

BA GUA ZHANG -BASIC WALKING AND FIXED EIGHT PALM SET

reading session by

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Ba Gua Zhang (literally translated as Eight Trigram Palm) is a Chinese martial art based upon the theories of traditional Chinese medicine and the philosophy of the I-ching. Its movement imitates the Toaist Ba Gua symbol of the I-ching. Techniques are demonstrated while walking low in a static circle. One of the intentions of this technique of circular walking is to absorb natural Qi evenly from all directions. The health benefits of this circular Qi cultivation ensures that longtime masters are not only excellent fighters but also live extremely long lives. (<http://www.beijingbagua.com>)

The notation includes basic walking techniques and eight basic palm sets which were taught by Sifu Tsu Huan-guang, a Chinese martial art specialist, to the dance students in the Hong Kong Academy for Performing Arts in early 1998.

The reading session will include an introduction to Ba Gua Zhang and reading of some of the Labanotation of the walking, changing palm techniques and/or one basic palm set.



