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Martial arts seminar with pa kua master, bok- nam

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

The fundamentals of pa kua chang vol 2/training

The Fundamentals of Pa Kua Chang: Volume II, by Park Bok Nam&Dan Miller. The Fundamentals of Pa Kua Chang Volume II begins where the previous volume left off

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00:50:49 English Park Bok Nam The Fundamentals Of Pa Kua Chang Vol.1 Vol 1: World renowned pa kua chang master Park Bok Nam demonstrates the various components

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