PA KUA

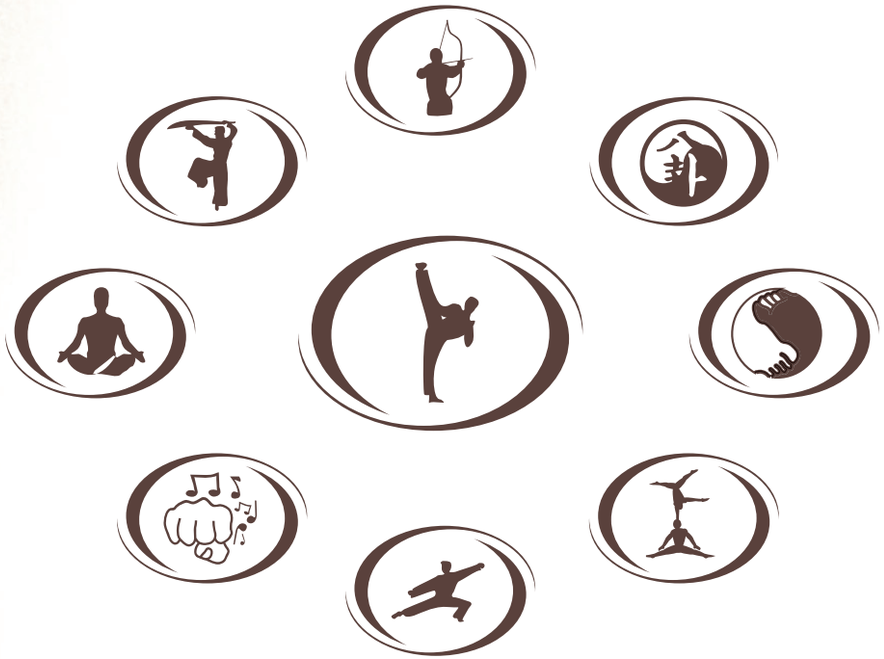
INTERNATIONAL LEAGUE

WWW.PAKUA.COM

MANUAL FOR STUDENTS

PA KUA

INTERNATIONAL LEAGUE



NAME OF THE STUDENT .....

START OF TRAINING .....

"Teaching is a fountain filled with splendours that will nourish and strength the spirit, when comes the time to move on to the next destination."

Master Magliacano

What is Pa-Kua?

Pa-Kua is an ancient Chinese knowledge based on the study of changes in nature. It's study and practice feature a variety of ancient concepts such as Yin Yang, Sky Man and Earth, the Five Elements, and the Eight States of Change.

A system of study was developed by the late founder of the Pa-Kua International League, Master Rogelio Giordano Magliacano (1943 – 2007), featuring a broad range of courses and disciplines catering to the specific interests of any student.

THE INTERNATIONAL LEAGUE

Master Rogelio Giordano Magliacano officially founded the Pa-Kua International League in 1976. Master Magliacano began his study of Asian martial arts in 1952 and achieved various high degrees in many disciplines. Two decades of martial practice fully prepared him for the study of Pa-Kua with Master I Chan Ming in the Far East, who later named him his successor. Master Ming felt that among his disciples, Master Magliacano was the only one who truly understood the Pa-Kua knowledge in its entire spectrum.

OFFICIAL WEB PAGE AND UPDATES

www.pakua.com
This is the official Pa-Kua website. It includes up-to-date information about the different Pa-Kua schools around the world, pictures, videos, and much more. You can also subscribe to the Pa-Kua newsletter, which includes news and updates, by sending an email to: **difusionmundial@pakua.com**

THE CURRENT PA-KUA LEADERSHIP

On October 27, 2006, Master Rogelio Giordano Magliacano gave the highest achievable degree of black belt to his most advanced disciple, Master Nicolas Dario Moyano, thus granting him the title of Superior Responsible Master. This put Master Moyano in charge of the Pa-Kua International League as its director, marking the end of one cycle and the beginning of another. This nomination coincided with the League commemorating its thirtieth years of existence.

In December 2010, Master Moyano, the Superior Responsible Master gave his student, Superior Master Fernando Sandri, the VIII° black belt level. He became the second Pa-Kua practitioner to achieve this top level. Today, both Masters are responsible for the direction and expansion of the Pa-Kua International League in the world.

