

Comprehensive Applications of Shaolin Chin Na: The Practical Defense of Chinese Seizing Arts for All Styles (Qin Na : the Practical Defense of Chinese Seizing Arts for All Martial Arts Styles)

By Yang Jwing-Ming

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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 grabbing

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- Sales Rank: #325821 in Books
- Brand: Yang, Jwing-Ming
- Published on: 1996-02-27
- Original language: English
- Number of items: 1

- Dimensions: 10.02" h x 1.09" w x 7.13" l, 2.00 pounds
- Binding: Paperback
- 448 pages

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Editorial Review

Review

"This is a unique and unusual reference which will prove invaluable to any involved in martial arts: a survey of Chinese seizing styles which covers both new techniques and traditional combat scenarios. In addition to written descriptions of the techniques, there are numerous step-by-step black and white photos which prove invaluable for illustration. Highly recommended." (*Midwest Book Review*)

About the Author

Dr. Yang, Jwing-Ming is a renowned author and teacher of Chinese martial arts and Qigong. Born in Taiwan, he has trained and taught Taijiquan, Qigong and Chinese martial arts for over forty-five years. He is the author of over thirty books, and was elected by Inside Kung Fu magazine as one of the 10 people who has "made the greatest impact on martial arts in the past 100 years." Dr. Yang lives in Northern California.

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