

Chin Na In Ground Fighting: Principles, Theory And Submission Holds For All Martial Styles By Al Arsenault

By Al Arsenault

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C. J. Hardman "C.J. Hardman" (San Diego, CA USA) Chin Na in Ground Fighting: Principles, Theory and Submission Holds for All Martial Styles: by Al Arsenault

Instructors Manual for All Martial Styles by 16 Chin Na In Ground Fighting: Principles, Theory And Chin Na Theory and Submission Ho By Al Arsenault,

Product Description. Chin Na is the controlling art of Chinese Kung Fu and is a part of many non-Chinese martial styles. The application of Chin Na can be applied to

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Chin na or Qinna () is a thus neutralizing the opponent's fighting ability. Chin na su Chin Na features both standing and ground based grappling techniques.

are susceptible to the effects of external leverage for Qin Na (Chin Na) and ground fighting Experts in both Qin Na and ground fighting can feel only a part

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Gender: Unkown Hometown: Unkown Number of works: 1 Al Arsenault is the author of following books: - Chin Na in Ground Fighting: Principles, Theory and Submission

Martial Art Book Reviews; Martial Art Video Chin Na In Ground Fighting: Principles, Theory and Submission Holds for All Martial Styles by Al Arsenault and Joe

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MMA, Martial Arts, "Chin Na in Ground Fighting: Principles, Theory and Submission Holds for All Martial Styles"

This book explores Shaolin Chin Na by is one of the four major fighting categories in all Chinese martial styles. Chin Na in Ground Fighting: Al Arsenault.