

BY YANG JWING-MING

SHAOLIN CHIN NA

THE SEIZING ART OF KUNG-FU



Shaolin Chin Na

Yang Jwing-Ming



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Shaolin Chin Na Yang Jwing-Ming, 2024-10-02 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 *Shaolin Chin Na Fa: Art of Seizing and Grappling. Instructor's Manual for Police Academy of Zhejiang Province (Shanghai, 1936)* Liu Jin Sheng, 2007-05 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 **Shaolin Chin Na Fa. Art of Seizing and Grappling** Liu Jin Sheng, Andrew Timofeevich, 2008-12-15 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 Liu Jin Sheng The Police Academy of Zhejiang province 1 st of May of the 24 th year of the Chinese Republic 1935 If two outstanding fighters encountered in a combat like a tiger against a tiger the outcome of the combat depends on a measure of skill in CHIN NA He is in the process of transforming so do I closely

following him Blows and grips follow continuously without a moment's respite You see an opening and needle your way into the vulnerable spot clear a passage and rush forward SHAOLIN QUAN SHU MI JUE Secret Directions for Shaolin Pugilistic Art Peking 1915 *Taiji Chin Na* Jwing-Ming Yang,1995 The exploration of these hidden Chin Na techniques return to Taiji its lost martial essence Shaolin Chin Na Fa Liu Jin Sheng,2008 *Shaolin Chin Na Fa* Jinsheng Liu,2007 *SHAOLIN CHIN NA FA* ANDREW. SHENG TIMOFEEVICH (LIU JIN.),2008 **Black Belt** ,1988-09 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 martial arts figure in the world *Tai Chi Chin Na* Jwing-Ming Yang,2014 Tai chi chin na will help you include martial art grappling skills in your tai 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 **Rising Ki: Tai Chi Chin Na's Secrets Unveiled** Pasquale De Marco,2025-04-25 Embark on a transformative journey into the world of Tai Chi Chin Na an ancient martial art that combines self defense techniques internal energy cultivation and philosophical insights This comprehensive guide unveils the secrets of Tai Chi Chin Na providing a step by step exploration of its principles techniques and applications Within these pages you will discover the essence of Tai Chi Chin Na learning the fundamental techniques of joint locks pressure points throws and escapes Gain a deep understanding of how to control and subdue an opponent mastering the art of self defense Explore advanced principles such as blending and transitioning between techniques leveraging body mechanics for maximum efficiency and adapting to different opponents Unravel the rich history and evolution of Tai Chi Chin Na tracing its roots in ancient China to its spread across the globe Learn about the role of Qi or internal energy in Chin Na and how to cultivate and harness this energy to enhance your techniques Discover the profound connection between Chin Na and meditation and how this practice can enhance your focus awareness and martial arts skills Delve into the philosophical underpinnings of Tai Chi Chin Na exploring the code of conduct for practitioners and the pursuit of harmony and self awareness Gain insights into the art of teaching and learning Chin Na understanding the importance of a qualified instructor and creating a supportive learning environment Whether you are a seasoned practitioner or a newcomer to the art this guide will enrich your knowledge and deepen your appreciation for this remarkable martial art With clear explanations detailed illustrations and practical exercises you will gain a comprehensive understanding of Tai Chi Chin Na empowering you to apply its techniques effectively in both self defense situations and martial arts competitions Join the ranks of those who have mastered the art of Tai Chi Chin Na and unlock the secrets of this ancient art Let the wisdom of the masters guide you as you explore the depths of this martial art enhancing your skills expanding your knowledge and cultivating a deeper connection to your inner self If

you like this book write a review on google books *Chin Na Fa* Jinsheng Liu,Jiang Zhao,2007-07-10 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 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 Brazilian jiu jitsu champion Tim Cartmell presents the book in a clear compelling new translation **Digital Video Editing with Final Cut Express**

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emphasizes joint locks limb manipulation and grappling techniques The literal translation of Chin Na is capture and lock or seize and control Chin Na teaches practitioners how to manipulate joints and exploit the body's weak points in order to incapacitate or control an opponent To gain control or submission techniques consist of grabbing twisting pressing and striking specific locations on the body Numerous varieties of traditional Chinese martial arts including Shaolin Kung Fu Tai Chi Chuan and Baguazhang incorporate Chin Na techniques In these systems it is frequently instructed as an additional skill in coordination with striking and kicking techniques An awareness of anatomy and leverage as well as accurate coordination and sensitivity are essential for the practice of Chin Na In addition to physical strength finesse and technique are crucial components Chin Na has garnered recognition and admiration from adherents of contemporary combat sports and self defense systems alike owing to its efficacy in situational defense and close combat

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