

STUDENT MANUAL



INTERNATIONAL LEAGUE



STUDENT NAME

START DATE

*"Pa-Kua is a source of wealth;
our way of life; our way; developing,
nurturing and strengthening the spirit."*

Master Magliacano

What is Pa-Kua?

The knowledge of Pa-Kua is a fundamental pillar of Chinese philosophy and thought, based on our changing patterns of nature. Ancient scholars know that there is a pattern of seasonal movements on the planet, from which we create a knowledge of great philosophical content, with different objectives and applications. The Pa-Kua Pattern is made up of different, three-lined symbols, called Trigrams. Each line of the Trigram represents one of the three energy levels of the universe: Sky, Man, and Earth.

The study of the Pattern, the Trigrams and their combinations is the basis of the book, *The I-Ching*, which has had a huge influence on the thinking and development of Chinese culture for thousands of years. There are several schools, styles and activities that use fragments of Pa-Kua knowledge, with numerous disciplines and applications. The International League of Pa-Kua teaches this ancient knowledge using the system developed by its founder, Master Rogelio M. Magliacano (1943-2007).

THE INTERNATIONAL LEAGUE OF PA-KUA

Master Magliacano began his studies in the 1970's, with Master I Chang Ming, who lived in Korea. After obtaining his black belt, he was allowed to teach Pa-Kua knowledge to the general public.

Driven by the desire to pass on the knowledge to anyone who was willing to learn, the Master founded the International League of Pa-Kua in Argentina, in 1976, developing a teaching method that is the basis of the League today. In this way, he started the spread of knowledge in his country, slowly expanding to other cities and countries.

Today, the International League of Pa-Kua has hundreds of schools in several countries, such as Argentina, Brasil, Uruguay, The United States, Italy, Portugal, Spain, England, Germany, Switzerland, Boliva, Canada, Puerto Rico, and Israel.

THE SCHOOL DIRECTORS

On October 27, 2006, the Depository Master Responsible for the International League of Pa-Kua, Master Rogelio Magliacano, gave the degree of Senior Principal Responsible to Master Nicolàs D. Moyano, making him responsible for the direction of the International League of Pa-Kua, in the 30th anniversary of its foundation.

Today, Master Moyano and Master Sandri are responsible for the direction and growth of the International League of Pa-Kua in the world. Both Masters are always available to students, and can be reached via email:

Master Moyano, maestro@pakua.com, and Master Sandri, sandri@pakua.com.



Rogelio Magliacano (1943–2007)

Grand Master and Founder of
the International League of
Pa-Kua



Nicolas D. Moyano
Grand Master Responsible



Fernando M. Sandri
Grand Master

Evaluations

The education system of the International League of Pa-Kua is based on evaluations for the changing of belts, and is closely supervised by various Masters. Unlike other schools of oriental knowledge, Pa-Kua does not work with the idea of a competitive belt exam, but on the individual growth of each student. Before participating in an evaluation, the student must complete the appropriate practice time for the requirements of the belt.

To guarantee impartiality, the evaluation is not given by the student's direct teacher responsible, but by a Master evaluator, who is usually the same Master who comes during the Itinerancies. The Master evaluator has the experience and specific preparation to apply to the evaluations.

In the education system of Pa-Kua, 8 belts are given in an evaluation: white, yellow, orange, green, gray, blue, red, and black, in that order. From white to gray belt, the evaluations take place every 3 to 4 months. Between evaluations, the student must complete a minimum of sixteen regular classes per belt. At gray belt, it is necessary to participate in improvement seminars in order to go to the next belt.

CHILD EVALUATIONS - SPECIAL RULES AND PROCESS

The evaluation process for children is slightly different from that of adults. For this evaluation process, children are evaluated in two age groups: 4 - 9 years old and the other from 10-14 years old.

In addition to their technical development, the children will be evaluated on their behavior with parents, instructors, and peers on and off the mat (this is looked at both in the evaluation and regular classes), as well as their effort to participate in class activities, and the relative development of the activities (if the student can do techniques better than when they started, or better than when they received their previous belt).

Evaluating a child's development and education is as important to us as teaching technique or conduct.

