which are pared down to the essentials. It uses classical Chinese verses about Bagua as its core, and is illustrated to show footwork patterns and postural principles. This book is written to save you time and headaches so that you can progress in your practise. This book will also help you to see the practical sense hidden in other Chinese books and methods. About the Author: Edward Hines started his practice of Baguazhang in 1991 in Taiwan Republic of China. He is currently based in Paris, France.

## Book Information

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## Customer Reviews

Although there are threads of philosophical connections of the physical and energetics aspects of baguazhang circle walking to other aspects of our lives, the strength of this book lies in the laser-like

focus and succinct presentation of the details and principles of circle walking. The author addresses readers of all levels of experience and proficiency and reminds us that we "can't do it all at once" and that "practice is the gradual layering in of different qualities and abilities" which, like many other accomplishments, accumulate only with time and the intentionality of consistent practice. I've been practicing the internal arts for more than 20 years and circle-walking for the last 10 years. I have and am greatly benefitting from this volume and have integrated much of the wisdom of this guide into my daily practice. Thank you Mr. Hines!!

I had a lot of hopes for this book, that it might be a really simple demystifying guide to the basics of bagua. Unfortunately it falls short in a lot of respects. The illustrations are poor and the work does not graduate to the actualities of circle walking. This is obviously a self-publishing exercise and I may be cynical in thinking it is a teaser for subsequent volumes. The text is full of careless typographical errors, omissions and badly constructed syntax. In short this guy needs a copy editor. Such slack presentation and lack of attention to detail regrettably calls into question the author's attitude to the subject matter. What you won't find in this book? Precision.

This would be a good book, but it assumes one knows how to walk the circle in the first place. There is no mention of what the circle even is, its diameter or how one makes their way around it - which I thought would be discussed at length (given the title) before the more "advanced" aspects of the circle walk were discussed. For somebody who knows nothing about Baguazhang circle walking, my opinion is that this is a helpful resource after learning the bare basics - which are not given in this book.

Great book to use as a reference to your bagua circle walking practice. I like how it's kept simple and the principles are explained.

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