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It is more commonly grouped as an internal practice (or neijia quan). Bāguà zhng literally means eight trigrams of palm, referring to the trigrams of I Ching (Yijing), one of the canons of Taoism. [1] [2] History[edit] The creation of Baguazhang as a formalized martial art, attributed to Dong Haichuan (中), which is said to have been taught by Taoist and Buddhist masters in the mountains of rural China during the early Century. [3] Many Chinese authorities do not accept the Buddhist origin, but instead maintain that those teachers were purely Taoist in pruning, the evidence contained in Baguazhang's frequent reference to core concepts central to Taoism, such as the Yin and Yang theory, the I Ching and Taoism's most distinctive paradigm, the Bagua diagram. [4] The attribution to Buddhist teachers came from 2nd generation teachers, i.e. Dong Haichuan's students, some of whom were Buddhist. There is evidence to suggest a synthesis of several pre-existing martial arts is taught and practiced in the region where Dong Haichuan lived, combined with Taoist circle walks. Through his work as a servant in the Imperial Palace, he impressed the Emperor with his graceful movements and fighting skill, and became an instructor and bodyguard to the court. [5] Dong Haichuan taught for many years in Beijing, and was eventually protected by the Imperial Court. [6] Famous disciples of Dong Haichuan to become teachers were Yin Fu (中維祺), Cheng Tinghua (中廷中), Ma Gui (中中), Song Changrong (中), Liu Fengchun (中鳳中), Ma Weiqi (中維祺), Liu Baozhen (中中中), Liang Zhenpu (中中蒲) and Liu Dekuan (中中中). Although they were all students of the same teacher, their methods of education and expression of palm techniques differed. [2] Cheng and Liu styles are said to specialize in pushing palms, Yin style is known for threading palms, Song followers practice Plum Flower (中Mei Hua) palm technology and Ma style palms are known as hammers. Some of Dong Haichuan's students, including Cheng Tinghua, participated in the Boxer Uprising. In general, most bagua exponents today practice either Yin (中), Cheng (中), or Liang (中) styles, although (中中), Liu (中), Fu (傅), and other styles also exist. (Liu style is a special case, in that it is rarely practiced alone, but as a complement to other styles). In addition, there are sub-styles of the above methods as well, such as Sun (中), Gao (), and Jiang (姜) styles, which are sub-styles of Cheng method. Modern style[edit] Common Aspects[edit] Internalist Zhang Zhaodong, also known as Zhang Zhankui. The practice of circular walking, or twisting the circle, as it is sometimes called, is Baguazhang's characteristic method of posture and movement training. All forms of Baguazhang utilize circle walking as an integral part of education. Practitioners walk around the edge of the circle in various low positions, facing the center, and regularly change direction when performing shapes. [7] For a beginner, the circle is six to twelve feet in diameter. [5] Students first learn flexibility and proper body alignment through the basic exercises, then move on to more complex forms and inner force mechanics. Although the internal aspects of Baguazhang are similar to those of and Taijiquan, they are distinct in nature. Many distinctive styles of weapons are contained within Baguazhang; some use concealment, such as the researcher's pen or a pair of knives (the most elaborate, which are unique to the style, are the crescent-shaped antler knives (Chinese:). Baguazhang is also known for practicing with extremely large weapons, such as bāguà jian (中), or bagua sword, and bāguà dāo (中中中), or bagua broadsword. Other, more conventional weapons are also used, such as the personnel (gun), spear (qiang), cane (guai), hook sword (gou) and the straight, double-edged sword (jian). Baguazhang practitioners are also known to be able to use something as a weapon using the principles of their art. Baguazhang contains an extremely wide variety of techniques as well as weapons, including various strokes (with palm, fist, elbow, fingers, etc.), kicks, common locks, throws, and distinctive avoidance circular footwork. As such, Baguazhang is