



Butterfly Pa Kua Chang (Paperback)

By Al Case

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This is the training manual from the original Monster Martial Art course! You are urged to get the accompanying video. Pa Kua Chang (Eight Trigrams Palm Manuevers) is considered one of the three internal sisters of the martial arts. It creates good health, a long life, and some of the best self defense moves in the world. Butterfly Pa Kua Chang is the matrixing of that art, which is to say that the art has become logical and scientifically correct. The unfortunate truth is that the simple concepts inherent in Pa Kua Chang have become somewhat akin to a Chinese fire drill. It has become an immense labyrinth of twining motions that is difficult to learn, to remember, and especially to apply (in a fight). With this course that all ends. The student is taken step by gradient step through the labyrinth, with the concepts becoming clearer and clearer, and easier and easier to apply. Students will be astounded at how quickly and thoroughly they can learn this unique and important style of self defense. The student is...



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