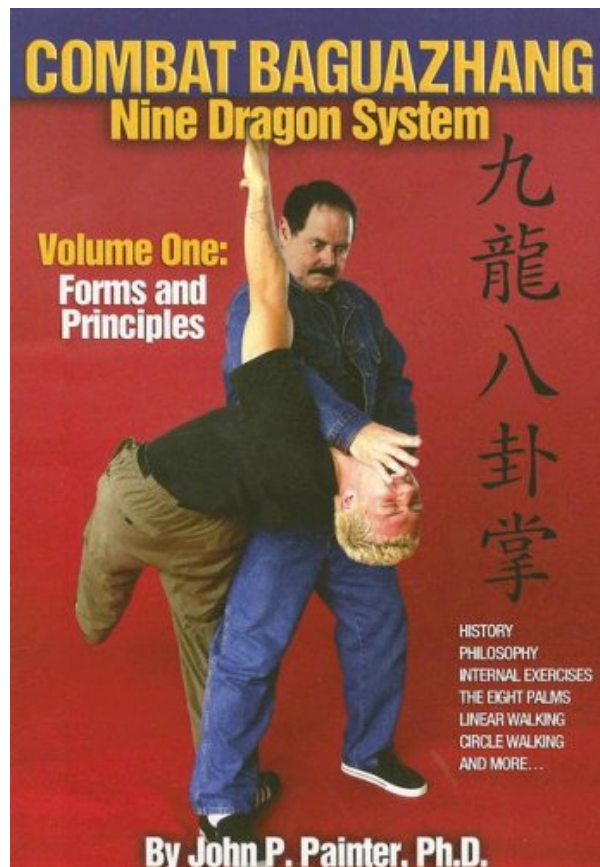
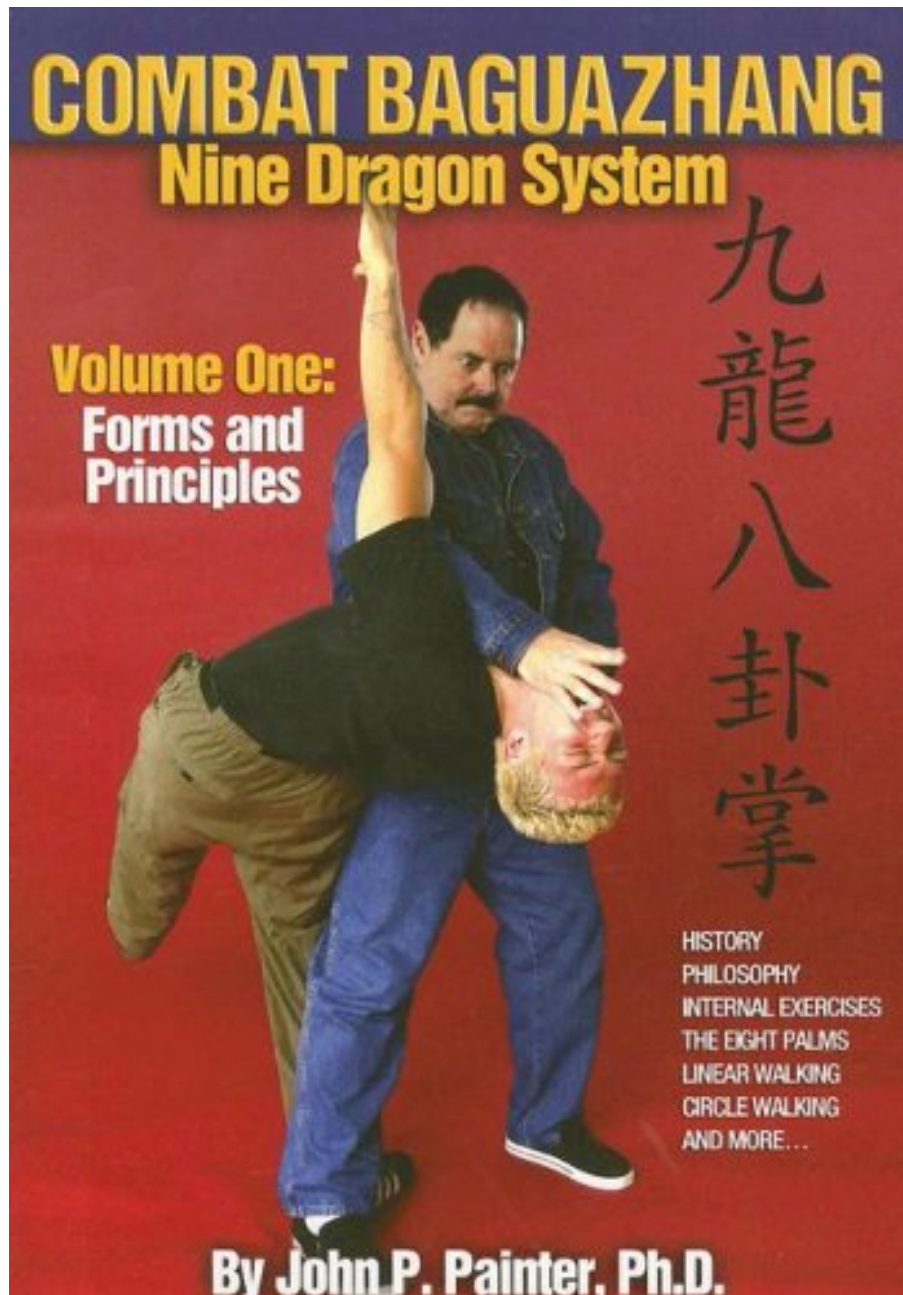


