

The Martialarm Introduction To Pa-Kua Kung Fu

One of the three branches of nei-chia(internal family of system) of Chinese boxing (along with Tai-Chi and Hsing-'i). Pa-Kua was derived from the philosophy from the I Ching(Book of Changes). Pa-Kua's philosophy is concerned with continuous change: all is in flux, nothing stands still.

The origin of Pa-Kua is unknown, however it IS known the Tung Hai-ch'uan (A.D. 1798-1879) of Wenan Hsien in Hopei province during the Ch'ing Dynasty learned this art from an anonymous man then barely in his 20s. Tung is reputed to have been nearly dead of starvation when the hermit found him. The Taoist ministered to him, and Tung remained with him several years learning a 'divine' boxing.

Pa-kua emphasises displacement of horizontal strength and turning of the palms. Pa-kua is comprised of various circling postures named after and based on the movements of the snake, stork, dragon, hawk, lion, monkey, and bear. Tung's most noted pupils were Yin Fu, Ch'eng T'ing-hua, Ma Wei-chi, Liu Feng-ch'un, and Shih Liu. The best known pa-kua boxers today are in Taiwan, notably Wang Shu-chin, Chang Chuan-feng, Ch'en P'an-ling, Kua Feng-ch'ih, and Hung I-hsing.

Pa Kua training can be done in any city in the world and I encourage you to visit our martial arts directory of Pa Kua to find a school near you!

About the Author

Visit the martialarm website <http://www.martialarm.com/martialarts/pakua.html>

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