



# Earth Dragon Canon: Walking, Martial Arts, and Self Evolution

*Troy Williams*

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## **Earth Dragon Canon: Walking, Martial Arts, and Self Evolution** Troy Williams

"This is the only book on the subject that is easy to follow." D. Gold "Nice work, the most coherent I have seen in English." J.P. Hayes This book describes functional practices for the Chinese internal martial art known as Baguazhang (Eight Trigram Palm). Martial art practice is more than the study of physical movement. This book introduces Bagua and Chinese medicine theories in their historical context. A series of standing and floor exercises stress good internal martial art practice before introducing the circle walking practice of Baguazhang. Three "Stepping" patterns and eight "Standing Palms" prepare you for the ten classical postures of Sun Style Baguazhang. Advance students will find my unique Internal Power exercise routine that developed from my personal journey with the internal martial arts. With so much material at your disposal, I encourage you to develop your own practice routines and remain engaged in a life long journey of self evolution.

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