considered neither a purely striking nor a purely wrestling martial art. Baguazhang practitioners are known for their ability to flow in and out of the way of objects. [citation needed] This is the source of the theory of being able to fight multiple attackers. [8] [10] Baguazhang's evasive nature is also demonstrated by the practice of moving behind an attacker, so that the opponent cannot harm the practitioner. Although the many branches of Baguazhang are often quite different from each other (some, like Cheng's style, specialize in close wrestling and common locks, while others, like some of the yin styles, specialize in fast, long range striking), all have circular walks, spiral movements, and some methods and techniques (piercing palms, crashing palmtrees, etc.) in common. Baguazhang's movements employ the entire body with smoothly coiling and uncoiling actions, utilizing hand techniques, dynamic footwork, and throwing. Rapid-fire movements draw energy from the center of the abdomen. The circular stepping pattern also builds up centripetal strength,[11][12][13] allowing the practitioner to maneuver rapidly around an opponent. [14] [15] In popular culture,[edit] Airbending in Avatar: The Last Airbender (2005–2008) and The Legend of Korra (2012–2014) are modeled on Baguazhang. [17] Gentle Fist, a fighting style of the Hyuga clan in Naruto (1999–

2013) and Boruto: Naruto Next Generations, is a model for Baguazhang and Dim Mak. In the 2003 American television series Black Sash, the main character Tom Chang (Russell Wong) has a Chinese martial arts school where he trains his students in the art of 8 palm changes, Baguazhang. The video game's characters Ashrah from Mortal Kombat: Deception and Kitana from Mortal Kombat: Deadly Alliance use Baguazhang. Ling Xiaoyu from the tv game series Tekken uses Baguazhang. In the 2000 film Crouching Tiger, Hidden Dragon, the Inspector Tsai was dueling with Jade Fox using a pair of deer horn knives, a weapon typical of the Baguazhang system. Jet Li's character in the 2001 film The One uses Baguazhang, while the antagonist version of the character uses Xingyiquan In the 2006 film Jadesoturi (Jade Warrior), in Pin Yu vs Sintai fight, they used Baguazhang as a kind of courtship. In the 2010 film sequel Ip Man 2, one of the styles used during the tabletop fight is Baguazhang. In the 2009 live-action film Tekken, Jin Kazama says he is impressed by fellow competitor Christie Monteiro because of her foot placement while training Baguazhang. In the 2012 film sequel Tai Chi Hero, the last battles were against Baguazhang disciples and masters. The 2013 Hong Kong martial arts film The Grandmaster presented a North Chinese martial arts style called 64 Hands, used by Zhang Ziyi's character Gong Er, which featured circle walks and elaborate palm changes of Baguazhang. In manga Kenji, the main character Kenji uses Baguazhang when dueling the main antagonist Xingyi Liuhequan practitioner Tony. Baguazhang features briefly in manga History's strongest disciple Kenichi. Qu Tuang from manga Battle Angel Alita: Last Order uses a style based on Baguazhang called Ahat Mastade which is designed to fight in zero gravity. Joscelyn Verreuil from Jacqueline Carey's Kushiel's Legacy fantasy novels series uses a fighting style similar to Baguazhang, which is the fighting style of the Cassiline Brotherhood. Student number twelve, Ku Fei from Negima! Magister Negi Magi, according to herself, on chapter 55 of manga, Baguazhang is one of the specialties along with Tai chi chuan, she also said that she knows a bit of shinitai gouken and hakkyouken. See also[edit] Bagua—the eight trigrams, which are used as guiding stars for Baguazhang. The Ching-the Chinese Classic is invoked by Taoist thinking. Feng Shui-the metaphysical system of interior design based on Bagua. T'ai chi ch'uan-a similar to Neijia. Notes^ Rousseau, Robert (2017-05-22). An introduction to Chinese martial arts styles. Retrieved 2017-06-01. ^ a b Lie, Zhang. Classical baguazhang Volume V: Yin Style Baguazhang. Transportation. Joseph Crandall. Pinole, California: Smiling Tiger Martial Arts 1995. ^ Yintao, Fei and Yuliang, Fei. 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