

# Yin Bagua Zhang

## An Introduction – Feb 23<sup>rd</sup>

### 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.



### Bagua Workshop

Bagua 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.



Taught by Sensei Bryce Verona. 4<sup>th</sup> Degree  
Black Belt in Shorin Ryu and Certified  
Instructor of Yin Bagua Zhang.

**Sunday, Feb. 23<sup>rd</sup> 3–5:00 pm**

**\$10**

**Sign up form at front desk.**

**Family Martial Arts Academy**

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