Both Master Moyano and Master Sandri are always available to all Pa-Kua students and can be contacted at: maestro@pakua.com and sandri@pakua.com.

Grandmaster Rogelio Magliacano (1943-2007)
Founder of the Pa-Kua International League

Nicolás Moyano
Entitled Superior Responsable Master

Fernando Sandri
Entitled Superior Master

Pa-Kua classes and school activities

REGULAR CLASSES

for the various Disciplines

Regular classes held on a weekly basis and are usually under the care of an Instructor or Master. These classes follow a curriculum based on a Belt system. Each practitioner is taught in a manner that foster care toward other practitioners in a non-competitive environment.

Currently there are nine Pa-Kua Disciplines: Martial Art, Edged Weapons, Sintony (Chinese Yoga), Cosmo Dynamics, Archery, Pa-Kua Rhythm, Reflexology, Pa-Kua Energy and Acrobatics. A more detailed description of each of the disciplines can be found in further pages.

Regular classes are usually held in small groups. They last approximately fifty minutes, preceded by five minutes to get set and introduce the class, and conclude with five minutes of answers to questions and announcements.

CHILDREN'S REGULAR CLASSES

Children are separated into two age groups, 4 to 9 years old and 10 to 14 years old. They follow a slightly different progression than adult students when it comes to the curriculum and the time spent at each Belt level.

Parents are invited to attend any of the classes their child is participating in, provided they do not distract them or interfere with their performance. Parents' partnership and involvement in the Pa-Kua learning process is extremely important, hence we encourage parents to keep in touch with the Instructor responsible for their child as well as with the school's administrators. The Pa-Kua Association and the Responsible Masters are always available to receive comments and suggestions from parents.

PRIVATE CLASSES FOR THE VARIOUS DISCIPLINES

As an addition to the regular attended classes, and with the aim of offering more options to individual students, private classes are available to work on the student's specific subject of interest of. This will allow a student to make the most out of the Instructor's teaching experience. For information about cost and to schedule a class, please speak directly with your Instructor.

INSTRUCTOR'S CLASSES

These classes are designed for Instructors who wish to improve their teaching skills and acquire additional knowledge. For more information (costs, availability, etc.) please speak directly with the Responsible Masters.

SPECIAL CLASSES FOR THE VARIOUS DISCIPLINES

A Special Class targets a specific aspect or topic within a Discipline. These classes are scheduled either at the student's request or when the Instructor deems it necessary to the student's continued training.

COURSE TRAINING CLASSES

After the completion of any Course (explained in more detail below), students can participate in training classes that will reinforce and provide additional training of the material covered in the Course.

COURSES

In addition to the Disciplines, Pa-Kua International League offers a broad range of courses that cover specific topics. These courses enrich the student's Pa-Kua knowledge thus making his or her studies more comprehensive.

Courses are divided into levels and are taught by local or Itinerant Third Degree Masters or higher. Here are some of the courses:

Weapons: Long Stick, Short Stick, Nunchaku, Three-section articulated staff, Knife, Grand Sword, Throw Arms, Pa-Kua Jian, Tonfa, Sai, Cane and Archery.

Harmonization: Chien Chi Kua, Massages, Energy Pathways, Seasonal Movements, Tian Ling (Feng Shui), Personal Profile, and Nutrition.

Martial Art Courses: Circular Combat (Chuan), Free Fighting and Body-to-Body.

The Nine Disciplines

MARTIAL ART

Learn how to defend yourself in a practical and exciting manner.

Through the study of Pa-Kua Martial Art, students will develop their physical strength, while learning unique techniques employing pressure points, levers, throws, and more. Pa-Kua fosters the students' better understanding of themselves and of their surroundings. This is facilitated by the non-competitive manner of teaching, whereby students challenges only themselves and their personal abilities.

On and off the mat, every student will face his or her own limitations and fears, having to strive toward overcoming them without any comparison to other students. This philosophy allows students of all ages and background to practice Pa-Kua Martial Art.

