



Fu Zhen Song's Dragon Bagua Zhang

By Lin Chao Zhen

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The Dragon Bagua Zhang system of third-generation master Fu Zhen Song was one of the most powerful martial arts styles to emerge from 1920s China. Fu Zhen Song had a reputation as a skilled fighter and uncompromising teacher, and his Dragon Bagua style was renowned for its extensive catalog of whirling body movements and fighting techniques. In 1991 Lin Chao Zhen, Fu's formal disciple, brought this mysterious martial art to the United States, where he practiced and taught until his death in 1997.

Fu Zhen Song's Dragon Bagua Zhang presents this challenging system in a step-by-step format, including palm forms, stepping patterns, and training methods. Originally written in Chinese by Lin Chao Zhen and translated by his son, Wei Ran Lin, this edition also features an extensive introductory section on the development of the Dragon Bagua form and the history of its lineage. The text is accompanied by 150 photographs of the late master Lin Chao Zhen demonstrating the form, as well as an illustrated two-person practice set that teaches the system's applications for self-defense and sparring.

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Editorial Review

Review

“Speak to any native of Southern China about Bagua Zhang and the name ‘Fu Zhen Song’ will quickly come up in the conversation. Fu was largely responsible for the introduction of the Northern internal martial arts systems to the Southern Chinese, and his coiling movements, lightning-quick footwork, spinning maneuvers, and thunderous palm strikes are legendary. All students of Bagua Zhang will benefit greatly from the material that has been provided in this book, and I applaud Wei Ran Lin and Rick L. Wing for their efforts in providing Lin Chao Zhen’s book to the English-speaking world.”

—Dan Miller, publisher and editor, *Pa Kua Chang Journal*

“The Chinese martial art of Bagua Zhang has a long and illustrious history of training manuals, and *Fu Zhen Song’s Dragon Bagua Zhang* carries on this grand tradition. Lin Chao Zhen was a direct student of Fu Zhen Song, and his closeness to that renowned teacher is reflected in the detail shown in the various techniques in the book. I highly recommend this important and informative training manual.”

—Brian L. Kennedy, coauthor of *Chinese Martial Arts Training Manuals: A Historical Survey*

“This concise volume not only introduces Fu Zhen Song’s unique Dragon Bagua Form but also provides extensive historical notes about Fu’s connections to many of the most well-known martial artists of his time. This book will be a valuable addition to any student’s collection.”

—John Groschwitz, translator of *The Xingyi Boxing Manual: Hebei Style’s Five Principles and Seven Words*

About the Author

Lin Chao Zhen founded the Zhao Qing Martial Arts Association. His oldest son, Wei Ran Lin, studied with his father from childhood. He lives in St. Louis, Missouri. Rick Wing is the instructor of the Jing Mo Athletic Association in San Francisco and author of *The Classical Three- Section Staff*.

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