



Pa-kua: Eight-Trigram Boxing (Chinese Martial Arts Library)

Robert W. Smith, Allen Pittman

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This book outlines the history and techniques of Pa-kua—a style of boxing based on the eight (*pa*) trigrams (*kua*) of the *I Ching*.

This martial arts guide gives a thorough account of the philosophy behind the art. It also presents to the West for the first the orthodox style of the last Chinese Pa-kua master Wang Shu-chin. Described in great detail and fully illustrated are the basic techniques, the eight palm shapes, and the eight traditional methods of "walking the circle."

Guided by this easy-to-follow text, the student of Pa-kua can probe deeply into the hitherto hidden secrets of one of the most complete systems of self defense ever developed.

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