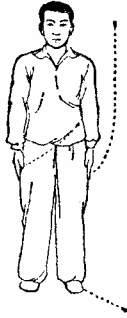


Xin Qi Shen Dojo Bagua Zhang Traditional Zhan Zhuang

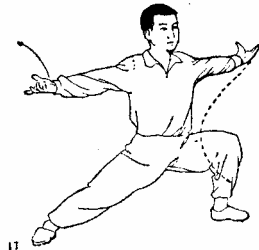


15 Monk Lifts Bowl

First start with basic drills and warm-up before the Zhan Zhuang. Start holding the postures three complete breaths, when this is easy then increase to five, eventually holding each posture ten breaths.



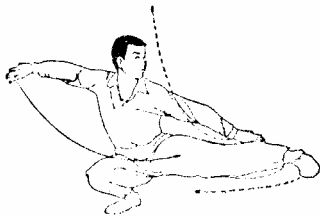
16 Push the Mountain



17 Support the Mountains

IDEAL INDIVIDUAL BAGUA PRACTICE

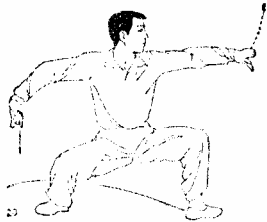
- Warm-ups
- Zhan Zhuang
- Bagua Qi Gong
- Walking wuji circle
- Walking inner palms
- Nine palace walking patterns
- Eight palm changes
- Linking palm changes
- Eight striking forms



18 Dragon Dives into Sea



19 Lion Opens Mouth



20 Black Bear Looks Back



21 Phoenix Looks At Sun



22 Praying Monk



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