



Shaolin Chin Na: The Seizing Art of Kung-Fu

Yang Jwing-Ming, Jwing-Ming Yang

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In the Chinese language, chin na roughly translates into two words: "Chin" -to seize, and "na" -to control.

Thus, the major purpose of chin na is to quiet or stop an aggressive action without maiming or injuring to a serious extent. As a result, chin na relies on grasping, pressing and unnaturally twisting the sensitive parts of the opponent's body such as nerves, muscles, and joints.

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