

## ***Chin Na The Grappling Art Of Self Defense***

Willy Lin follows his first successful chinna book with advanced information and illustrations on how to counter the most common street attacks with this gentle art.

In the Chinese language, chin na roughly translates into two words: "chin"-to seize, and "na"-to control. Thus, the major purpose of chin na is to quiet or stop an aggressive action without maiming or injuring to a serious extent. As a result, chin na relies on grasping, pressing and unnaturally twisting the sensitive parts of an opponent's body such as nerves, muscles, and joints.

First published in 1936, this work represents primary source material of ancient combat techniques designed in a time of occupation and war, when the threat of lethal hand-to-hand combat was an ever-present reality for soldiers, those involved in law enforcement, and very often for the ordinary citizen. This is the seminal work in the field, written by the form's founders, Liu Jinsheng and Zhao Jiang, as a

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training manual for the Police Academy of Zhejiang province. The intent of this translation is to provide authentic historical documentation for martial arts techniques that have been modified for use today in both competition and self-defense. Submission grappling is a technique in which fighters use locks, chokes, and breaking techniques to defeat their challengers in no-holds-barred matches. Chi Na Fa remains the most comprehensive explanation available of these Chinese grappling techniques, from which derive many current techniques. Renowned author and Brazillian jiu jitsu champion Tim Cartmell presents the book in a clear, compelling new translation.

Exotic Combat Systems from All Cultures

Wing Chun Kung-fu Volume 1

Traditional Chinese Submission Grappling Techniques

Chinese Grappling

Instructor's Manual for All Martial Styles

***This book explores Shaolin Chin Na by presenting 150 techniques with detailed instructions for teaching yourself.***

**-- A "sleeper" worldbook that has just continued to sell and sell. --  
Martial arts are applicable to every sort of campaign...fantasy, SF, or  
modern! -- Detailed discussions of over 50 different fighting styles.  
Focuses on the use of joint locks, cavity presses and bone  
misplacement to subdue any aggressor.**

**Shaolin Chin Na**

**Training Methods of 72 Arts of Shaolin**

**A Historical Survey**

**Hung Gar Kung-Fu**

**Chin Na Fa**

*Introducing a new scientific approach to Wing Chun kung-fu, this book gives a clear and detailed exposition of once closely guarded techniques. Rejecting the secretive approach that characterizes much of martial arts writing, the author draws upon biomechanical theory to explain logically and scientifically how the techniques of Wing Chun kung-fu work. After an explanation of the theory behind the various Wing Chun moves, the reader is led step-by-step through each of the forms. Chi gerk and chi sao, the Wing Chun sticky-hand and sticky-leg techniques, are explained and liberally accompanied by 183 photographs detailing the important moves. An additional section devoted to weight and power training for the martial artist makes this book invaluable, not just for those interested in Wing Chun kung-fu, but for practitioners of any martial art.*

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*Former national judo champion Hayward Nishioka explores the three major areas of foot throws and their many applications. Basic and effective sweeps, reaps, and wheels are covered.*

*This extensively illustrated primer is the first English edition of Sun's classic 1919 book which explores both the theory and practice of the style, with emphasis on movements and postures. Tim Cartmell's translation provides both a standard by which practitioners can judge themselves and valuable information relevant to all versions of taijiquan. Tim Cartmell has done the American Taijiquan community a great service translating Sun Lutang's books into English.*

*Chin-Na*

*Art of Seizing and Grappling*

*The Seizing Art of Kung Fu*

*Shaolin Chin Na Fa: Art of Seizing and Grappling*

*The Seizing Art of Tai Chi Chuan*

**The book "CHIN NA FA" was written by Liu Jin Sheng in collaboration with Zhao Jiang. The first edition of the book was issued in July of 1936 as a manual for the Police Academy of Zhejiang province. The book was printed by the publishing house Shan Wu in Shanghai..".If you are in command of this technique, you can sway the destiny of the enemy. You can kill your enemy, cause unbearable pain, tear his muscles and sinews, break his bones or make him unconscious for some time and completely disable him to resist. Even a woman or a physically weak man who mastered this technique can curb a strong enemy. This technique**

