



# **Ba Gua: Hidden Knowledge in the Taoist Internal Martial Art**

*John Bracy*

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## **Ba Gua: Hidden Knowledge in the Taoist Internal Martial Art** John Bracy

The Taoist yogic discipline of Ba Gua is an internal form of the ancient art of kung fu--as are the much older t'ai chi and Xing I. Ba Gua is the most arcane and yogic of three sister arts--t'ai chi and Xing I are the others--and is distinguished by serpentine turning and circling movements and its own internal energy exercises, Ba Gua Qi Gong.

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