

The Fundamentals Of Pa Kua Chang, Vol. 1 By Bok Nam Park

By Bok Nam Park

With over 45 years experience in Pa Kua Chang, Bok-Nam Park is one of He is the co-author of a two volume book set and videos on Pa Kua Chang titled "Fundamentals

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The Fundamentals of Pa Kua Chang: world reknowned pa kua chang master Park Bok Nam describes in detail the various components of pa kua chang's basic training

Fundamentals of Pa Kua Chan #02: This book begins where Volume One left off, increasing the reader's knowledge and understanding of pa kua chang footwork, palm

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The Fundamentals of Pa Kua Chang: The Methods of Lu Shue-Tien As Taught by Park Bok Nam.: 1

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