

# Bagua Zhang Traditional Qi Gong

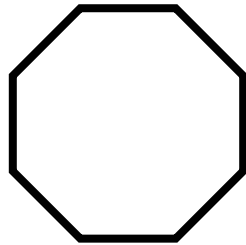
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This Qi Gong is intended to primarily store and gather qi.

Some of the movements, however, expel the sick qi and toxins from the body.

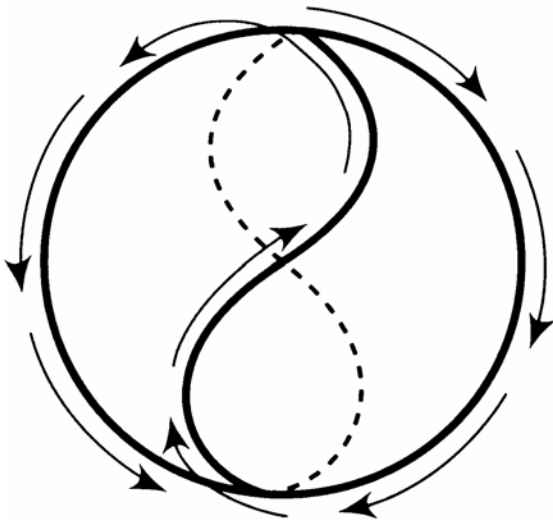
Booklet and video tape of this Qi Gong available from Xin Qi Shen Dojo, wuji.com

1. **MONKEY HOLDS THE CAULDRON** - *yang dan*
2. **PUSHING THE CIRCLE** - *tui mo*
3. **PULL IN GOOD QI - EXPEL TOXINS** - *cai yang bai bing*
4. **PHOENIX EXTENDS WING** - *fung dan huan chang*
5. **THE UNIVERSE WITHIN YOUR SLEEVE** - *shou li chen kun*
6. **TWO PEAKS PIERCE THE HEAVENS** - *shuang feng cha t'ien*
7. **WALKING THE WUJI CIRCLE** - *jao ta Wuji (branches into all inner palms)*



8. **ONENESS WITH THE TAO** - *ren tao gui i*

*Walking the Taiji diagram: (branches into 8 changes)*



Even though the art of Bagua Zhang evolved in the early 1800's this Qi Gong is thought to be older. Numbers 7 & 8 of the Bagua Zhang Qi Gong can be traced back to the Complete Truth sect, a branch of Dragon Door school of Taoism as meditation exercises they would perform morning and evenings to unite mind, body, and spirit. This sect can be trace back to the 8<sup>th</sup> century.

Master Tung Hai-chuan, the originator of the art of Bagua Zhang was a follower of the Lung Men school and it's thought his art of Bagua grew out of his blending his martial arts background and the Qi Gong taught through the Complete Truth sect.