



Learn the Internal Martial Art of Ba Gua Zhang

New Students now being accepted for the Connecticut Chapter of New York Internal Arts

Instructor:

Wanda Simmons - (203) 521-2111

Rates:

Drop-In \$20

Regular Class Rate \$17

Class Times:

Mondays: 6:30PM-8PM

Beginners to Advanced

Weds: Intermediate & Advanced

Advance Payments

\$60 per Month

\$150 for 3 Months

Location:

Fairfield Sports & Fitness Training

1499 Post Road, Fairfield, CT 06824

Two Classes Weekly – (subject to interest and availability)

\$90 per Month, \$250 for 3 Months

Ba Gua Zhang - Eight Diagram Palm Martial Arts

Ba Gua Zhang, is one of the three internal martial arts systems which focuses on health, longevity, fitness and martial arts fighting systems. Ba Gua Zhang is based upon the principles of constant change expressed in the I Ching (Book of Changes). Ba Gua emphasizes internal stillness within external movement. This trains the vital energy to circulate freely to every part of the body, while developing skills of evasion and counterattack. Ba Gua's unique practice of method, walking in a circle while changing postures constantly, develops stable footwork, lightning quick responses and the ability to create a thousand changes from a single intention. In practice, the Ba Gua practitioner steps and turns moving smoothly like a swimming dragon, swooping and spiraling like a hawk, coiling like a snake, and changing postures nimbly like a monkey.

Instructor Bio

Wanda Simmons began her martial arts training with White Lotus Kung Fu, a Shaolin based method taught by **David Everett** and **Miles Grody**. In 1993 she studied Tang Shou Tao Xing Yi and Liang Zhen Pu Ba Gua Zhang with **Tom Bisio**. As an Assistant Xing Yi Instructor in the **North American Tang Shou Tao Association** she helped teach classes in Xing Yi and Ba Gua. Simultaneously with her martial studies, Wanda learned Tuina (Chinese Medical Massage), Bone Setting, and Chinese medicine techniques for the treatment of Trauma and Orthopedic conditions. She completed the Zheng Gu Tui Na curriculum with Tom Bisio and **Frank Butler** and is a graduate of the Oriental Medicine program at Touro College. Wanda also had the opportunity to study with renowned teachers like **Liang Ke Quan** (Xing Yi) and **Gao Ji Wu** (Ba Gua). While in China studying with Master Gao, she attended classes and made patient rounds at the Dong Zhi Men Hospital of traditional medicine. Wanda currently practices Chinese Medicine in New York City and Connecticut and teaches Ba Gua Zhang in Fairfield ,CT. To contact Wanda call: 203-521-2111.