CHILDREN 4 - 9 YEARS OLD

<u>BELT</u>	<u>MINIMUM TIME</u>
WHITE TO YELLOW	6 MONTHS
YELLOW TO ORANGE	6 MONTHS
ORANGE TO GREEN	6 MONTHS
GREEN TO GRAY	6 MONTHS
GRAY TO BLUE	8 MONTHS
BLUE TO RED	12 MONTHS
RED TO BLACK (NO DEGREE)	16 MONTHS

CHILDREN 10 - 14 YEARS OLD

<u>BELT</u>	<u>MINIMUM TIME</u>	<u>REQUIREMENTS</u>
BELT	MINIMUM TIME	<u>REQUIREMENTS</u>
WHITE TO YELLOW	4 MONTHS	—
YELLOW TO ORANGE	4 MONTHS	—
ORANGE TO GREEN	4 MONTHS	—
GREEN TO GRAY	4 MONTHS	—
GRAY TO BLUE	6 MONTHS	—
BLUE TO RED	8 MONTHS	—
RED TO BLACK (NO DEGREE)	10 MONTHS	--
BLACK (NO DEGREE)* TO 1° DEGREE	1 YEAR (MINIMUM 12 YEARS OLD)	MONOGRAPHY AND 4 IMPROVEMENT CLASSES
BLACK 1° DEGREE TO 2° DEGREE	2 YEARS (MINIMUM 14 YEARS OLD)	MONOGRAPHY AND 12 IMPROVEMENT CLASSES

ADULTS (OVER 15 YEARS OLD)

<u>BELT</u>	<u>MINIMUM TIME</u>	<u>REQUIREMENTS</u>
WHITE TO YELLOW	2 MONTHS	—
YELLOW TO ORANGE	2 MONTHS	—
ORANGE TO GREEN	2 MONTHS	—
GREEN TO GRAY	2 MONTHS	—
GRAY TO BLUE**	4 MONTHS	4 IMPROVEMENT CLASSES
BLUE TO RED**	6 MONTHS	6 IMPROVEMENT CLASSES
RED TO BLACK 1° DEGREE**	8 MONTHS	8 IMPROVEMENT CLASSES AND MONOGRAPHY
BLACK 1° DEGREE TO 2° DEGREE**	12 MONTHS	12 IMPROVEMENT CLASSES AND MONOGRAPHY

*Children do not receive a black belt with a degree. To reach the 1st degree, a monography (adapted for children) and a minimum age of 12 years are required.

**For these graduations, the evaluations are replaced by Seminars

Courses offered by the International League

COURSES

In addition to the regular classes, the International League of Pa-Kua offers a large number of optional courses. These courses enrich the knowledge of the student and allow for a more complete training in Pa-Kua.

The courses are divided into levels, and are taught by a 3rd degree Master that lives in the city or during visits from the itinerant Masters.

Body to Body
Cane
Chien Chi Kua
Circular Combat
Energy Ways
Free Fight
Grand Sword
Jian Sword
Knife
Long Stick
Massage
Nutrition

Personal Profile
Sai
Seasonal Movements
Section Staff
Short Sticks
Throwing Weapons
Tian Ling "Feng Shui"
Tonfa
Nunchuku
Urban Self Defense-against
others

TRAINING FOR INSTRUCTORS AND MASTERS

Beginning at gray belt, Instructors and Masters will continue their training, in order to teach and to advance to the next belt.

This training is determined according to the student's degree and happens through participation in Improvement and Belt seminars. The process is determined by time at the degree, number of regular classes (classes/hours) and the characteristics of the designed program corresponding to your graduation, as outlined by the International League.

INTENSIVE PROGRAMS AND SEMINARS

An option for students who want to further study the knowledge taught by the International League of Pa-Kua are intensive programs. These seminars were developed for the person who studies and works, with little time for leisure, but still wants to make time for personal growth and self-reflection.

The intensive programs include technical, philosophical and standard training classes, adapted to the development of each student. The measure of the success of these seminars is the speed the student learns, and the specialized, private classes, specifically designed for each student.

Itinerance

The International League of Pa-Kua always regulates and observes Pa-Kua teaching standards throughout the world. One of the ways this is possible is through the regular visits of itinerant Masters, who travel everywhere a representative of Pa-Kua teaches.

Itinerant Masters are able to teach various special classes, evaluations, seminars, improvement classes and many other activities. All interested students can participate and enrich their Pa-Kua Knowledge.

Itinerant Masters have extensive personal and teaching experience in Pa-Kua from various cities and countries. They are usually multi-lingual and have special training to teach courses. It is beneficial to participate in the itinerance!

General and Special Classes

REGULAR CLASSES

General classes in our disciplines are the foundation of the School's classes. They are held every week, under the supervision of an Instructor or Master responsible for the class. The disciplines are: Acrobatics, Archery, Martial Arts, Edged Weapons, Rhythm, Pa-Kua Chi, Tai Chi-Cosmodynamics, and Sintony-Chinese Yoga. A more complete description of each discipline is available at the end of this manual.

