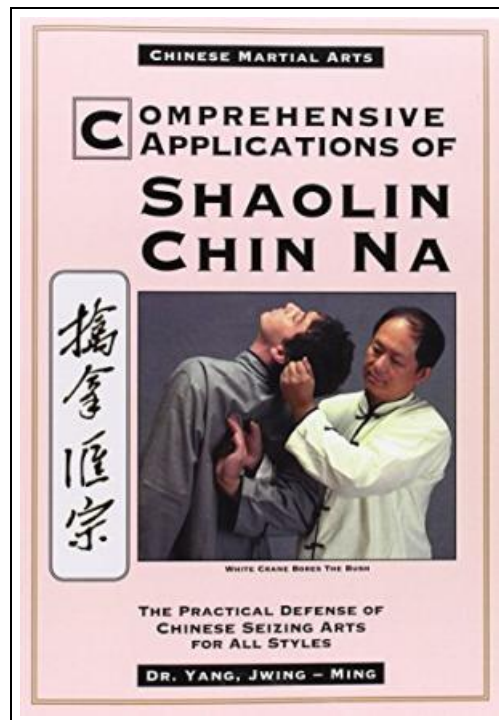


## Comprehensive Applications of Shaolin Chin-na: Practical Defense of Chinese Seizing Arts for All Styles



Filesize: 8.35 MB

### Reviews

*The ebook is simple in go through preferable to comprehend. Better then never, though i am quite late in start reading this one. Its been printed in an exceptionally simple way and it is simply right after i finished reading through this pdf in which in fact altered me, affect the way i believe.*

*(Prof. Corbin Hill)*

## COMPREHENSIVE APPLICATIONS OF SHAOLIN CHIN-NA: PRACTICAL DEFENSE OF CHINESE SEIZING ARTS FOR ALL STYLES

[DOWNLOAD PDF](#)

YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, Comprehensive Applications of Shaolin Chin-na: Practical Defense of Chinese Seizing Arts for All Styles, Jwing-Ming Yang, Quite a few books have been published on the subject of Chin Na (Qin Na), the proven seizing techniques of Chinese martial arts. However, most books focus on the introduction of techniques themselves, and contain very little or no discussion on application in actual combat situations. This seizing art has thus been confined to stage performances instead of real combat use. Although Dr. Yang has published other Chin Na books, both fundamental and advanced texts, he believes this work is necessary in order to make this art more complete and alive. Therefore, in addition to introducing many new techniques, this book is also laid out according to actual combat scenarios - for example, application of Chin Na when your opponent punches, grabs, kicks or attacks with a knife. This book presents an encyclopedia of over 375 chin na techniques. Techniques are presented in actual fighting scenarios. The material is organized by 'type of striking' and is very helpful in determining what techniques to use against various attacks. Effective application of chin na requires speedy execution of a block or yield, a set up, and then a properly selected technique. The book includes: Against bare hand attacks Against blocks Against kicks Against knife attacks Against grabbin.

[Read Comprehensive Applications of Shaolin Chin-na: Practical Defense of Chinese Seizing Arts for All Styles Online](#)[Download PDF Comprehensive Applications of Shaolin Chin-na: Practical Defense of Chinese Seizing Arts for All Styles](#)

## Relevant eBooks



### TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read Book](#)

»



### TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read Book](#)

»



### Of the Imitation of Christ

Whitaker House. PAPERBACK. Book Condition: New. 088368957X Feed My Sheep Books: A Family Ministry, Competing For YHWH Online Since 2001. Support the Assembly Before Buying Big Box-store Books. We Shrink Wrap & Carefully Package Your...

[Read Book](#)

»



### A Sea Symphony - Study Score

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 324 pages. Dimensions: 9.6in. x 6.7in. x 0.7in.Vaughan Williams conducted the first performance of his great choral symphony on his 38th birthday, October 12, 1910, at the...

[Read Book](#)

»



### Ne ma Goes to Daycare

AUTHORHOUSE, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is about a little biracial (African American/Caucasian) girl s first day...

[Read Book](#)

»

**Mom Has Cancer!**

Barron's Educational Series. Paperback / softback. Book Condition: new. BRAND NEW, Mom Has Cancer!, Jennifer Moore-Mallinos, Marta Fabrega, The sensitively written " Letas Talk About It Books " encourage preschool-age and early-grades children to explore

[Save](#) [Document](#)

»

**Accused: My Fight for Truth, Justice and the Strength to Forgive**

BenBella Books. Hardback. Book Condition: new. BRAND NEW, Accused: My Fight for Truth, Justice and the Strength to Forgive, Tonya Craft, Mark Dagostino, This is the true story of a woman who prevailed against the

[Save](#) [Document](#)

»

**Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselves By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625)**

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now

[Save](#) [Document](#)

»

**The new era Chihpen woman required reading books: Chihpen woman Liu Jieli financial surgery(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2012-05-01 Pages: 247 Publisher: Jilin Publishing Group title: new era Chihpen

[Save](#) [Document](#)

»

**Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age**

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video

[Save](#) [Document](#)

»