

Pre-Requisites for Ba Gua Workshop

T'ai Chi

100 Step Form

Sword

Hsing-I

5 Elements: Metal, Water, Wood, Fire, Earth

9 Animals: Tiger, Horse, Tai Bird, Bear, Eagle, Snake, Crocodile, Chicken, Yao Bird

Shan Sun

Lian Huan

Ba Su

Short Stick

Sword

Staff

Ba Gua

Tan Ren

Ba Mu Zhang