The technical aspect of Pa-Kua Martial Art includes circular movements and the use of the opponent's strength against him or herself. A strong emphasis is placed on physical and mental balance, expressed through movements that are – according to the needs of a particular situation – both fluid and rigid, strong and slow. Each of the Eight Belt levels feature different aspects of Martial Art. When a Pa-Kua practitioner reaches the level of Black Belt, he or she is a complete warrior, confident in his or her abilities and of him or herself.

Benefits of the practice:

- Betters physical and mental strength
- Increases physical self-awareness
- Improves flexibility
- Improves self-esteem and self-confidence
- Strengths the character and personality
- Encourages the values of a warrior, such as honor, strength and courage

EDGED WEAPONS

Forge your character by learning Edges Weapons, and become a warrior!

The use of sharp edged weapons is an intrinsic part of human evolution and its struggle for survival. It has generated a fascination that has remained with us in modern times. In the Orient, following the „Way of the Sword" not only gave an individual status, but also offered an existence of increased self-discipline and control. It also gave the individual an understanding of life, resulting from the daily interactions with dangerous situations. An integral part of the Pa-Kua knowledge, the study of Traditional Ancient Chinese Weapons is a way of developing the individual's Inner Warrior, developing inner strength while physically strengthening the body. Discipline, self-confidence and courage are just some of the many benefits derived from studying combat with edged weapons. Working with swords enhances precision, depth perception, and coordination. Studying the way of the ancient warrior remains essential for us today. Through this study we develop faster reflexes and courage to overcome our day-to-day battles, thus facing the world as leaders who can overcome difficulties with strength and determination.

Benefits of the practice:

- Improves physical condition
- Develops perception and speeds up reaction time
- Betters body control
- Helps overcome fears
- Improves discipline and concentration
- Positively impacts personality development

COSMODYNAMICS

Relaxation and personal reflection with slow and harmonising movements.

For millions of years, man has observed the heavens and seasonal changes, looking for a better understanding of the world that surrounds us. Based on our observations, we adapted our living cycles to that of nature, learning to live in harmony with the forces of nature. However, with the advent of technology, men have somewhat lost this relationship, which has resulted in an imbalance in our lives and also in the environment.

It is therefore essential for us to return to the ancient knowledge of Cosmo Dynamics, also known as Pa-Kua Tai Chi, where students learn to live in sync with the Universe, as well as improve their inner strength and balance. The study incorporates slow and fluid movements which are used to relax and develop complete body control. With continued practice, the student will also learn self-defence techniques.

Benefits of the practice:

- Improves health
- Revitalises energy
- Relieves joint pains
- Reduces anxiety
- Increases serenity in day-to-day life
- Teaches self-defence techniques in a gentle and peaceful manner

SINTONY

Learn how to relieve stress, using the most varied and traditional techniques of Chinese Yoga.

In their constant search for answers, our ancestors realised that the key to understanding the Universe was self-study; achieving "Sintony" between themselves and the world around them. It is imperative, therefore, to work on harmonising our minds and body by practicing movements and meditations that strengthen this connection. In the Pa-Kua School, this study is called Sintony, also known as Chinese Yoga; a path to self-knowledge through stretches, poses, breathing techniques, and meditation.

Sintony promotes excellent physical conditioning; movements tone and strengthen the body developing muscle mass while burning calories. Specifically, stretching exercises increase the students' flexibility, and help prevent injuries, whilst meditations oxygenate the body and regulate the cardiovascular system. The students will also learn techniques to relieve stress and achieve a state of tranquillity in their day-to day activities.

Benefits of the practice:

- Controls stress
- Promotes relaxation and tranquillity
- Improves physical posture
- Greater stretching and flexibility
- Harmonisation of metabolism
- Muscle sculpting
- Helps confront and control the ego

RHYTHM

Perfect for weight loss and keeping fit in a fun and relaxed class.

Music and dance have accompanied human beings since ancient times. Sounds and vibrations generate various mental and physical effects, and therefore, have a great influence on us. This power has been utilised for multiple purposes, ranging from entertainment to spirituality, meditation to, even, preparation for combat. That study is an important source of knowledge that helps overcome our physical limitations. In the Pa-Kua school this is exemplified by Pa-Kua Rhythm, a combination of music and martial art.

