



BA GUA ZHANG 8 DOOR CONDITIONING EXERCISES



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Dimensions: 7.44" h x .51" w x 5.63" l,

Synopsis

In combat, the eight vital parts of the human body are the head (neck), shoulders, elbows, hands (wrists), buttocks (waist), hips, knees and ankles which are popularly called the Eight Doors in Chinese martial arts. The exercises taught on this DVD are designed to train the eight parts simply and systematically to strengthen vital areas of the body and maintain overall wellness as well as improving agility, flexibility and endurance for self-defense. Demonstrated and taught by Zhang Quanliang, the 13th generation successor of the Liang-style Ba Gua Zhang and 7th Dan of Chinese Wushu. It features 60+ minutes of running time.

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