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## Bagua - A Means to an End

By Mike Patterson

Phk, United States, 2014. Paperback. Book Condition: New. 277 x 213 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mike Patterson has released his second offering in the internal martial arts genre. This time the spotlight is on the art of Baguazhang. This second book is again focused on covering the tactical theories, training methods and philosophy, this time of Baguazhang, as a martial art. A bit more information on the health/vitality and cultivation methods found within these disciplines has been included as well due to popular request. Shrfu Patterson is widely considered to be one of the foremost experts in the world on the internal martial arts. With over 42 years experience (at time of writing) as a successful fighter, coach and teacher, he has authored another masterpiece covering a broad range of the Baguazhang discipline. Relating once again viewpoints gained from immense experience gleaned from the crucible of continuous and true testing of internal martial arts tenets within full contact fighting venues. Shrfu Patterson has become known for in-depth knowledge of the mechanics, physics and kinetics that make these arts viable within real combat. And once again, he writes from his strengths with emphasis placed...



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