Basic attacks using the legs and hands are combined to achieve velocity and explosion. Reflexes will improve through an exciting regimen with a partner, using the rhythm of music to get in tune one with another. Strength and physical stamina are improved through routines that use punching bag and gloves, also improving both movement and posture wile hitting. You will burn calories while learning the principles of martial art in a fun and high energy class.

Benefits of the practice:

- Weight loss
- Stress relief
- Endurance
- Improved coordination and core strength
- Harmonizes bio-rhythms
- Fun and relaxation to the rhythm of music

ACROBATICS

Come have fun practicing the challenging positions and movements of Chinese Acrobatics

Evidence of acrobatics exercises being practiced in China date prior to the Western Han Dynasty, 2500 years ago. During the Tang Dynasty, for example, acrobatics were part of the village harvest festivals. Nowadays, defying the laws of gravity continues to be an important part of the modern Chinese culture.

Pa-Kua Acrobatics is a class that develops your core strength, flexibility, and balance, working various muscle groups which are vital to the practice of postures and routines. A strong self-awareness develops and an acute mind/body connection occurs. Everything is taught according to the student's abilities, who slowly acquires the necessary strength and skills needed before progressing to the next level of training. When the student feels prepared, and by overcoming fears and doubts, he or she will gradually learn how to do handstands, cartwheels, one-handed cartwheels, one-handed handstands, butterflies, bridges, front walkovers, back walkovers, front handsprings, back handsprings, front flips, back flips, and much more. It is a fun activity for friends to work together, training elaborate balance movements that require support and cooperation.

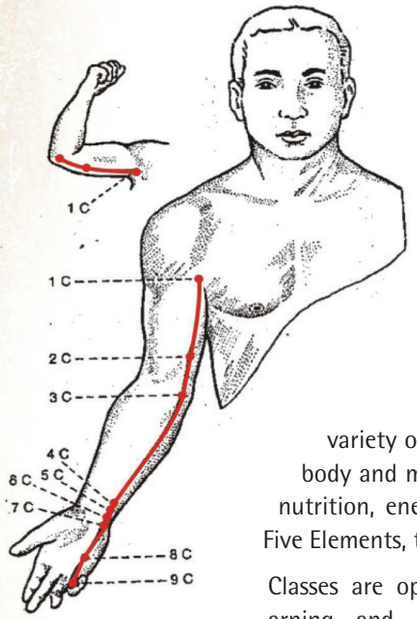
Benefits of the practice:

- Increases muscle mass
- Improves physical expression
- Helps control and overcome fears
- Improves physical and mental equilibrium
- Reduces shyness and increases self-confidence
- Increases confidence in group work

ENERGY

The art of the Energy Ways in classes full of knowledge and wellbeing

Traditional Chinese Medicine is one of the oldest healing arts and it's comprehensive classification of the human bioenergetics system is used worldwide. It not only uses effective methods of healing through acupressure and massages, but also offers therapeutic movements, study of nutrition, observations of daily habits, and identification of a person's disharmonies. Only through a holistic vision of the treatment can one reach the heart of the problem rather than treat symptoms. This comprehensive approach is the basic principle of the Pa-Kua Energy discipline, which teaches and trains in the traditional techniques of manipulation and study of the internal energy, in order to improve a person's overall health, strength and vitality.



The regular practice of Pa-Kua Energy includes a variety of techniques that improve the vitality of the body and mind. The student also acquires knowledge in nutrition, energy pathways, massages, the theory of the Five Elements, the concept of Yin Yang, and much more.

Classes are open to anyone who has an interest in learning and practicing these ancient techniques for better health and a longer life.

