

## Chin Na In Depth 5 - 8

With the "Chin Na In Depth Courses 5-8" DVD, you will learn finger, hand, and arm Chin Na for controlling and incapacitating your opponent.

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5 stars. "Great! Even more 'In Depth' than the first DVD" This DVD goes further into Dr. Yang's catalog of Chin Na techniques. Following the same great format, you

Chin Na In Depth (course 5-8) Learn Chin Na for controlling and incapacitating your opponent with finger, hand, and joint locking techniques.

Free download of Dr. Yang Jwing Ming - Chin Na In Depth 5-8 [1 DVD - 7 AVI].

'Chin Na' means 'Seize and Control' Dr. Yang, Jwing-Ming, one of the world's foremost authorities on Chin Na instructs his techniques up-close and in detail.

"Chin Na" means "Seize Control" Learn Chin Na (Qin Na) for controlling and incapacitating your opponents with finger, hand, and joint-locking techniques.

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Jan 12, 2015 Any feedback is GREATLY appreciated! :) Patch 5.1 Text Guide Any feedback is GREATLY appreciated! :) Patch 5.1 Text Guide DVD: Chin Na In Depth Courses 5 - 8 by Dr. Yang, Jwing-Ming. Product Information . Availability: In Stock and Ready to Ship . Run Time: 140min Number of discs: 1

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Chin Na (Qin Na) is the art of seizing and controlling an opponent. It is a fast, effective way to subdue an attacker using joint locks, cavity press,

This instructional martial arts video, hosted by the acclaimed Dr. Yang, Jwing-Ming, concentrates on the powerful tool of Chin Na, which is the art of "seizing and

This is the best Chin Na video series I've ever seen. Chin Na is the art of seizing and holding, and forms one of the four foundations of the Chinese Martial Arts

This instructional martial arts video, hosted by the acclaimed Dr. Yang, Jwing-Ming, concentrates on the powerful tool of Chin Na, which is the art of "seizing and

Learn Chin Na (Qin Na) for controlling and incapacitating your opponent- with finger, hand, and joint-locking techniques. Every one of these techniques is presented

Product Description 'Chin Na' means 'Seize and Control' Dr. Yang, Jwing-Ming, one of the world's foremost authorities on Chin Na instructs his techniques up-close and

"Chin Na" means "Seize Control" Learn Chin Na (Qin Na) for controlling and incapacitating your opponent with 30 finger, hand, and joint-locking techniques. Each

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After the first "Chin Na In Depth" DVD, I had high expectations for "Chin Na In Depth Course 5-8" with Dr. Yang, Jwing-Ming. I was not disappointed one bit. This is

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