

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

By Al Arsenault

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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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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.

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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

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

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