

Bagua Zhang - 24 Animal Palms

FIRST LEVEL

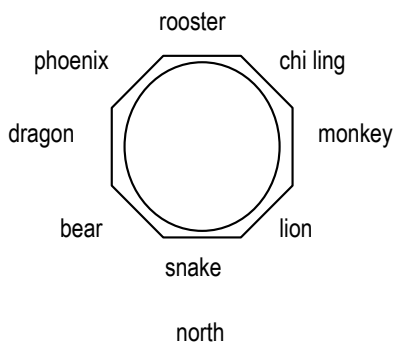
1. Chi-Ling Presses Down the Earth
2. Monkey Holds the Cauldron
3. Lion Holds the Ball
4. Snake Slithers in the Grass
5. Black Bear Back Hat
6. Cloud Dragon Leaf Palm
7. Phoenix Folds Wings
8. Rooster Plays the Pipa

SECOND LEVEL

1. Chi-Ling Supports the Mountain
2. Monkey Pushes the Ball
3. Lion Pounced on Ball
4. White Snake Spits Out Tongue
5. Bear Carries the Sun and Moon
6. Lazy Dragon Dives into the Sea
7. Phoenix Raises Wings
8. Rooster Pecks at Food

THIRD LEVEL

1. Chi-Ling Lifts the Heavens
2. Monkey Offers Fruit
3. Lion Rolls the Ball
4. Snake Smashes the Grass
5. Bear Palm Pierces Heaven/Earth
6. Coiling Dragon Overturns Palm
7. Phoenix Extends Wings
8. Rooster Looks for Food



LINKING FORM

1. Lion Holds Ball r
2. Snake Slithers in Grass l
3. Snake Slithers in Grass r
4. Black Bear's Back Hat l
5. Black Bear's Back Hat r
6. Cloud Dragon Leaf Palm r
7. Phoenix Folds Wings l
8. Cloud Dragon Leaf Palm l
9. Phoenix Folds Wings r
10. Rooster Plays Pipa l
11. Chi-Ling Pushes Earth l
12. Rooster Plays Pipa r
13. Chi-Ling Pushes Earth r
14. Monkey Holds Cauldron l
15. Monkey Holds Cauldron r
16. Lion Pounces on Ball l
17. White Snake Spits Out Tongue l
18. White Snake Spits Out Tongue r
19. Bear Carries Sun & Moon l
20. Bear Carries Sun & Moon r
21. Lazy Dragon Dives Into Sea r
22. Phoenix Raises Wings l
23. Lazy Dragon Dives Into Sea l
24. Phoenix Raises Wings r
25. Rooster Pecks at Food r
26. Rooster Pecks at Food l
27. Chi-Ling Supports Mt. l
28. Chi-Ling Supports Mt. l
29. Monkey Pushes Ball r
30. Lion Rolls Ball l
31. Monkey Pushes Ball l
32. Lion Rolls Ball r
33. Snake Smashes Grass l
34. Snake Smashes Grass r
35. Bear Pierces Sky & Earth l
36. Coiling Dragon Overturns Palm r
37. Bear Pierces Sky & Earth r
38. Coiling Dragon Overturns Palm l
39. Phoenix Extends Wings r
40. Rooster Looks for Food l
41. Rooster Looks for Food r
42. Phoenix Extends Wings l
43. Chi-Ling Lifts Heaven r
44. Chi-Ling Lifts Heavens l
45. Monkey Offers Fruit 4x
46. Circling Dragon Posture
47. Return Chi to Dantien

This is a traditional Pa Kua Chi Kung. The 24 palms are the child of the Inner Palms.

This Chi Kung, in addition to cultivating the chi, works the body deeply, strengthens and stretches the body more than some of the various changes. Keep the postures low, knees well bent and try to keep the body at one level while performing the changes. Each palm has a certain focus of mind and chi as you circle and perform the changes.

The 24 animal palms are used as transitions in many of the more advanced solo and weapon forms.

pattern of the linking form:

