



# Podcast of Tibetan Kungfu TKF 006

Sifu TW. Smith  
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# Today's Podcast

- ◆ Due to requested interest, share the cornerstones of the Bagua Workshop coming July 26 at 1pm.
- ◆ Summary of Finding of Kang Ge Wu : Professor, Born 1948, Secretary General of Chinese WuShu Association. He also has researched Ba Gua Zhang more than any other.



# Today's Podcast

- ◆ Take You for BaGua Chikung workout about 15 minutes, recorded Saturday morning at 4:30 am.
- ◆ There will be a link embedded in the audio and our Youtube Channel for 60 days after air date, 7/16/14. After that, send me an email.



# Thank You to Subscribers and Feedback from Last Week

- ◆ Thank you to Scott for subscribing at our Youtube Channel
- ◆ Great if you would subscribe at Itunes, Stitcher or any other of our carriers.



# Thank You to Subscribers and Feedback from Last Week

- ◆ Thank you to Faith, Bruce, Travis, Bob and Ryan, Allison, Danielle and Jean for your time to share comments.
- ◆ I appreciate Danny, Casey, Linda, Lisa B. Patrick, Dwight, Jessica, for your support and feedback.



- ◆ Last weeks episode, Mortar for the Bricks stimulated some thoughts and stories. Exactly what good kungfu does. Makes you move from the inside out :)
- ◆ Faith wrote: "I find this is very true when things get really rough for me. At first, I will feel myself crumbling under the difficulties, but then, beneath that, I find a strength of spirit that keeps me strong even when my body is weak."



# Contact Links

- ◆ /contact
- ◆ /podcast takes you to TKF-Podcast page
- ◆ Social Media tabs at end of show and show notes.



# Upcoming Events

- ◆ Excited about being a Guest Speaker with Excel4Apps SalesForce Tuesday August 19th.
- ◆ An international company who has realtime reporting for Oracle and SAP applications. I had the privilege to meet last year.
- ◆ This year we will discussing another mind-set of kungfu. Essentials of Excelling with Balance.



# BaGua Workshop

Separation of Meditation and  
Martial.

Blending the Mindful with  
Martial.

Strive for Stillness in Motion,  
Train the Body While Harnessing  
the Spirit.





# Bagua Workshop Content

- ◆ Zyun Tin Zeon - Walk Honor Day/Sky (Universe) is the practice that the Taoist Sages would use dating back to 1170.
- ◆ BaGua exercises to limber the legs, waist and shoulders.
- ◆ Footwork and balance are premium. Walking with Camel Step
- ◆ 2 of 3 primary pressing palms
- ◆ Much more as time allows.



# Kang Ge Wu

Most noted researcher of  
BaGua. He wrote his  
Masters Thesis on the  
origins of BaGua Zhang.  
Reviewed over 1000 original  
documents and interviewed  
over 40 practitioners during  
1980-1982 in 27 provinces.





# Kang Ge Wu

- ◆ Devoted to the art since his youth.
- ◆ Taught at Koln (Cologne) Institute of Physical Education in Germany. Head Researcher of Wushu Institute.
- ◆ Secretary General of Chinese Wushu Association.





# Kang Ge Wu

- ◆ When it comes to Bagua History that is where I put a lot of emphasis.
- ◆ Not so much on the legends, lineages and tales. They have their place, but I have reached out to the institute to see if they would be a part of the KungFuPodcasts.com Program.



# KungFuPodCasts.com

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# What we covered, so far

- ◆ Cornerstones of what we will do in our BaGua Workshop on July 26.
- ◆ That [www.kungfupodcasts.com](http://www.kungfupodcasts.com) is coming along and we have already begun laying out an editorial calendar for 2014 and 2015.
- ◆ Before we get to the Bagua Workout





# Kwoon News

- ◆ We have 8 week KungFu Fitness rolling out in Mid-August. Every Monday night at 7pm.
- ◆ Our Yang Tai Chi Courses and workshops are coming along and we have had real interest in those separate courses.
- ◆ We will have a Quang Ping TaiJi Chuan Course coming out soon.



# C.T.A.

- ◆ Life takes a lot of turns. Know where your compass is. Find Your Heart every day!
- ◆ Go practice!





# BaGua Workout





# BaGua Workout

- ◆ Saturday morning at 4:30 I recorded a 20 minute workout going through some of the fundamentals of the BaGua Chikung.
- ◆ If you participate in the workshop, you will learn and be able to use it later. If you are student, make sure you can follow everything on it. If not, get with a senior student.
- ◆ to have as a separate mp3 for future use, go to [tkf.net/bagua1](http://tkf.net/bagua1). it will be there till mid-September, 2014. After that, if you want it, email me.



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