Regular classes are usually held in small groups, and last an average of 50 minutes, plus an extra 5 minutes for students to arrive, and another 5 minutes at the end, for questions or other information.

Make up classes will be decided by the school where each student studies, or directly, with their teacher.

REGULAR CLASSES FOR CHILDREN

Parents of children are encouraged to watch their classes, as long as they do not interrupt their child's training. Parent's participation in their child's teaching is very important; we suggest that parents maintain periodic contact with the teacher responsible for their child or children, and with the administrators of the school. The Pa-Kua International League and the Superior Masters are always available to receive comments and opinions from parents.

Younger students are considered children until they are 14 years old. Younger students have different rules and regulations than adults, especially when it comes to evaluations and advancing to the next belt.

PRIVATE CLASSES

As a compliment to regular classes, and in order to provide more options for students, we offer the opportunity to take private classes. The goal for these classes is to work on specific points of interest for the student, making the most of his or her Instructor's experience.

For more information on price and schedules, please contact your teacher directly.

SPECIAL CLASSES

Special classes have a specific objective or theme, and are usually taught by the Itinerant Master.

Special classes: In the special class, the goal is for the class to work on specific points of one of our disciplines, according the request of the student, or points the Itinerant Master considers important in the development of the student. During special classes held during an itinerance, students can meet a Master from a different country, and share some of their experiences.

Course training: After completing any course, the student can take additional training classes to reinforce and train in what they have learned.

Instructor classes: The International League of Pa-Kua offers training classes for all Instructors and Masters who wish to improve their teaching form and technique, gain new knowledge and tools to better teach their students. For more information (availability, cost, etc.), please speak directly to your Master.

Pa-Kua Open Classes

Throughout the year, the International League of Pa-Kua promotes major gatherings that bring together students of Pa-Kua from all over the world.

These gatherings, called the Pa-Kua Open Classes, take place three times a year: April for the North American classes, June for the European classes, and last in South America, to close the year, in December.

The goal of the Open Classes is to create the opportunity to bring students together to socialize and get to know each other. Over two days, students can take classes in all disciplines, attend diverse presentations, and exchange knowledge with people of different cultures and customs. Students should check with their school for more information.



Official Site

www.pakua.com

This website has updated information on our disciplines and the list of schools around the world.

Training materials and supplies

Pa-Kua Accessories were created exclusively for Pa-Kua students, to provide competitive prices and high quality training materials. It is important that each student has a uniform and accessories tailored to our practice. Accessories can be ordered directly from this website:

www.pakuastore.com

The Eight Disciplines



MARTIAL ART

LEARN HOW TO DEFEND YOURSELF IN A PRACTICAL AND EXCITING MANNER

Pa-Kua is one of the most complete Martial Art in the world, because it encompasses a huge range of combat techniques (foot, hand, elbow and knees, throws, levers, torsions, holds) in a non- competitive framework of respect and discipline.

In our classes, students do not get hurt or hit each other unnecessarily. But they learn to defend themselves in an implacable, effective and lethal way. In Pa-Kua Martial Arts, knowledge and technique overcome brute force and violence. Our Instructors and Teachers are trainers of character and people with discipline and mental strength.

Initially the student learns simple linear techniques for self-defense. At its most advanced levels, Pa-Kua's characteristic circular techniques are incorporated, which allows the practitioner to effectively face stronger and larger opponents, even if there is more than one.

THE BENEFITS OF THE PRACTICE

- Better physical and mental strength.
- Improved flexibility.
- Self-defense abilities.
- Increased physical self-awareness.
- Improved self-esteem.
- Better self-confidence.
- Values of a warrior: honor, strength and courage.





EDGED WEAPONS

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 Pa-Kua Edged Weapons, we train martial art with knives, sabers, swords and spears, developing order, courage and respect on the part of all practicing students.

These are the most disciplined and structured classes in Pa-Kua; this is necessary so that we can introduce ourselves to combat techniques with cutting weapons gradually and forcefully. We start with the curved saber and knives, advancing each time in the training of various weapons of greater technical complexity, such as the handling of the Jian sword, spear and others.

In this way we train the body and the mind, developing our capabilities to the fullest and obtaining greater self-control and discipline in a safe environment for practitioners.

THE BENEFITS OF THE PRACTICE

- Develops perception and reasoning speed.
- Increased discipline and concentration.
- Better coordination and body control.
- Overcoming our own fears.
- Positive impact on the formation of personality.





TAI CHI - COSMODYNAMICS

FOR MILLIONS OF YEARS, MAN HAS OBSERVED THE COSMOS AND SEASONAL CHANGES, LOOKING FOR A BETTER UNDERSTANDING OF THE WORLD AROUND US

Pa-Kua Tai Chi - Cosmodynamics is the study of the traditional forms (martial arts sequences) in a smooth and harmonious way.

