

Sigung Clear - Clear's Bagua Intensive Online Course

Learn to Fight with Baguazhang

Clear's Bagua Intensive Online Course & DVD Series

- Instant Online Access
Start training right away.
- Q&A Forums
Ask questions, find training partners & discuss Bagua with other Clear's Bagua students, instructors & Sigung Clear.
- Bagua DVD Set
Instead of online access you can choose to receive a complete set of the Bagua Intensive DVDs.
- Learn to Fight
We don't waste time on complex forms & esoteric theory. You will learn to use Bagua for self defense against multiple attackers.
- Practical Instruction
Sigung Clear breaks down Bagua step by step so you can build skill quickly & effectively.
- Lifetime access from anywhere.
Study at home or on the go with your mobile device. Once you join you have ongoing access to the lessons & forums for as long as you wish to study Bagua.

Bonus: Single Palm Certification Package

- Introduction to Bagua – \$35
- Internal Combat Arts Vol. 3: Baguazhang – \$35
- Bagua Exercises – \$50
- Phase 1 Vol. 01: Open Hand – \$100
- Phase 1 Vol. 14: Multiple Attackers – \$100

Join the Bagua Intensive Program now, and gain access to this incredible program for FREE.

Under normal circumstances, private classes and instruction with Sifu Clear could cost as much as \$250/hr, but after studying the Single Palm Certification Course, you can call to schedule your own 2 hour test with us for FREE. With completion of the test and prerequisites, you will be awarded with certification to teach the

Baguazhang Single Palm Course, and intensive hands on-experience with Sifu Clear and his best students!

Training Includes:

- Learn Yi training to disorient the opponent and disrupt their balance.
- Learn to fight with Bagua's turning & spinning footwork against multiple opponents.
- In depth study of 90, 180, 270, 360, 540 & 720 degree spins and how to fight with them
- Learn to use the basic Bagua energies against multiple opponents. Including:
 - Floating Root
 - Whole Body Ball
 - Swimming Dragon
 - Hawk Soaring
 - White Cloud
 - Bear Body
 - Spiral
 - Predator
- Use your spins, arcs & circles to control a group of attackers
- Fighting application of different circle sizes & fighting ranges.
- Learn to destroy grabs, grapples, takedowns and tackles.
- Train your inner ear for stability while you're rapidly spinning and turning.
- How to escape from the center of a determined group of attackers.
- Specialty Palms
 - Poison Hand
 - Unbending arm & body
 - Spring arm
 - Short Power
 - Searching palm
 - Body Palms
 - Penetrating Palm
 - Whipping Palm (with whole body power)
 - Heaven & Earth Palm
- How to destroy jabs and cagey attackers with Searching Palm.
- Rise, Drill, Fall & Overturn.
- Offensive walking
- Make your legs as deadly and devastating as your hands with the kicks stomps and aggressive footwork of Bagua.
- Intro to Double Palm and Double Palm Change
- Kai (opening & closing)
- Techniques to increase your speed and your ability to control the space around you.
- Learn to fight from tight spaces and corners.
- Basics of Bagua knife and stick work

- Learn to combine all the skills taught in this course into a seamless fighting system.
- Learn the most effective way train these skills.

Sigung Clear – *Clear's Bagua Intensive Online Course*

Spiral Energy, Internal Power & Martial Fluidity at the Highest Level

Bagua Zhang is often shrouded in mystery—spoken of as the art of change, the spiral path, the elusive flow of combat. But in this comprehensive online training, **Sigung Richard Clear** demystifies the system and brings its powerful core principles into vivid, embodied clarity.

The **Clear's Bagua Intensive** is a deep-dive curriculum that combines internal martial mechanics, energy development, circular walking, and combative application—taught with a level of precision that makes even complex concepts profoundly accessible.

This is not surface-level movement. It's the art of **true internal cultivation paired with functional martial intelligence**.

What You Will Explore Inside This Course

This program is ideal for students of internal arts, martial artists seeking refined power, and anyone drawn to the elegant but deadly potential of Bagua.

Core Elements of the Intensive:

The Spiral Body Method

Learn to cultivate full-body spiraling through movement, structure, and intention. This principle powers Bagua's unique evasive and offensive capabilities.

Bagua Circle Walking and Internal Mechanics

Go beyond choreography. Discover how walking the circle reorganizes your fascia, breath, and energetic flow while preparing you for dynamic real-world movement.

Combat Strategy & Bagua Application

Train Bagua not as art-for-art's-sake, but as a practical, efficient fighting system. Sigung Clear breaks down entries, evasions, redirection, and explosive counter-strikes.

Power from Structure, Not Tension

Generate martial force through correct alignment, relaxation, and internal connection—without muscular strain or brute effort.

Energy Sensitivity & Nei Gong

Refine your awareness of subtle energy shifts within yourself and your opponent. Includes drills and guidance for building tangible, felt internal power.

Bagua for Longevity and Health

In addition to martial skill, this course teaches how Bagua supports deep wellness—improving balance, circulation, flexibility, and nervous system regulation.

Whether you're a dedicated martial artist or a seeker of internal mastery, this course offers a rare synthesis of principle and practice.

Who This Course Is Perfect For

- Martial artists interested in traditional internal systems with real-world application
- Tai Chi or Xing Yi practitioners looking to expand into Bagua with clarity
- Intermediate to advanced students seeking to deepen internal connection and control
- Individuals fascinated by energy work and body-mind integration
- Anyone ready to develop a martial path that supports both health and tactical skill

No matter your starting point, Sigung Clear provides tools to internalize the art—not just mimic its shapes.

About Sigung Richard Clear

Sigung Richard Clear is a world-renowned teacher of internal martial arts, with over four decades of experience in systems like Tai Chi, Bagua, Xing Yi, and Silat. His method is known for **cutting through mysticism and delivering direct, actionable results**—combining traditional lineage knowledge with modern clarity. Students worldwide respect his ability to make powerful internal skills both real and reproducible.

Why This Course is a Rare Opportunity

- **Reveals high-level Bagua without secrecy or confusion**
- **Combines martial effectiveness with internal energetic depth**
- **Accessible online—learn at your own pace, with guided progression**
- **Rooted in a proven, structured lineage taught by an experienced master**
- **Equally valuable for fighters, teachers, and internal energy seekers**

Move With Purpose. Strike With Spiral Power. Walk With Internal Awareness.

Clear's Bagua Intensive Online Course is a gateway into a **living, breathing martial system**—one that fuses circular motion, refined intent, and integrated energy into every step you take.