Chinese Martial Arts Baguazhang: Lion

*The following information comes from the lineage of Baguazhang I inherited from Wong and Fu family styles of Baguazhang. I have been practicing and developing Wong and Fu styles of Baguazhang for 30 years now. In those years I have unfortunately been forced into some extremely violent situations. I have brought Baguazhang to bear against all manner of people and fighting strategies. I disguised my Baguazhang as my stand-up game while sparring with top-tier MMA heavyweight fighters in Southern California. Never once have I felt threatened or have I been overwhelmed by anyone, anywhere. Baguazhang has kept me firm upon the earth when I have needed to send others into the next. From Human Traffickers,  Police Officers, Enforcers, Gang stalkers, Paramilitary and Fascist Satanists (I literally put my heel into the throat of Tempel ov Blood and Black Knights of the Trapezoid), drunk belligerent assholes, or retards off the internet who truly learned the meaning of regret, Baguazhang was more than they could handle. Soon I will be teaching from* [*Vimeo*](https://vimeo.com/mightandmagick)*, and my temple will be a Baguzhang training hall as well.*

|  |
| --- |
| [https://2.bp.blogspot.com/-rIBlohA-CV8/XNm1JTYrPRI/AAAAAAAACJ8/8LJXU0jjVCoaZOBmFXPuyBKOMg8GPxfAACEwYBhgL/s400/c014abffc2e58286b9de8d3170043fe6cb48d971_hq.jpg](https://2.bp.blogspot.com/-rIBlohA-CV8/XNm1JTYrPRI/AAAAAAAACJ8/8LJXU0jjVCoaZOBmFXPuyBKOMg8GPxfAACEwYBhgL/s1600/c014abffc2e58286b9de8d3170043fe6cb48d971_hq.jpg) |
|  |

The quality of Heaven or Qian trigram is that of pinnacle “yang” with all attributions in fullest concentrate. These pinnacle qualities, or associations, are uncompromising strength, courage, power, creativity, and audacity. In the physical dimension and Chinese cultural context, these traits culminate into the Lion. The Lion is a fearless animal who has the full expectation of victory in every conflict. His commanding personality is one of absolute righteousness, albeit wrathful, and sometimes short-tempered. The Fu Dog funnels anger into his martial prowess.

Three yang lines represent the Heaven or Qian trigram of the I-Ching. The yang lines brimming with nothing but raw power and unlimited potential. If we break down the three lines to express the mind, and the upper and lower body of a human, we see someone who is fully committed and oozing confidence. Their upper and lower bodies primed for action. Ready to conquer whatever comes their way.

Such is the expression of the Lion.

|  |
| --- |
| [https://3.bp.blogspot.com/-oYTZV9lYylA/XNm1uU_erVI/AAAAAAAACKI/O-tc9fGwM1soq394JhFwH_Gye--HOlQjgCLcBGAs/s320/images.png](https://3.bp.blogspot.com/-oYTZV9lYylA/XNm1uU_erVI/AAAAAAAACKI/O-tc9fGwM1soq394JhFwH_Gye--HOlQjgCLcBGAs/s1600/images.png) |
| Heaven trigram |

The military strategy of the Lion is uncomplicated. He believes might makes right, as the Lion is without peer regarding physical strength, and tenacity. The Lion’s martial methodology is simple; utterly dominate the enemy. Lion seeks to hook, catch, or seize in order the brutalize his enemy, break bones, dislocation joints, separate muscle from bone, and tear the skin. Lion invades and occupies his enemy’s space, controlling their balance, and giving them no quarter, no time for rest, or recompose themselves. He is ruthless and relentless.

The Lion is extremely heavy handed. He utilizes headbutts, elbows, and knees to punish his adversaries at close range further. Employing low kicks and crushing stomps he looks to pulverize the structure of the opponent, dismantle their knees and injure their feet. Lion likes quick, powerful sweep kicks, hooking his enemy’s ankle and bring them to the floor. Lion is prone to wrestling, throws, and slams. While grappling, the Lion is not hunting for submissions in the “sports application” sense, but rather incapacitation. Snap not “tap.” His ferocity often rattles enemies. Puffed up “tough guy” agonists and hired muscle quickly assume quivering fetal positions to survive Lion’s startling and appalling talent for violence, isn't that right Michael Aquino? Your Black Knights are an absolute fucking joke. I chewed on David Rockefeller for months before I spit him out. Your rotten pedophile ass is ***not*** long for this world.

If the above did not fully encapsulate Lion’s aggressiveness, his fondness for grasping and manipulating his enemy’s head might be the Lion’s most fearsome application. The Lion is frequently depicted demonstrating stewardship of a ball. The ball is, in a sense, the entire world. In martial use, a person’s head is essentially their whole world. Through the violent, and sudden grasping, seizing, or turning of a person’s head, their senses become scattered. Their strategies lost in a jumble of confusion and fear as their world is, quite literally, turned upside down.

Holding the Lion upper body shape, while integrating it with circle walking, creates a heady blood-oxygen mix forcing circulation up into the elevated hands from the legs (placed under duress) stimulates all major energy channels. Energy is cycled up and down through the central channel (macrocosmic orbit) resulting in denser bones, stronger muscles, and more durable tendons.

|  |
| --- |
| [https://1.bp.blogspot.com/-0ZOJiiKGIYQ/XNm16wZEEyI/AAAAAAAACKM/TmoBbhZpYFUKLtB_2vwPifVPhzSer9XawCLcBGAs/s400/2f8d9e119341141561b53a5233d00c11.jpg](https://1.bp.blogspot.com/-0ZOJiiKGIYQ/XNm16wZEEyI/AAAAAAAACKM/TmoBbhZpYFUKLtB_2vwPifVPhzSer9XawCLcBGAs/s1600/2f8d9e119341141561b53a5233d00c11.jpg) |
| A decent example of the  Lion posture |

The Lion shape, also known as “holding the ball” (mimics holding a ball between both hands) has another remarkable energetic effect: a field within a field. A person’s body emits an aura or field of energy, surrounding the physical body. The bigger and brighter a person’s aura, the healthier the person tends to be. The Fu Dog or Holding the Ball shape, creates another more condensed field (inside the primary area), between the person’s palms. A polaric yin/yang energy construct. In the Lion shape, because the hands held near or above the chest and head, the person’s brain, heart, and lungs fall within the radius of the energetic ball. Thereby all areas mentioned above gain even further dynamic enhancements.

In the spiritual dimension, practicing the Lion calls forth the immense protective and fortuitous attentions of this rough but righteous spiritual creature. The upper body shape is both a specific frequency and transmitter, while the duress in the legs acts as the power to broadcast said particular frequency. Daoist circle walking creates a portal, by defining the radius of the wuji or void, within the physical world. Holding the Lion shape and meditating on its qualities, entices the Lion spirit to draw nearer and near, thereby making it aware of you, and placing yourself in its beneficent purvey.

Those who have found Lion’s favor (through sustained and committed practice) will discover that evil despises to be in their presence, their fortunes improve, and both ghosts and demons bow to their authority.

Ayibob

-Papa Machete que gana todas las batallas

The Machete leads the way and defends all who follow.