

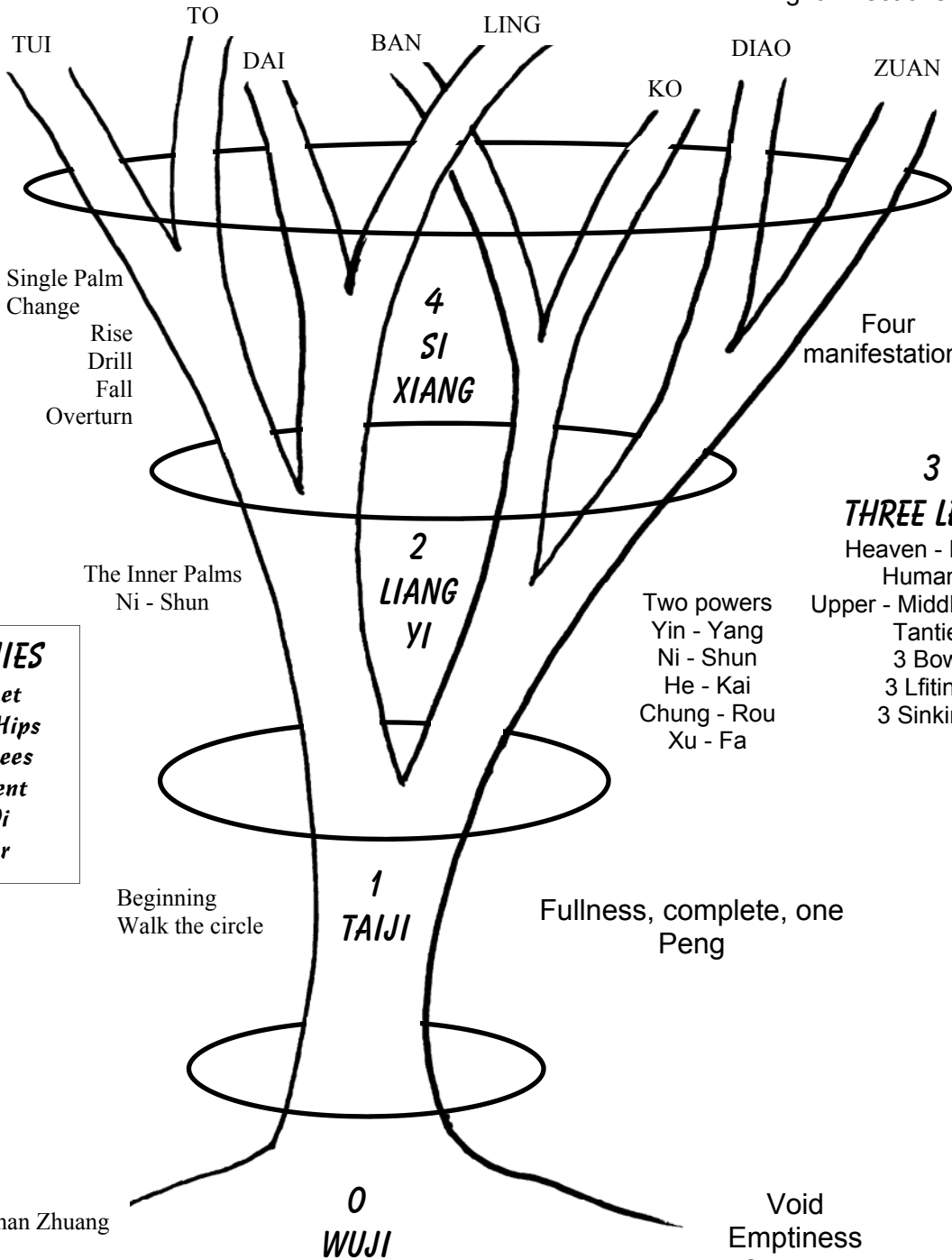
BAGUA TREE

The Eight Mother Changes

8 - BAGUA

Eight Changes
Eight Energies,
Eight Directions

5 ELEMENTS
Wood - Metal - Water -
Earth - Fire
4 directions + center
5 curves
5 helpers
5 thieves



Single Palm
Change
Rise
Drill
Fall
Overturn

Four
manifestations

3
THREE LEVELS

Heaven - Earth -
Humanity
Upper - Middle - Lower
Tantien
3 Bows
3 Liftings
3 Sinkings

Two powers
Yin - Yang
Ni - Shun
He - Kai
Chung - Rou
Xu - Fa

The Inner Palms
Ni - Shun

6 HARMONIES

Hands & Feet
Shoulders & Hips
Elbows & Knees
Heart & Intent
Intent & Qi
Qi & Power

Beginning
Walk the circle

Fullness, complete, one
Peng

Zhan Zhuang

Void
Emptiness
Stillness
sung