

= Chinese Kung Fu =

PA KUA CHANG



Health

- Chi Kung
- Meditation
- Breathing



Self-Defense

- Physical Conditioning
- Fighting Principles
- Weaponry

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2006 Summer Training Camp

Master Bok-Nam Park

June 9 - 13, 2006

= Baltimore, MD =

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LIMITED SPACE!

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

For Information Call:

**Master Bok-Nam Park
(804) 794-8384**

= **Regular Classes Available** =

Richmond, VA - Catonsville, MD - Boston, MA - New York, NY - Chicago, IL - Seattle, WA

▶ Check out new info on Master Park's Website: www.pa-kua.com ◀

Pa Kua Chang (Eight Diagram Palm)

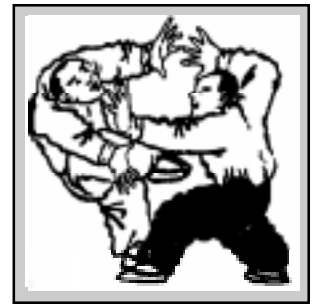
is one of the primary internal systems of the Chinese martial arts. The origin of Pa Kua is uncertain and is a matter of continuing historical research. What is known is that the fundamental concepts, philosophy, and principles of Pa Kua were derived directly from **nature**. There are two important components to Pa Kua: **Health** and **Self-Defense**. Both are essential elements to the full and complete development of the Pa Kua practitioner. Pa Kua integrates **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, Pa Kua 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 Pa Kua Chang entitled *Fundamentals of Pa Kua Chang*. Master Park has developed one of the most comprehensive training programs for learning Pa Kua. With over 42 years of experience in Pa Kua, Master Park is one of the most skilled practitioners and instructors alive today.



= Master Bok-Nam Park =
2006
Pa Kua Chang
Summer Training Camp



DATES: June 9 - 13 (Begins 6/9 at 12 noon; Ends 6/13 at 12 noon)
Required: - Bring a "wooden" broadsword and staff.
 - Bring hand, elbow, knee, and ankle pads.
 - Bring your own pillow, sheets, and blankets.

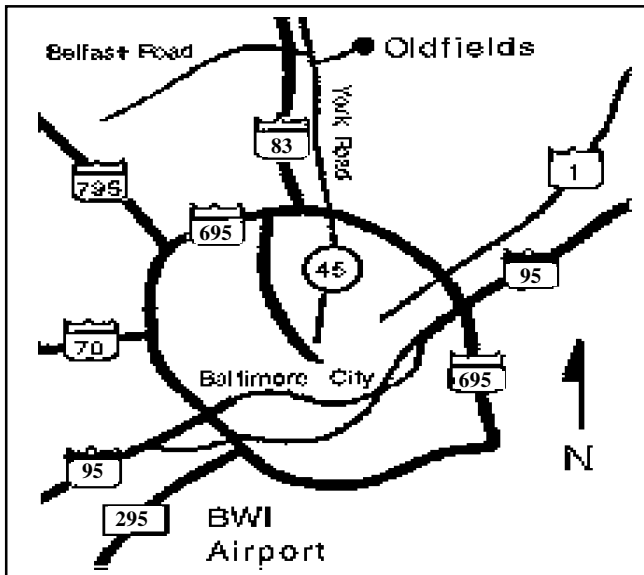
LOCATION: Oldfields School - Baltimore County, MD (Room and Board provided.)
Notice: No Smoking or Alcohol allowed on Campus.

PRICES: Call for Prices

Deadline for Deposit is March 31, 2006.
 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.
- Money Order or Cash Only -- No Personal Checks.



IMPORTANT REGISTRATION DAY RULES

- **DO NOT** enter Oldfields School property before noon.
- Wait quietly at the patio area until Greg Hatza arrives.
- **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; 472 Joshua Road; Stafford, VA 22556 -- (804) -794-8384

2006 PA KUA SUMMER TRAINING CAMP REGISTRATION FORM

Name: _____ Category: _____ Age: _____

Address: _____

Phone: _____ Amount Enclosed: _____

*Note: Payment must be by Money Order or Cash; 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.*