

Baguazhang

Baguazhang ([Chinese](#): 八卦掌; [pinyin](#): *Bāguà Zhǎng*) is one of the three main [Chinese martial arts](#) of the [Wudang](#) school, the other two being [Taijiquan](#) and [Xingyiquan](#). It is more broadly grouped as an internal practice (or [neijia gong](#)). *Bāguà zhǎng* literally means "eight trigram palm," referring to the [trigrams](#) of the [I Ching](#) (*Yijing*), one of the canons of [Taoism](#).^{[1][2]}



Sun Zhijun (孫志君) is a well-known present-day teacher of [Cheng style baguazhang](#), living in [Beijing](#), China. Born in 1933 in Cheng Village, Shen County, [Hebei](#) Province, Today, he has many disciples teaching his baguazhang around the world. The practice of circle walking, or "turning the circle", as it is sometimes called, is Baguazhang's characteristic method of stance and movement training. All forms of Baguazhang utilize circle walking prevalently as an integral part of training. Practitioners walk around the edge of the circle in various low stances, facing the center, and periodically change direction as they execute forms.^[8] For a beginner the circle is six to twelve feet in diameter.^[6] Students first learn flexibility and proper body alignment through the basic exercises, then move on to more complex forms and internal power mechanics.

Regards

Mark, Phil & Andy