

Chin Na In Depth 5 - 8

"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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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

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Product Description. Dr. Yang, Jwing-Ming, one of the world's foremost authorities on Chin Na (Qin Na) demonstrates and instructs his techniques up-close and in detail.

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

Chin Na In Depth download links results Chin Na is the art of seizing and controlling, and is an element of all Chinese martial arts including Taijiquan.

Manufacturer 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

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

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

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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,

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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

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

'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.

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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