

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

By Yang Jwing-Ming

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Chin Na - Wikipedia, the free encyclopedia -

All martial arts contain Chin Na techniques in some degree. The southern Chinese martial arts have more developed Chin Na in such applications. Styles

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