Ideal for those who seek inner peace and outer self defense, in each weekly class we train and study different themes drawn from traditional forms, sequences of movements, breathing exercises and meditation (mainly meditation with movement).

In this way we will improve our physical condition with the repetition of slow movements, reduce stress and achieve a high level of introspection.

THE BENEFITS OF THE PRACTICE

- Improves health.
- Revitalizes energy.
- Relieves joint pain.
- Reduces anxiety.
- Increases serenity in the day.
 - Teaches self-defense techniques smoothly and peacefully.





CHINESE YOGA - SINTONY

LEARN HOW TO RELIEVE STRESS, USING THE TECHNIQUES OF CHINESE YOGA - SINTONY

The best of the ancient techniques of Chinese Yoga - Sintony and Quigong, applied to the practice of meditation exercises with body poses and breathing exercises.

In weekly classes, introspection and self- knowledge are experienced through the practice of poses that improve our physical strength and flexibility, improving our body and our thoughts.

The different meditation exercises help us focus, guide the energy and release stress to tune into ourselves to discover our true inner self.

THE BENEFITS OF PRACTICE

- Stress management.
- Relaxation and tranquility.
- Improved physical posture.
- Increased flexibility.
- Harmonization of metabolism.
- Muscle modeling.
- Meeting with the "I" and control of the ego.





RHYTHM

STAY FIT WITH A FUN AND RELAXED CLASS

Pa-Kua Rhythm is physical training through movements and martial techniques to the rhythm of music.

In the weekly classes, we practice strikes, blocks and other techniques taken from our martial arts form. By training aerobically and to the rhythm of the music we created a great form of physical training in a fun and entertaining way.

Pa-Kua Rhythm training is fun and intense, ideal for getting fit, losing weight and learning to defend yourself.

THE BENEFITS OF THE PRACTICE

- Warm-up with Instruction.
- Stretching and Preparation.
- Exercises of Rhythm with Partner.
- Sequence of Combinations of Kicks & Punches.
- Bag Exercises.
- Core Strengthening.





ACROBATICS

HAVE FUN AND LEARN TO OVERCOME PERSONAL LIMITS THROUGH THE PRACTICE OF CHINESE ACROBATICS

Pa-Kua Acrobatics offers a great opportunity for all people, regardless of fitness level or age, to learn incredible acrobatic techniques, as well as strengthen the body and lose weight in a fun way.

In the weekly classes, we will practice acrobatic exercises on the floor, increasing body strength, flexibility and balance. Join us and be a part of this group!

THE BENEFITS OF THE PRACTICE

- Increased muscle mass.
- Improvement in body language.
- Greater control of your fears.
- Greater control of your fears.
- Shyness decreases and increases self confidence.
- Developing confidence in group work.





PA-KUA CHI

EXPAND YOUR KNOWLEDGE OF THE ENERGY WAYS TO PROMOTE WELLBEING

Pa-Kua Chi is the study of the microbodies, which is each part of our body as a reflection of the whole, to perform harmonizing self-massage.

Pa-Kua Chi is the study of the more traditional techniques of energetic harmonization and manipulation from the East.

In the classes, we will perform a wide variety of movements of elongation and energy enhancement that will condition our physique, breathing exercises and meditation.

All these tools will allow us to harmonize in different ways, to improve our quality of life.

THE BENEFITS OF THE PRACTICE

- Improved Health.
 - Revitalized Energy.
 - Increased Productivity.
 - Improved Sleep Quality.
 - Joint pain Relief.
 - Reduced Stress.
- Learn the practical applications of Traditional Chinese Medicine in our day to day.





ARCHERY

THE TRUE ANCIENT CHINESE TRADITION OF THE BOW AND ARROWS

Learn, practice and enjoy the traditional techniques of intuitive eastern archery.

In the weekly classes we will study two principal points of archery: meditative and combat, thus developing the body and the mind.



Practicing meditative shots helps achieve a high level of introspection and reduces stress. With the training of combat archery, we make shots in various static and moving positions, increasing our strength and agility.

THE BENEFITS OF THE PRACTICE

- Improves the ability to concentrate.
- A physical and mental balance is achieved.
 - Improves posture.
 - Increased respiratory capacity.
 - Relaxation.

Notes

乾 坤

震 巽

坎 離

艮 兑



INTERNATIONAL LEAGUE

WWW.PAKUA.COM



Prefer the digital version of this manual. Nature thanks you.