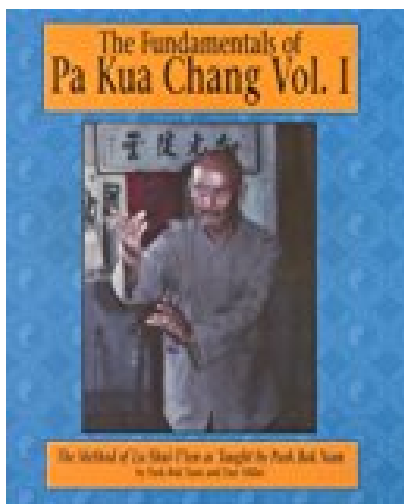


The Fundamentals of Pa Kua Chang Vol. 1



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BOOK SYNOPSIS

Pa Kua Chang is one of China's foremost internal martial arts, based on the pa kua or eight trigram symbol. In this book, world renowned pa kua chang master Park Bok Nam describes in detail the various components of pa kua chang's basic training as it was taught to him by the legendary master, Lu Shui-Tien. This book presents exercises which will help any martial artist improve footwork, body flexibility, internal energy circulation, and internal striking power.

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