

Xin Qi Shen Dojo
Bagua Zhang
Andrew T. Dale, Instructor



Bagua Circling Dragon *Dragon Crescent Knives*

1. Tiger Hidden in Cave
2. Phoenix Flying Among the Clouds
3. Turn Like a Tornado, Angry Tiger Leaps Out of Cave
4. Green Coiling Dragon
5. Green Dragon Rolls on the Ground
6. Dragon Rolls Around
7. Phoenix Flying Among the Clouds
8. Cyclone Raises Dust, White Snake Darts Out Tongue
9. Hungry Tiger Pounces on Food
10. Overturning Body Palm
11. Green Dragon Rolls on the Ground
12. Lion Opens Mouth
13. Splitting Palm
14. Spin with Shooting Palm
15. Angry Tiger Leaps Out of Cave
16. Green Coiling Dragon
17. Cyclone Raises Dust, White Snake Darts Out Tongue
18. Green Coiling Dragon
19. Cyclone Raises Dust, White Snake Darts Out Tongue
20. Meteor Strikes the Earth, Break the Mountain
21. Phoenix Swoops to Earth
22. Black Bear Turns
23. Phoenix Flying in the Clouds
24. Hungry Tiger Pounces on Food
25. Overturning Body Palm
26. Green Dragon Rolls on the Ground
27. Lion Opens Mouth
28. Splitting Palm
29. Spin with Shooting Palm
30. Angry Tiger Leaps Out of Cave
31. Green Coiling Dragon
32. Cyclone Raises Dust, White Snake Darts Out Tongue
33. Green Coiling Dragon
34. Cyclone Raises Dust, White Snake Darts Out Tongue
35. Meteor Strikes the Earth, Break the Mountain
36. Phoenix Swoops to Earth
37. Black Bear Turns
38. Phoenix Flying in the Clouds
39. White Snake Creeps into Hole, Lightning Strikes
40. Thunder Strikes Twice
41. Snake Smashes the Grass
42. Thunder & Hammer Strikes
43. White Snake Creeps into Hole, Lightning Strikes
44. Thunder Strikes Twice
45. Snake Smashes the Grass
46. Thunder & Hammer Strikes
47. Warrior Stands on One Leg
48. Thunder Strikes
49. Walk The Horse, Snap Fist
50. White Ape Offers Fruit
51. Tiger Retreats into Cave