

= Chinese Gong Fu/Kung Fu =

# PA KUA CHANG



## Health

- Qi Gong/Chi Kung
- Meditation
- Breathing



## Self-Defense

- Physical Conditioning
- Fighting Principles
- Weaponry

氣功

## 2019 Summer Training Camp

功夫

Master Bok-Nam Park

June 12 - 16, 2019

= *Baltimore, MD* =

**LIMITED SPACE!**

**DEPOSIT REQUIRED - Nonrefundable!**  
**Food and Lodging provided.**

**For Information Call:**

**Master Bok-Nam Park**  
**(804) 839-6213**

= **Regular Classes Available** =

Richmond, VA - Catonsville, MD - Seattle, WA

▶ Check out new info on Master Park's Website: [www.pa-kua.com](http://www.pa-kua.com) ◀

### Ba Gua Zhang/Pa Kua Chang (Eight Diagram Palm)

is one of the primary internal systems of the Chinese martial arts. The origin of Ba Gua is uncertain and is a matter of continuing historical research. What is known is that the fundamental concepts, philosophy, and principles of Ba Gua were derived directly from nature. There are two important points to Ba Gua: **Health** and **Self-defense**. Both are essential elements to the full and complete development of the Ba Gua practitioner. Ba Gua integrates **Qi Gong (Chi Kung)**, **Meditation**, **Physical Conditioning**, and **Scientifically-based Fighting Principles** into a complete and comprehensive martial discipline. Perhaps best known for its distinctive "circle walking" training methods, Ba Gua is also renowned for its **highly evasive footwork**, **powerful palm strikes**, **snake-like body movements**, and **lightning-fast combinations**.

### Master Bok-Nam Park

is the **Senior Lineage Disciple** of **Lu Shui-Tian** of Shantung Province, China. He has written numerous articles for various martial arts publications and is the author of a two volume set of manuals and videos on Ba Gua Zhang/Pa Kua Chang entitled **Fundamentals of Pa Kua Chang**. Master Park has developed one of the most comprehensive training programs for learning Ba Gua. With over 50 years of experience in Ba Gua, Master Park is one of the most skilled practitioners and instructors alive today.

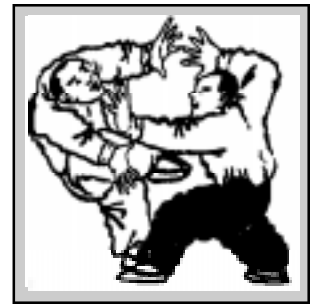


# = Master Bok-Nam Park =

## 2019

### Ba Gua Zhang

### Summer Training Camp



**DATES:** June 12 - 16 (Begins Wed 6/12 at 12 noon; Ends Sun 6/16 at 12 noon)

**Required:** - Bring a "wooden" broadsword and staff.

- Bring hand, elbow, knee, ankle pads. **Protective eyewear is required.**
- Bring your own pillow, sheets, and blankets

**LOCATION:** Oldfields School - Baltimore County, MD (Room and Board provided.)

**Notice:** No Smoking or Alcohol allowed on Campus.

**PRICES:**

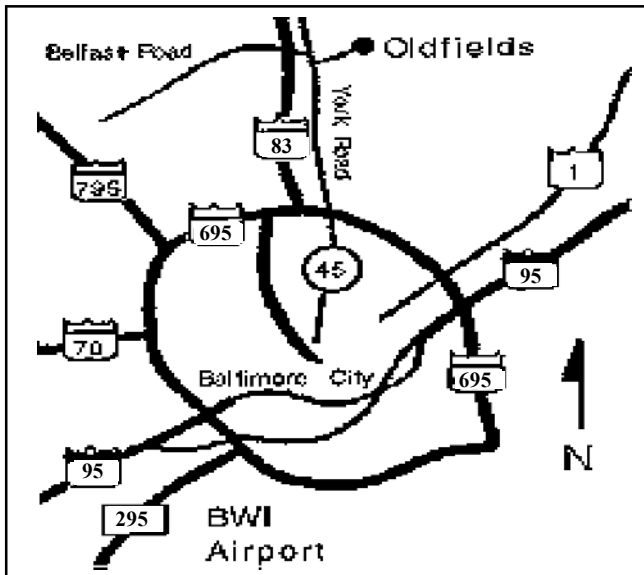
Student: \$820.00; (after 4/15, \$930.00)

Disciple: \$720.00; (after 4/15, \$830.00)

**Deadline for Deposit  
is April 15, 2019.  
Registrations accepted on a  
first-come/first-serve basis.**

**PAYMENT REQUIREMENTS:**

- Minimum 50% Deposit Required - Nonrefundable.
- Balance Due by the start of the Training Camp.



**IMPORTANT REGISTRATION DAY RULES**

- **DO NOT** enter Oldfields School property before noon.
- Wait quietly at the patio area until Greg or Frank arrive.
- **DO NOT** go to any rooms until they are assigned.
- **Failure to do this can result in expulsion from camp.**

**DIRECTIONS**

- Oldfields School is located approximately nine (9) miles north of the **Baltimore Beltway, I-695.**
- From the beltway, take **Exit 24, I-83 North.**
- Proceed to **Exit 24, Belfast Road.**
- Turn right at **York Road.**
- Take an immediate left onto **Lower Glencoe Road.**
- Proceed for one (1) mile.
- Turn right over a small bridge onto **Glencoe Road.**
- Proceed for one-half (1/2) mile.
- A **green oval sign** marks the entrance to **Oldfields School.**

**Clip and Mail To:** Master Bok-Nam Park; 1776 Rockledge Terrace; Woodbridge, VA 22192 -- (804) -839-6213

**2019 BA GUA SUMMER TRAINING CAMP REGISTRATION FORM**

Name: \_\_\_\_\_ Category: \_\_\_\_\_ Teacher: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

*Note: 50% Deposit Required - Nonrefundable; Balance Due by Training Camp.*

*Also: I understand that the Oldfields School does not allow any alcohol or smoking on campus, and will adhere to their regulations.*