



Earth Dragon Canon: Walking, Martial Arts, and Self Evolution

Troy Williams

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"This is the only book on the subject that is easy to follow." D. Gold "Nice work, the most coherent I have seen in English." J.P. Hayes This book describes functional practices for the Chinese internal martial art known as Baguazhang (Eight Trigram Palm). Martial art practice is more than the study of physical movement. This book introduces Bagua and Chinese medicine theories in their historical context. A series of standing and floor exercises stress good internal martial art practice before introducing the circle walking practice of Baguazhang. Three "Stepping" patterns and eight "Standing Palms" prepare you for the ten classical postures of Sun Style Baguazhang. Advance students will find my unique Internal Power exercise routine that developed from my personal journey with the internal martial arts. With so much material at your disposal, I encourage you to develop your own practice routines and remain engaged in a life long journey of self evolution.



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The actual book Earth Dragon Canon: Walking, Martial Arts, and Self Evolution has a lot of knowledge on it. So when you check out this book you can get a lot of profit. The book was written by the very famous author. The author makes some research ahead of write this book. This specific book very easy to read you can get the point easily after reading this book.

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