

OPLEIDING

GAO BAGUA ZHANG



THUNDER
KUNGFU

Teacher: Johan Duquet



YIZONG
BAGUA

Recognised by: Luo Dexiu

INTRODUCTION

Thanks to this programme, you can enjoy the same high-quality training here in Belgium as in Taiwan.

Thunder Kungfu offers you the opportunity to learn the complete 'GAO BAGUA ZHANG' style in a structured way without having to travel to the famous 'YIZONG BAGUA' of Master 'LUO DEXIU' in Taiwan.

The Gao Bagua Zhang style has been carefully passed down from one generation to the next in our 'Yizong Bagua' school and dates back to the founder of the Gao style, Master 'Gao Yisheng' (1866–1951), a very important figure in the history of Bagua Zhang as a third-generation master.

During the training, more information will be provided about the specific details of who and how the style was passed down in order to gain a better understanding of this style.

The training is given by Johan Duquet, the only representative of the Yizong Bagua school in Belgium recognised by Luo Dexiu.

Johan has a wealth of experience with the various aspects of teaching the martial art of Bagua Zhang, which is reflected in the programme and the training methods used.

Over the years, he has learned how to use this style to teach a discipline that contributes to good health, to be very precise in teaching the forms, and to prepare fighters for competition.

The course is divided into three levels, which correspond to a school year. Each level consists of five intensive weekend courses.

Students are, of course, expected to practise sufficiently in between sessions in order to get the most out of this course. If necessary, a formal evaluation/test may be conducted at the end of each level to determine whether it is appropriate to move on to the next level.

You are not obliged to complete all three levels. You can also just follow the first or second level. If you want to join later to complete the second or third level, this will be possible if that level is offered that year.

After completing the three levels, you will be able to enjoy practising Gao Bagua Zhang for the rest of your life. If you are specifically interested in this and have passed your evaluation, you will be able to initiate new students into this style yourself.

STRUCTURE OF THE FORMATION in BAGUA ZHANG

Level 1: 5 weekends with 9h training.

Level 2: 5 weekends with 9h training.

Level 3: 5 weekends with 9h training.

TOTAL: 15 weekends



GAO BAGUA ZHANG

In the Gao style, Bagua training is split into two parts. Gao Yisheng was a master of multiple styles, and his creation is a very elegant fusion of those styles.

On one side, you have ‘XIANTIAN BAGUA’ or what we usually consider circular bagua.

This part of the style consists of characteristic exercises and movements performed in a circle.

This is the part most associated with health and meditation. However, it is also the part that is largely based on what we call Chinese wrestling or ‘shuai jiao’.

In the first phase of our training, the emphasis will be on this XIANTIAN BAGUA and its applications as wrestling and throwing techniques.

The following concepts and exercises belong to Xiantian Bagua:

- **“BU FA”** or footwork
- The basic exercise of walking the circle
- Walking the circle with 8 fixed postures
- **"DAN ZHUAN ZHANG"**, or Single Palm Chang
- Reverse single palm change
- **"SHUANG ZHUAN ZHANG"**, or Double Palm Change
- 8 smooth Body Palm Changes
 - **XIANTIAN 1:** snake palm
 - **XIANTIAN 2:** dragon palm
 - **XIANTIAN 3:** Tiger palm
 - **XIANTIAN 4:** swallow palm
 - **XIANTIAN 5:** turn to the back palm
 - **XIANTIAN 6:** Twist and lean palm
 - **XIANTIAN 7:** swing to the back palm
 - **XIANTIAN 8:** Turn pull and hook palm

- “**Wulong Baiwei**”, dark dragon swings its tail
- **TIAN GAN**: a set of 10 strengthening exercises

Once a solid foundation has been laid by practising Xiantian Bagua, work will also be done on the other part, the ‘HOUTIAN BAGUA’ or Bagua in a line.

This part of Gao Bagua is more intended to teach the practical applications of the movements and ideas. Here we can clearly recognise the influence of other styles such as Xingyi and Taiji.

HOUTIAN BAGUA includes

- “**JIBEN SHOUFA**”, or Basic Hand methods
- The 64 Houtian palms, divided into 8 groups or “lines”
 - **HOUTIAN 1**: basic concepts
 - **HOUTIAN 2**: Ways to hit
 - **HOUTIAN 3**: Clever methods
 - **HOUTIAN 4**: Subtle methods
 - **HOUTIAN 5**: Short power, or elbow methods
 - **HOUTIAN 6**: leg methods, kicks and sweeps
 - **HOUTIAN 7**: Footwork
 - **HOUTIAN 8**: Animals



DATA FOR LEVEL 1

2025 - 2026

18-19 october 2025

20-21 december 2025

14-15 februari 2026

18-19 april 2026

20-21 june 2026

Saturdays: 9:00 to 12:00 + 14:00 to 17:00

Sundays: 9:00 to 12:00

PRICES

This course offers a unique opportunity to learn the complete Gao Bagua Zhang style. The fees have been adjusted to make it more attractive for students who want to get the most out of this course.

GAO BAGUA ZHANG

per WEEKEND -----> 135€

per LEVEL with 5 weekends -----> 450€

Would you like to combine the Hebei Xingyi Quan and Gao Bagua Zhang courses?

XINGYI + BAGUA 10 weekends ----- → 750€