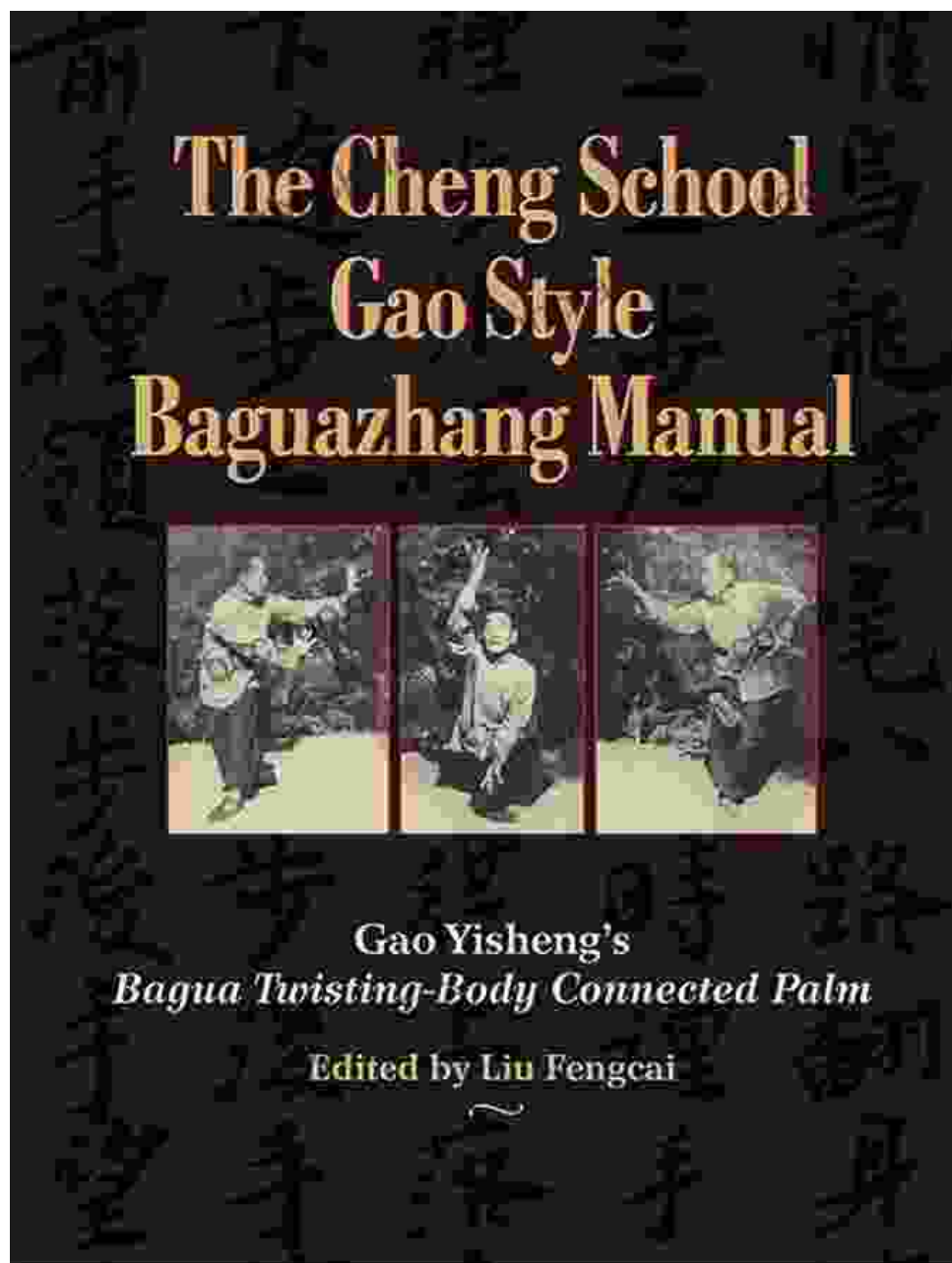
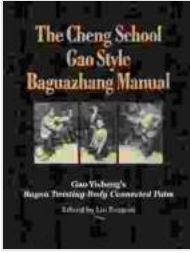


Master the Art of Bagua Twisting Body Connected Palm with Gao Yisheng's Comprehensive Guide



The Cheng School Gao Style Baguazhang Manual: Gao Yisheng's Bagua Twisting-Body Connected Palm



by Gao Yisheng

★★★★☆ 4.5 out of 5

Language : English
File size : 19942 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 727 pages



Discover the Secrets of an Ancient Chinese Martial Art

Bagua Twisting Body Connected Palm is a powerful and versatile Chinese martial art that has been passed down through generations. It is known for its flowing movements, spiral energy, and devastating self-defense techniques.

Gao Yisheng, a renowned Bagua master, has written a comprehensive book that reveals the secrets of this ancient system. In *Bagua Twisting Body Connected Palm*, Gao Yisheng provides a detailed guide to the history, principles, forms, applications, and healing benefits of Bagua.

What You'll Learn in *Bagua Twisting Body Connected Palm*

- The history and origins of Bagua
- The fundamental principles of Bagua
- The eight basic forms of Bagua
- The applications of Bagua in self-defense
- The healing benefits of Bagua

Bagua Twisting Body Connected Palm is a valuable resource for anyone who is interested in learning this ancient martial art. Whether you are a beginner or an experienced practitioner, you will find something to learn from this book.

About the Author

Gao Yisheng is a renowned Bagua master who has been practicing and teaching this martial art for over 40 years. He is the founder of the Bagua Zhang Research Institute and has taught thousands of students around the world.

Gao Yisheng is a highly respected teacher and his book is considered to be one of the most authoritative works on Bagua Twisting Body Connected Palm. He is known for his clear and concise explanations, and his ability to make this complex martial art accessible to students of all levels.

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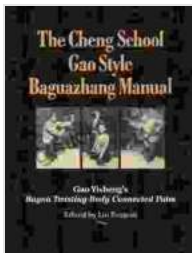
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Testimonials

"Gao Yisheng's book is a must-read for anyone who is serious about learning Bagua Twisting Body Connected Palm. His clear and concise explanations make this complex martial art accessible to students of all levels." - Master Chen Xiaowang, 11th generation Ba Gua master

"*Bagua Twisting Body Connected Palm* is a valuable resource for anyone who is interested in learning this ancient martial art. Gao Yisheng is a highly respected teacher and his book is considered to be one of the most authoritative works on Bagua." - Dr. Yang Jwing-Ming, world-renowned Tai Chi master

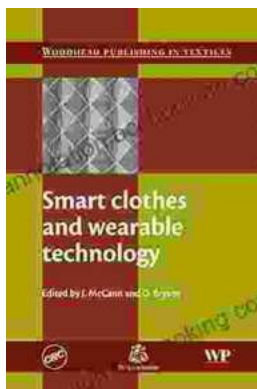


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