

# **T'Ai-Chi Swordplay And Eight-Diagram Palm (Chinese Martial Arts) By Shing Yenling**

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Mar 15, 2010 Bagua Zhang or the eight-diagram palm is one of the most popular schools in China. It is also called Youshen Bagua (roving eight-diagram), Longxing Bagua

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Bagua Swimming Dragon and Deer Horn Sword. one of the forms Master Huang learnt was Dragon Form Eight Diagram Palm, Tai Chi Kung Fu Institute.

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Aikido and Chinese Martial Arts T'ai-chi Swordplay Eight Diagram Palm, Chen Style T'ai Chi Ch'uan He has also studied Goju-ryu Karate and T'ai Chi Ch'ian.

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[KF699-1] 8 Diagram Palm is a popular boxing school in China, and it is one of three kinds of internal school. It is also called yin-yang palm with embodying the life

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