***demands deftness and skill, not brute force. It is necessary to train oneself daily to make the body flexible and nimble, but "hardness" must be hidden inside this "softness."/Author Liu Jin Sheng.The Police Academy of Zhejiang province.1-st of May of the 24-th year of the Chinese Republic (1935)/***

***The exploration of these hidden Chin Na techniques return to Taiji its lost martial essence.***

***The Hung system is one of the most popular styles of Siu Lum Temple Boxing in China, and this book present the facts behind this ancient art.***

***The Practical Defense of Chinese Seizing Arts for All Styles***

***The Seizing Art of Taijiquan***

***Shaolin Chin Na Fa: Art of Seizing and Grappling. Instructor's Manual for Police Academy of Zhejiang Province (Shanghai, 1936)***

***Practical Chin Na***

***Shaolin Chin Na Fa***

The book "CHIN NA FA" was written by Liu Jin Sheng in collaboration with Zhao Jiang. The first edition of the book was issued in July of 1936 as a manual for the Police Academy of Zhejiang province. The book was printed by the publishing house Shan Wu in Shanghai. "...If you are in command of this technique, you can sway the destiny of the enemy. You can kill your enemy, cause unbearable pain, tear his muscles and sinews, break his bones or make him unconscious for some time and completely disable him to resist. Even a woman or a

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physically weak man who mastered this technique can curb a strong enemy. This technique demands deftness and skill, not brute force. It is necessary to train oneself daily to make the body flexible and nimble, but "hardness" must be hidden inside this "softness." /Author Liu Jin Sheng. The Police Academy of Zhejiang province. 1-st of May of the 24-th year of the Chinese Republic (1935)/ 150 fast and effective joint locks and cavity strikes. Includes fundamental training.

Chin-na is one of the most convenient of the martial arts to study. It requires no great amount of practice space and no special or protective clothing or devices. It does, however, require a reliable practice partner. Training by oneself produces no true progress, only a false sense of confidence. Two or more practice partners is even more advantageous. The greater the variety of the partners, the more experience the student will gain and the quicker and more completely the techniques will be mastered.

Inside Kungfu: Chinese Martial Arts Encyclopedia

GURPS Martial Arts

Taiji Chin Na

Tai Chi Chin Na

Foot Throws

Tai chi chin na will help you include martial art grappling skills in your tai

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chi training. This book provides a solid and practical approach to learning specific techniques that flow from each movement, the proper hand forms to use when striking or pressing cavities, and the locations for targeting cavities on the body.--

Inside Kungfu: Chinese Martial Arts Encyclopedia is intended to serve as a general reference tool for anyone interested in the martial arts, its history, or even China's history. The book takes a look "Inside" Chinese Martial Arts only, with a chart devoted to Chinese, Japanese and Korean pronunciation; A section about China's Martial History; A section about the Shaolin Temple History; Information about the Beijing Opera; Information on several martial arts from A to Z totaling around 363 styles; Information on over 110 weapons used throughout China's history, and much, much more. Including dynamic pictures and illustrations by myself and even a little information about yours truly. It is my love, respect and admiration for the martial arts that has inspired me to write this book in hopes that, you, the reader, enjoys learning the facts and history as much as I did; and maybe, inspire you to take a wonderful journey in the martial arts training of your choice if you have not already done so.

