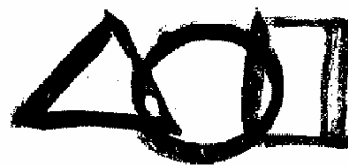


Nine Palace Warmup



0. Zhan Zhuang - Standing wuji
1. Walk Wuji (50 steps)
2. Inner Palms (25 steps, 8,4,2,1)
3. Walk Yin/Yang Qi Ling(16)
4. Walk Yin/Yang Phoenix (16)
5. Walk Inner Wuji (16)
6. Walk Eyes of Yin Yang (16)
7. Eight Single Palm Changes
8. Eight Flowing Palm Changes



This is the formula for the Bagua Qi Gong, Walking Meditation, and the foundation of Bagua Zhang as a martial art.

In all the internal arts Qi Gong is the foundation and enables the practitioner to eventually achieve a very high level of skill and health.

In Bagua Zhang, Qi Gong is the foundation, Walking the Wuji circle is the first floor, the inner palms is the second floor, walking the Taiji symbol patterns is the third floor, and then the eight changes to complete our basic training

The numbers are just basic recommended steps. Traditionally it would be a multiple of 6, 8 or 9.

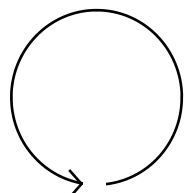


The Nine Palaces is a symbolic reference and the name of a particular Cheng Ting Hua Bagua branch. The nine evolves from the Three Powers: Heaven, Mankind, Earth. (matter, energy, spirit).

Each level also has three tiers/palaces/levels to them. Practitioners of the internal arts advance through these levels as we mature.

We train our bodies (earth/physical), once we have health and fitness our energy & vitality can be refined and increased (mankind). The final stage is Heaven, training and maturing as a spiritual being.

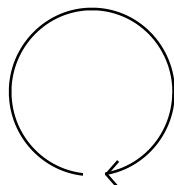
*Practice is to remember,
training develops skill*



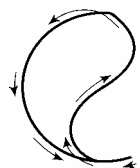
Walk wuji circle with Hidden Tiger the ground 50 steps



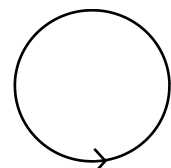
Cut through middle with Qi Ling Rubs Ground



Walk wuji circle with Hidden Tiger the ground 50 steps



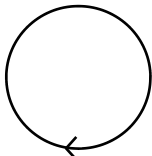
Cut through middle with Qi Ling Rubs Ground



Inner Palms every 25 steps.



Cut through middle with Qi Ling Rubs Ground



Inner Palms every 25 circle.