Benefits of the practice:

- Regulating the Energy Cycles
- Harmonisation of the metabolism
- Improvement of general condition of the body
- Increases energy and improves mental disposition
- Learn contemporary practical applications of Traditional Chinese Medicine

REFLEXOLOGY

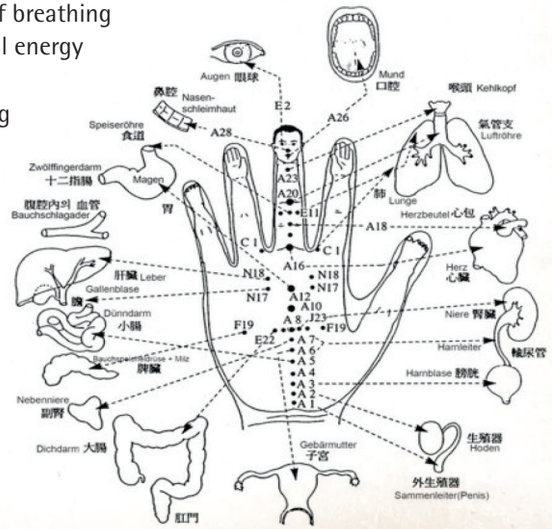
Learn massage techniques and energetic gymnastics that improve health

According to Reflexology's ancient Oriental philosophy there is an intrinsic relationship among all things, which is reflected in different levels. A small part of the body can influence the whole body, and vice versa. It can also serve as a map of its functioning. The study of those "micro-bodies" and their beneficial influences, in addition to other related exercises, are the basis of Reflexology classes in the Pa-Kua school.

Through the study of traditional and comprehensive techniques, reflexology accelerates the body's own healing process, helping it to return to a natural state of balance. In addition, it preserves our vitality and keeps stress at healthy levels. Those benefits are obtained through manipulations of the "micro-bodies" such as the feet, hands and ears. Learning how to stimulate those body parts with massages, can promote healing or prevent organ imbalances.

Benefits of the practice:

- Strengthens the body's immune system
- Increases flexibility
- Control and harmonization of breathing
- Harmonization of the internal energy
- Greater physical awareness
- Physical and mental wellbeing



ARCHERY

Only after you hold a bow and an arrow in your hands will you understand the magic of archery

Throughout the centuries wise men have looked for the deep meaning of our day-to-day life practices in order to have a better contact with ourselves: calligraphy, martial arts, the tea ceremony, the theatre... and archery was not the exception.

Many factors compose the "perfect shot" and they are mostly mental. The delicate equilibrium needed to release that shot, leads to achieving higher mental states. Many ancient Oriental philosophers devoted themselves to archery in search for those higher states of consciousness, known by many as illumination. That fostered a development of Chinese Archery which has maintained, through the ages, it's simplicity and beauty.

Breathing is also fundamental to the process. When it is kept stable and synchronized with the movements, the execution of the shot becomes easy and natural. The various shooting positions help develop a better understanding of the body, and gives the mind a better capacity for adapting to surrounding changes. That is the base of an extremely functional shooting style.

More information: www.arqueriachina.com

Benefits of the practice:

- Improves concentration
- Better physical and mental equilibrium
- Improvement in body posture
- Breathing development
- Relaxation

System and organization

EVALUATIONS

The International Pa-Kua League's educational system is based on the gradual progression of levels, closely monitored by several Masters. The ceremonial passage from one level to another (Belts) occurs through the Evaluation, which is unlike the Belt examinations found in other schools of Oriental knowledge. Before presenting him or her self to an Evaluation, the practitioner needs to fulfill certain requirements which include time of practice and study plan. But most importantly, he or she must undergo a personal development within the current belt.

To ensure the Evaluation's fairness, it is leaded by a Master other than the one responsible for the student's education, which is usually an Itinerant Master. The Evaluator undergoes training to effectively lead an Evaluation.

The are eight Belts: White, Yellow, Orange, Green, Grey, Blue, Red, and Black. From White to Grey belts, Evaluations occur every two to four months with the student having attended at least sixteen general classes per Belt. The student can participate in any available Evaluation at any time. The cost of receiving the next Belt, regardless of how many Evaluations were attended, is defined by the International Pa-Kua League. From Grey belt onwards, level passage requires the student to participate in a Seminar in addition to attending regular classes.

CHILDREN'S EVALUATIONS

The Evaluation system for children differs slightly from the adult system. In order to move up Belt, children are evaluated in two age groups: 4 to 9 year old, and 10 to 14 year old.

