



## Analysis of Shaolin Chin Na: Instructors Manual for All Martial Styles (Paperback)

By Jwing-Ming Yang

YMAA Publication Center, United States, 2004. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. This book explores Shaolin Chin Na by presenting 150 techniques with detailed instructions for teaching yourself. Chin Na (Qin Na) is one of the four major fighting categories in all Chinese martial styles. The four categories are: \* kicking (Ti)\* Striking (Da)\* Wrestling (Shuai)\* Seize-Controlling (Na) Joint lock Chin Na techniques can be effectively used against an opponents grabbing attacks as well as against wrestling. Pressing and striking Chin Na can be used to seal the opponents breathing, vein/artery, or Qi circulation, which can cause severe pain, numbness, unconsciousness, or even death. Most of Chin Na can be learned easily and be adopted into any martial style. Chin Na has been known as the root of the Japanese arts of Jujitsu and Aikido, and practitioners can use the study of Chin Na to increase their understanding of the theory and principles of their own arts. In this new edition. \* Old Chinese spelling system has been replaced by the new academic Pinyin system.\* Chinese characters are included in the text.\* New information has been added whenever it will help the reader.\* Old...



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