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| Feb 23rdIntroduction to yin bagua zhangBagua WorkshopBagua is a Chinese martial art form based on the use of circular body mechanics and footwork, internal energy from the Bagua wheel, and flexibility to strike opponents from unusual angles. In Bagua the practitioner can tap into centrifugal force at any time during a strike to augment the practitioner’s natural strength.  |
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| **You Will Learn*** Bagua Poses
* Flexibility Drills
* Bagua Footwork
* Linear Techniques
* Basic Circle Walking

Improve your physical and mental abilities through the use of Bagua.Apply the Bagua wheel energy theory to your own practices.Taught by Sensei Bryce Verona. 4th Degree Black Belt in Shorin Ryu and Certified Instructor of Yin Bagua Zhang. |
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| Sensei Bryce Verona withSifu Qu at Kun Yu Shan Academy in China. |

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