During the Evaluation they are assessed on their techniques, and also on their respectful behavior toward parents, instructors, and fellow students, both inside and outside the training facilities. A report is prepared before an Evaluation by the Instructor in charge, taking in consideration the progress and behavior of the student during general classes. At the Evaluation, the effort each child makes during the different activities and their progressive development of the techniques is taken into consideration. Helping children develop in general, gain self-confidence and enhance their general education is as important as their study of Martial Art techniques.

PA-KUA OPEN CLASSES

This is the most important event of the Pa- ua school worldwide, in which Pa-Kua practitioners - Masters, Instructors, students, their relatives, and guest - from all over the world, meet and share their experiences during a weekend in which all the Disciplines are practiced.
Pa-Kua practitioners from various parts of the world mount exhibitions demonstrating the various Pa-Kua Disciplines. The event culminates in a – usually – very large Martial Art class, punctuated by a Belt ceremony.
Currently, there are three Open Classes every year: in North America, in Europe, and the International Gathering in South America.
The main goal of the Open Classes is for the different members and students of the Pa-Kua school worldwide to get together, integrate, and socialise.

ITINERANCIES

The Pa-Kua International League monitors and regulates the manner and levels in which Pa-Kua is taught all over the world. This task is made possible by regular visits of Itinerant Masters to any part of the world where a representative of the Pa-Kua League is teaching.
Itinerant Masters perform Evaluations and can also teach Special Classes, Regular Seminars, Courses and other activities to any student who desires to take the opportunity to further their Pa-Kua knowledge.
In general, Itinerant Masters have extensive life and teaching experience, have visited numerous places, speak more than one language, and have undergone special teaching training.

UNIFORMS, ACCESSORIES, ETC.

It is of outmost importance that each student possesses a uniform and the accessories needed for training in a specific discipline. Accessories can be purchased directly on the school webpage:
www.pakuastore.com
Belts obtained during an Evaluation will be supplied by the Pa-Kua International League and sent to practice location of each student. The process takes a few weeks in order for the Administration to check all the data and to mail it. When the Belts, Patches and/or certificates are received, they will be presented to the students in the various classes within the shortest delays.

TRAINING OF INSTRUCTORS AND MASTERS

Teaching is perhaps the most complex and gratifying experience that a human being can be involved in. At the Pa-Kua International League we are constantly on the look out for individuals willing to dedicate them self to teaching and diffusing the Pa-Kua knowledge. For that purpose, since 1976, Pa-Kua has established a complete Teaching System, which, through the years has constantly been updated. This system has allowed for the expansion of the Pa-Kua School in sixteen countries.

Currently, there are two manners to achieve the level of Instructor, followed by the level of Master: either Regular Classes and Seminars, or Intensive Seminars. Training is adapted to the level of the student, according to the regulations issued by the Pa-Kua International League.

Training accreditations have international validity, thus allowing Masters to teach all over the world.

REGULAR SEMINARS

After achieving the level of Grey Belt - usually after training during a period of eight to twelve months - a student of the Pa-Kua International League can start teaching Regular classes to White Belts. This allows the student to start building his own student base.
In the beginning of his teaching career, the student will be under the supervision of his Master and of the Pa-Kua school. Progressively the student will develop the abilities to teach independently in a professional manner.
Pa-Kua Instructors and Masters are all trained to lead groups of students, and acquire the tools to do so independently. The Superior Masters will constantly provide supervision and support.

INTENSIVE SEMINARS

The Pa-Kua International League's Intensive Seminars are the right choice for those students who would like to deepen their knowledge. These seminars are designed for the modern man and woman, who work, study, and have little time for leisure activities, but nonetheless have and extreme curiosity and desire for personal growth and self-reflection.
The curriculum of this type of Seminar comprises of techniques, philosophy and training, adapted to the student's physical and mental needs. What makes these seminars so successful is that they are tailored for each student allowing him or her to not only learn faster but also develop particular areas of interest.
At present, the Intensive Seminars are the most direct manner to access to the Pa-Kua knowledge, and the fastest and most effective way of learning. They are also a starting point to pursue a teaching track in a professional manner.
Before an Intensive Seminar can begin, an email request has to be submitted to the Superior Masters.

Founder of the Pa-Kua International League, Grandmaster Rogelio Magliacano

Notes

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乾離
震兌
坎艮