Chinese GrapplingT'ien Shan P'ai CHIN-NA, the Grappling Art of Self-

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DefenseBlack Belt Communications

Karate, Judo and Self-Defense

The Grappling Art of Self-Defense

T'ien Shan P'ai CHIN-NA, the Grappling Art of Self-Defense

Chin Na in Ground Fighting

Kempo-Jitsu Pre 1900 Martial Art

*Quotes from the masters: Ken Melbourne has connected many of the old techniques to new problems, to find new solutions for self defense. Sifu Winchell Ping Chiu Woo Grandmaster, Hung Gar Fu Hok President, International Brotherhood of Chinese Martial Artists Ken Melbourne is the real thing! Sensei Alan Cunningham - 10th dan, Taiho Jitsu President, American Taiho Jitsu Association Ken Melbourne is a Martial Arts genius! He is in the top ten martial artists I know! O-Sensei Philip S. Porter - 9th dan Judo President, United States Martial Arts Association Ken Melbourne can add real applications to anyones art! Sensei Kenneth Miarecki - 9th dan - Sen-I Ryu Budo Vice President, North American Grandmasters Council I would be indeed disappointed to learn that any of my followers had acquired the strength and skill to wrestle and then assumed the part of a bully. For a bully is at heart a coward. Earle Liederman (1886 1970) Taken from his book (1923) entitled: The Science of Wrestling and The Art of Jiu-*

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*Jitsu Some cause happiness wherever they go, others whenever they go. Oscar Wilde (1854 1900)*

*In this book, Zhao Da Yuan, the chief martial arts instructor at the China People's Police Officer Academy in Beijing, China, combines the secrets of both the internal and external schools of Chinese martial arts to bring the reader an in-depth study and analysis of the art of chin na. Chin na specializes in the striking and seizing of vital points, grasping of tendons and blood vessels, and the locking of joints. Every major martial art in China utilizes the techniques of chin na and thus it is said that "chin na represents the essence of Chinese martial arts." This book is a must for all those interested in the essence of Chinese martial arts and those who wish to learn and incorporate joint locking and throwing techniques into their existing systems.*

*Secret training manuals, magic swords, and flying kung fu masters—these are staples of Chinese martial arts movies and novels, but only secret manuals have a basis in reality. Chinese martial arts masters of the past did indeed write such works, along with manuals for the general public. This collection introduces Western readers to the rich and diverse tradition of these influential texts, rarely available to the English-speaking reader. Authors Brian Kennedy and Elizabeth Guo, who coauthor a regular column for Classical Fighting Arts magazine,*

*showcase illustrated manuals from the Ming Dynasty, the Qing Dynasty, and the Republican period. Aimed at fans, students, and practitioners, the book explains the principles, techniques, and forms of each system while also placing them in the wider cultural context of Chinese martial arts. Individual chapters cover the history of the manuals, Taiwanese martial arts, the lives and livelihoods of the masters, the Imperial military exams, the significance of the Shaolin Temple, and more. Featuring a wealth of rare photographs of great masters as well as original drawings depicting the intended forms of each discipline, this book offers a multifaceted portrait of Chinese martial arts and their place in Chinese culture.*

*Chinese Martial Arts Training Manuals*

*Instructor's Manual for Police Academy of Zhejiang Province (Shanghai, 1936)*

*Analysis of Shaolin Chin Na*

*Vol. 2: the Flow of Combat*

*Black Belt*

*Devoted to the most enigmatic and little-known aspect of training of Shaolin monks. Training methods allow supernatural abilities to develop, far beyond abilities of an ordinary man. The book was written with the blessing and direct participation of the Head of the Shaolin Monastery Reverend Miao Xing, nicknamed "The Golden Arhat," one of the*

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*best Shaolin fighters of all times. These secret practices traditionally called "72 arts of Shaolin" or the essence of the Shaolin Combat Training.*

*The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.*

*For intermediate and advanced students, seizing techniques applied in real combat scenarios.*

*Authentic Shaolin Heritage*

*A Study of Taijiquan*

*Comprehensive Applications of Shaolin Chin Na*

*Principles, Theory and Submission Holds for All Martial Styles*

*Basic Forms & Principles*