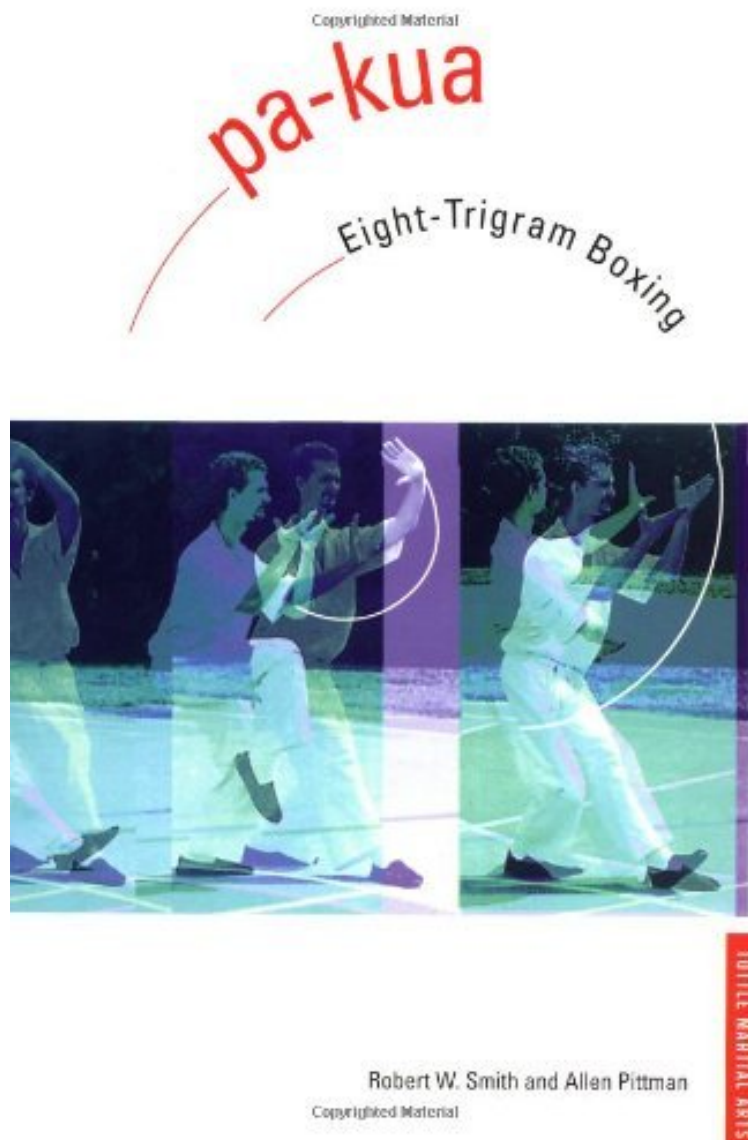


(Read now) Pa-kua: Eight-Trigram Boxing (Chinese Martial Arts Library)

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Von Robert W. Smith, Allen Pittman

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Von Robert W. Smith, Allen Pittman : Pa-kua: Eight-Trigram Boxing (Chinese Martial Arts Library) before purchasing it in order to gage whether or not it would be worth my time, and all praised Pa-kua: Eight-Trigram Boxing (Chinese Martial Arts Library):

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. The first English book on Baguazhang is a mediocre oneVon Jimmy LinI've read this book several times, trying to figure out

exactly what in it appeals so readily to certain martial artists. In the end, the only thing I can think of is that the demonstration of the form is rather decent. Other than that, there are no applications shown, no good philosophy work shown, no integration of qigong shown, etc. Perhaps Mr. Smith is a good practitioner of Baguazhang. However, his book has no real depth behind it. Still, it's better than nothing. Better reading can be found in *Emei Baguazhang*, that massive tome by Dr. Yang, Jwing-Ming and Mr. Liang, Shou-Yu. The best Baguazhang books written in English are by Sifu Park Bok Nam and Dan Miller: "The Fundamentals of Pa Kua Zhang." There are two volumes. The first is a must-read, regardless of your Baguazhang background. If you can comprehend the content of the first volume, then second becomes a necessary addition to your library. 1 von 1 Kunden fanden die folgende Rezension hilfreich. Great Book on Pa-Kua Von David D. This is a fantastic book on Ba-Gua. Robert W. Smith is legendary for his study with some of the great masters of Chinese internal arts and introducing many of them to the West. Allen Pittman is also the main student of another legendary Chinese boxer, Hung I-mien. Impressive credentials As to the essence of the book, as previously stated in other posts, it provides a clear way to learn an entire system of Ba-gua, with its clear concise pictures. It also provides many other details that are necessary for successful practice. Regarding comments on lack of qi, or applications: The traditional Chinese method is to learn the form first, not the applications. This book does mention the stages of chi development. These are relevant to the practice of Ba-gua, which begin from learning the form and training diligently. This is the traditional way of learning. 2 von 2 Kunden fanden die folgende Rezension hilfreich. schlecht Von Ein Kunde Das Buch geht mit keinem Wort auf das Kreislaufen ein, die Form am Ende des Buches ist vom Bildmaterial her einigermaßen nachvollziehbar, die Changes kann man damit schon erlernen, doch fehlt der restliche Zusammenhang. Finger davon lassen, bringt gar nichts und das Buch ist für seine paar Seiten eh viel zu teuer.

Kurzbeschreibung This book outlines the history and techniques of Pa-kua style of boxing based on the eight (pa) trigrams (kua) of the I Ching. This martial arts guide gives a thorough account of the philosophy behind the art. It also presents to the West for the first time the orthodox style of the last Chinese Pa-kua master Wang Shu-chin. Described in great detail and fully illustrated are the basic techniques, the eight palm shapes, and the eight traditional methods of "walking the circle." Guided by this easy-to-follow text, the student of Pa-kua can probe deeply into the hitherto hidden secrets of one of the most complete systems of self defense ever developed.