



Chin Na Fa (Paperback)

By Liu Jinsheng, Zhao Jiang

North Atlantic Books, U.S., United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. 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.



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Reviews

This book is very gripping and exciting. I was able to comprehend everything out of this written publication. You will not truly feel monotony at any time of your respective time (that's what catalogs are for concerning should you question me).

-- **Eulalia Schamberger**

It becomes an awesome publication that I actually have actually read. It really is written in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Talia Cormier**

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