



# BAGUAZHANG

## Gao Yisheng Style Straight Line Forms #41-48 and Circular Palm Change #6 Level-Four

Three DVD Disc Set (Item Code: DVD-IMAB4)  
182-Minutes Total - NTSC DV Widescreen  
Instruction by Paul J. Cote  
Cost \$60.00

This DVD set represents the Level-4 Baguazhang curriculum. Gao Yisheng style baguazhang extends from 24 basic actions to form sets consisting of 64 straight line forms and 8 related circular forms. This DVD set covers straight line forms #41-48 of the 64 linear set and the related circular form #6 of the 8 change set. This 8-leg straight line series and the associated circular change are special in that they each recapitulate the double change footwork in varied ways.

### DVD Contents:

#### **Disc-One (70-Minutes)**

- Introductory Remarks and Inter-Relationships
- Concepts: 3 Elements for Each Straight Line Form in the Leg Series
- Attributes: First Element of Each Straight Line Form in the Leg Series (qu, chuai, bai, gua, ti, cai, tang, zheng)
- Gao Straight Line Leg Series Form #41 & Applications (#41-qu: extended detail)

#### **Disc-Two (70-Minutes)**

- Gao Straight Line Leg Series Forms & Applications (cont'd) #42-48 (#42-chuai; #43-bai; #44-gua; #45-ti; #46-cai; #47-tang; #48-zheng)
- Some Added Ideas when Kicking with Your Lead Leg

#### **Disc-Three (42-Minutes)**

- Gao Circular Bagua Change #6: Search for Horse Palm and Twist Body
- Form and Applications of Circular Bagua Change #6
- Leg Series #41 thru 48 Exercise Set
- Extras: Ding Shi Palms Solo & Two-Person Drill