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,