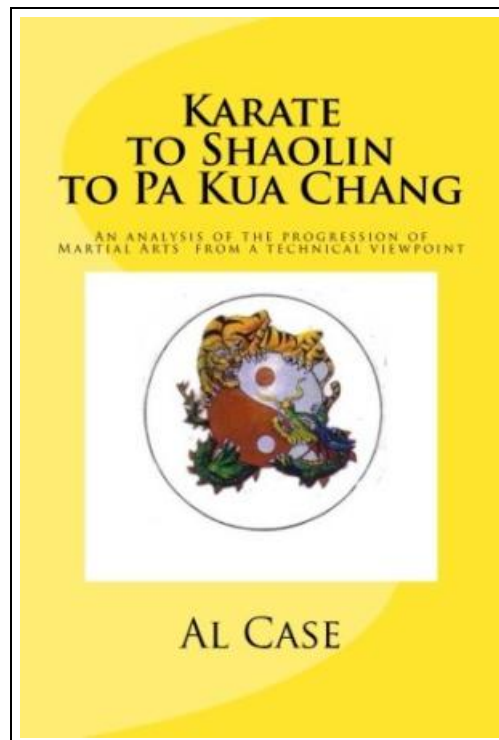


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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 126 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Karate to Shaolin to Pa Kua Chang contains three manuals containing training forms, two man forms, techniques, drills and other material. This is designed to take the student from the hard knuckles of Karate to the softer Chi Gung internal practices of Kung Fu. The books are not an esoteric blast of words, but rather concise forms and techniques. Thus, the student is encouraged not just to talk the talk, but to walk the actual path of martial arts progression. Further, the author being the creator of Matrixing, which is the first and only real science of the martial arts, the books are steeped in Matrixing. The third volume, Pa Kua chang, shows an actual matrix graph. About the Author: Al Case began studying the martial arts in 1967. He has studied Kenpo, Karate, Wing chun, Aikido, Tai Chi Chuan, Northern Shaolin, Southern Shaolin, Pa Kua Chang, various weapons, and more. He became a writer for the Martial Arts magazines in 1981, and had his own column (Case Histories) in Inside Karate. At present Al resides on a mountain top in Southern California where he is building a martial arts temple. This item ships from La Vergne, TN. Paperback.

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