



BAGUAZHANG - Level Three

Gao Straight Line Palms #25-40 and Circular Changes #4 & 5

Three DVD Disc Set (Item Code: DVD-IMAB3)
 214-Minutes Total - NTSC DV Widescreen
 Instruction by Paul J. Cote

This DVD represents the Level-3 Baguazhang curriculum. Gao Yisheng style baguazhang extends from the 24 basic actions (presented in Levels 1 and 2) to form sets consisting of 64 straight line and 8 related circular palms. This DVD set covers straight line forms #25-40 of the 64 linear and circular forms #4 and #5 of the 8 changes.

DVD Contents:

Disc-One (71-Minutes)

- Introductory Remarks
- #4 (Swallow) and #5 (Turn Body Back): Circular Form Details
- #25-28: Straight Line Forms and Applications (push, lift, carry, lead)

Disc-Two (68-Minutes)

- #29-32: Straight Line Forms and Applications (adhere, connect, follow, stick)
- #33-36: Straight Line Elbow Forms and Applications (back elbow, rolling elbow, lowering elbow, goring elbow)

Disc-Three (75-Minutes)

- #37-40: Straight Line Forms and Applications (crossing elbow, filing elbow, stacking elbow, drilling elbow)
- #25-32 Straight Line Forms: Linked Practice Set
- #33-36 Straight Line Elbow Forms: Linked Practice Set
- #37-40 Straight Line Elbow Forms: Linked Practice Set
- Circular Change #4 (Swallow) & #5 (Turn Body Back): Form Review
- Circular Change #4 (Swallow) & #5 (Turn Body Back): Applications
- Some Extras: Straight Line & Circular Applications