



Kung Fu Grappling Strategies (Paperback)

By Chris Friedman

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Kung Fu Grappling Strategies explores the various aspects of the three systems the author has trained in while living in China for the past decade, Bagua Zhang, Shuai Jiao, and Shaolin Kung Fu. Locking, throws, anti-locking, ground fighting, grappling with weapons, street fighting vs competition, clawing techniques and striking with grappling are all covered along with the history of these ancient Chinese fighting methods. Methods for developing the attributes needed to pull off these techniques under real life conditions, are also covered within this text. Kung Fu Grappling Strategies is filled with many real life stories of the author and his instructors using these skills in real life on the streets. This comprehensive text is filled with colorful photos which help illustrate the techniques, training methods and true life stories in this book. The photos were all taken in various places in China, including such famous land marks as the Shaolin Temple. Many of the author's teachers are well known and respected masters in China, such as professional MMA and Shuai Jiao fighter Yao Honggang, Shaolin temple disciples like...



READ ONLINE
[2.39 MB]

Reviews

This ebook can be worthy of a read, and much better than other. I have read and i am certain that i am going to planning to go through again once again in the future. You may like just how the writer compose this book.

-- **Mr. Grant Stanton PhD**

A whole new eBook with an all new standpoint. It is actually rally fascinating throgh reading through time period. You wont truly feel monotony at anytime of your own time (that's what catalogues are for relating to when you request me).

-- **Claire Bartell**

See Also



ESV Study Bible, Large Print (Hardback)

CROSSWAY BOOKS, United States, 2014. Hardback. Book Condition: New. Large Print. 249 x 178 mm. Language: English . Brand New Book. The ESV Study Bible, Large Print edition transforms the content of the award-winning ESV Study Bible into a highly readable, large-print...



ESV Study Bible, Large Print

CROSSWAY BOOKS, United States, 2014. Leather / fine binding. Book Condition: New. Large Print. 257 x 190 mm. Language: English . Brand New Book. The ESV Study Bible, Large Print edition transforms the content of the award-winning ESV Study Bible into a...



Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for Kids Inside! For a very time limited...



Superhero Max- Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Superhero Max- Read it Yourself with Ladybird: Level 2, Superhero Max - Max is an ordinary boy, but he is also Swooperman, a superhero! When the baddies take his swoop boots, can he...



Peter Rabbit: the Angry Owl - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Peter Rabbit: the Angry Owl - Read it Yourself with Ladybird: Level 2, Peter Rabbit: The Angry Owl Squirrel Nutkin has lost Old Brown's glasses and the owl is not happy! Will Peter...



Big Machines - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Big Machines - Read it Yourself with Ladybird: Level 2, Big Machines Trucks lift things and move them about all day long. Find out all about diggers, bulldozers, tractors and other big machines....