How Baguazhang Incorporates Theory from the Book of Changes

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Abstract

In this article, the author examines how a martial artist can apply the theoretical aspects of the Yijing to his or her training, and tries to determine why baguazhang practitioners chose this particular text as the core of their system. Through this, we can study some of the ways that baguazhang was linked to the culture in which it was developed.

Keywords

Bagua; Chinese martial arts; Taoism; Yijing

Full Text:

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References


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The Art of Baguazhang, or 8 Trigram Palm, is one of the most fascinating fighting arts in the world of Chinese Gong fu. It can be defined as the art of continuous change or transformation, and takes his name from the 8 directions, but goes beyond them and describes the art of change and transformation. The great masters of this art have long theorized and discussed about the links between this style and the complex world of the Yi Jing, a system of divination, because both are arts of transformation. Sun Lutang defines Baguazhang as the ultimate art of change and transformation, and shares some similarities with other ‘internal’ systems such as Taijiquan, Xingyiquan and the Liuhebafaquan, which are all Neijia systems.