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Most helpful customer reviews

5 of 5 people found the following review helpful.

The full power of internal martial arts, clear and concise, for the Western mind

By B. Jackson

In 2002, I first saw the principles and techniques that are now set forth in this book. After a mere six hours of basic instruction, at a workshop covering only a fraction of the book's material, I came home and knocked over my 260-lb., floor-standing heavy bag with a single forward step and a relaxed one-handed push. This bag is made to be punched and kicked with intensity for karate practice and to stay standing so you can keep hitting it again and again. Yet, if you know how to "root" your force into the ground, if you know how to "connect" your hand to your center, if you know how to stand properly to generate and transmit power, then it is a different world. You push the bag, and the bag falls down.

I'd had no prior training in baguazhang other than six months of "Quiet Sitting" and "Quiet Standing," in which you simply stand still (or sit) while monitoring posture and breathing. I didn't see how that could possibly help me knock things down, but the Jiulong people were plenty skilled and seemed to know what they were talking about, so I just did it. Well, it worked! And now it is available in a book.

Make no mistake, these techniques are difficult to master even in person, and they will not be any easier in a book! You will need to train every day, and you will need to be patient. For example, you will need the patience to perform "Quiet Sitting" every day--nothing but sitting still, breathing and focusing your attention--until you master the required powers of concentration, before moving on to more exciting exercises (such as "Quiet Standing"! ). You will not stay the course, spending months on mere sitting and standing, unless you have confidence in the curriculum, confidence that it is leading you somewhere good.

That's what makes this book a rare find in the martial arts field:

1. All of these techniques were developed by a clan of professional bodyguards. They made their living and defended their very lives with these techniques, day after day, for the last several centuries in China.
2. Unlike so many martial arts books, this one is *\*not\** obscured by mystical language, inaccurate translations, or metaphors unfamiliar to the Western mind. Yet, in Dr. Painter's unique way, the book still covers all the esoteric layers and nuances of internal power, with concise descriptions, clear principles you can understand and apply, and when possible, scientific backing.
3. This book is not about preserving a tradition for tradition's sake. The Jiulong style is about what *\*works\**, period, living and breathing with the times. Modern Jiulong even includes firearms techniques!
4. You do not have to take up Jiulong to benefit from this book. Most concepts can be applied to other martial arts to increase your power.

So if you are a Westerner, looking for the full power of the internal martial arts, in a format that you can understand and apply in the real world, this book and its companion volume are without compare. Start reading Volume One, and it should become evident rather quickly that this is the real deal, a curriculum that deserves your confidence. That confidence will get you through the long, arduous process of learning these skills layer by layer, until you are doing all kinds of cool things.

Enjoy!

0 of 0 people found the following review helpful.

Excellent principle-based book - detailed yet concise!

By Sandy Troster

This book gives a great overview of baguazhang for the beginning student, as well as for a martial arts student interested in trying something new, and also for a student who has been doing the art for some time. The principles of the art are explained in easy-to-understand western terms, while explaining Chinese terms where needed. As a result, beginning students get a good overview of the intent and goals of the practise, while more advanced students are able to use the book to stay focused on the key elements required in order to deepen their understanding at all levels. I wish this book had been available when I started my studies and am extremely grateful to be able to use it now. Highly recommended to anyone interested in "the real thing" when it comes to internal martial arts.

1 of 2 people found the following review helpful.

Most enlightening book on Bagua ever!

By Stephen Bialon

Having studied martial arts for over 20 years, and baguazhang for over 10 of those, I thought I had reached a good understanding of correct martial principles. Dr. Painter's books took everything that I had learned and added layer upon layer of more detailed information than anything I had learned before.

Dr. Painter explains numerous "esoteric" Chinese concepts in scientific terminology and points to where these ideas are being put into use by today's top athletes. I learned more in reading a few pages in the chapter on "Standing" than in all my years of studying. A mere 3 pages of information kept me busy at practice for 3 months!

I have read, underlined, highlighted, and re-read these books many times, and I can't recommended them highly enough to anyone who wants to take their martial arts another level.

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