You Sheng Ba Gua Lian Huan Zhang

Ba gua zhang is one of the internal martial art styles of China, also known as ou shen ba gua lian huan zhang. It was created by Dong Haichuan in Beijing in the 19th century, and became widely known for its "circle walking" and internal circular movements, which generate internal power. Practicing this martial art can help your health, clear your mind, and develop effective fighting techniques. This book teaches the basic 8 forms of the Cheng branch of ba gua zhang.