



## Practical Qin Na Part Two: Foundational Training, Techniques and Methods (Paperback)

By Zhao Da Yuan

Outskirts Press, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Practical Qin Na Part Two: Foundational Training, Techniques and Methods, the second volume of Master Zhao Da Yuan s magnum opus on the art of Qin Na (Capturing and Seizing), decisively puts the art of Qin Na on the map as complete system of effective self-defense, physical training and internal development. In this book Master Zhao Da Yuan details every aspect of training: Basic training exercises - Methods of developing hand and finger strength - Developing yielding body skills - Proper use of Qin Na training equipment to develop refined power (Jin Li) - Basic techniques: Dead Hand Qin Na - Short Qin Na solo forms and applications - Qin Na throwing techniques - Advanced techniques: Live Hand Qin Na - Defenses against weapons - More than 1,000 photos accompany the text, clearly illustrating all of the techniques and training methods. For centuries, Qin Na was a secret family system, only parts of which were taught to outsiders. After teaching this deadly and effective art to the police, military personnel, and elite bodyguards for more than 40 years, Master Zhao breaks with tradition and...



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