



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

By Jwing-Ming Yang

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...

[DOWNLOAD](#)



 [READ ONLINE](#)
[3.88 MB]

Reviews

This publication is very gripping and exciting. Better than never, though I am quite late in start reading this one. I am very happy to inform you that here is the finest pdf I actually have read inside my very own daily life and could be the greatest publication for actually.

-- Dayana Aufderhar

A fresh eBook with a brand new standpoint. It can be really exciting through looking at period of time. I am delighted to inform you that this is the greatest book I have read through during my individual existence and may be the very best publication for ever.

-- Era Thompson

Other PDFs



[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 Youth Pre-employment Training software download generated pictures...



[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 Youth Pre-employment Training software download generated pictures...



[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 Order & Quickly Ship It. - Jer....



[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 Leeds Music Festival. The work was well...



[Ne ma Goes to Daycare \(Paperback\)](#)

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 of daycare and preparing her for kindergarten....



[Magnificat in D Major, Bwv 243 Study Score Latin Edition](#)

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 70 pages. Dimensions: 9.8in. x 7.2in. x 0.3in.Bach composed the first version of this piece in 1723 using the key of E-flat major for the Christmas Vespers in Leipzig which contained several Christmas texts....