



Ba Gua Nei Gong Volume 4: Foundational Body Training

Tom Bisio

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Embedded within the martial art Ba Gua Zhang is a complete system of internal exercises that promote self-healing and longevity and transform consciousness. Ba Gua Nei Gong consists of nine powerful and profound methods of internal exercise and self-cultivation. This book is the fourth in a series of manuals on Ba Gua Nei Gong. It can be used in conjunction with actual instruction in Ba Gua Zhang, or employed as a stand-alone instruction manual.

This book covers **The 28 Foundational Exercises** (*Ji Ben Gong*) and Ba Gua's **Foundational Walking Nei Gong**. For those interested primarily in Nei Gong, both sets of exercises are an important step in continuing the opening of the main meridians and the Extraordinary Vessels, and in freeing the body of physical, mental and psychic blockages and restrictions. The 28 Foundational Exercises improve joint mobility, strengthen tendons and bones, and balance the musculature of the body, all while actively engaging the body's natural, spiral-like movements.

For those interested in Ba Gua as a martial art, *Ji Ben Gong* are the key developmental exercises that form the foundation of one's skill in Ba Gua Zhang. Every movement in the **28 Foundational Exercises** trains basic body actions and internal principles used in all facets of Ba Gua training. Each exercise has a specific purpose that operates simultaneously on a physical, energetic and martial level.

Daily practice of *Ji Ben Gong* helps one to internalize many of the core movements that are the basic building blocks of Ba Gua's circular changes. Internalizing these movements is critical to developing higher level skills. For this reason, The 28 Foundational Exercises are often used as a daily exercise routine or as a warm-up before practicing other Ba Gua skills.

This book also covers **Foundational Walking Nei Gong**, including fundamentals of Ba Gua's renowned "Mud-Walking" Step and the lesser known "Crane Step." These foundational walking practices are the important basis of more advanced footwork patterns, and are also powerful stand-alone Nei Gong exercises.

The books in the Ba Gua Nei Gong Series are:

Ba Gua Nei Gong Vol. 1: Yin Yang Patting and Dao Yin Exercises

Ba Gua Nei Gong Vol. 2: Qi Cultivation Exercises and Standing Meditation

Ba Gua Nei Gong Vol. 3: Twelve Posture Standing

Ba Gua Nei Gong Vol. 4: Foundational Body Training

Ba Gua Nei Gong Vol. 5: Tian Gan Heavenly Stem Nei Gong

Ba Gua Nei Gong Vol. 6: Marrow Washing Nei Gong

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