

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

By Al Arsenault

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The focus is entirely on ground fighting. "Chin Na in Ground Fighting: Principles, Theory and Submission Holds for All Martial Styles" 253178 Bullies, 4861 online

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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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

Chin Na in Ground Fighting: Principles, Theory and Submission Holds for All Martial Styles. Arsenault, Al; Faulise, Joseph

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.

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(The above excerpt is from Chin Na In Ground Fighting, Principles, Theory and Submission Holds for all Martial Styles by Al Arsenault and Chin Na covers a wide

Al Arsenault is the author of Chin Na in Ground Fighting (4.29 avg rating, 14 ratings, 1 review, published 2003)

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.

The Bookwatch. September 2003 Al Arsenault and Joe Faulise's Chin Na in Ground Fighting covers techniques useful for all martial arts stylesthis proves an

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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

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Former RCMP constable Al Arsenault trained in martial arts since "Chin Na in Ground Fighting: The Principles of Submission Holds for the Streets" Al has a no