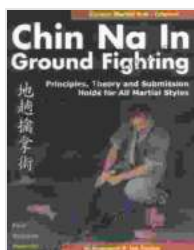


# Chin Na In Ground Fighting: The Ultimate Guide to Submission Holds and Joint Locks

Chin Na, also known as Chinese grappling, is a close-quarters combat system that uses a combination of joint locks, throws, and submission holds to subdue an opponent. Chin Na is a highly effective martial art for self-defense and has been used by Chinese military and law enforcement for centuries.



## Chin Na in Ground Fighting: Principles, Theory and Submission Holds for All Martial Styles by AI Arsenault

★★★★☆ 4.3 out of 5

Language : English  
File size : 23507 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 388 pages  
Screen Reader : Supported



Chin Na In Ground Fighting is the definitive guide to submission holds and joint locks, providing martial artists with the techniques they need to dominate their opponents on the ground. This book covers everything from basic joint locks to advanced submission holds, and is packed with detailed instructions and over 1,000 photos and illustrations.

Whether you're a beginner looking to learn the basics of Chin Na or an experienced martial artist looking to add some new techniques to your

arsenal, Chin Na In Ground Fighting is the perfect book for you.

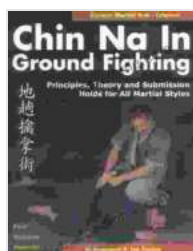
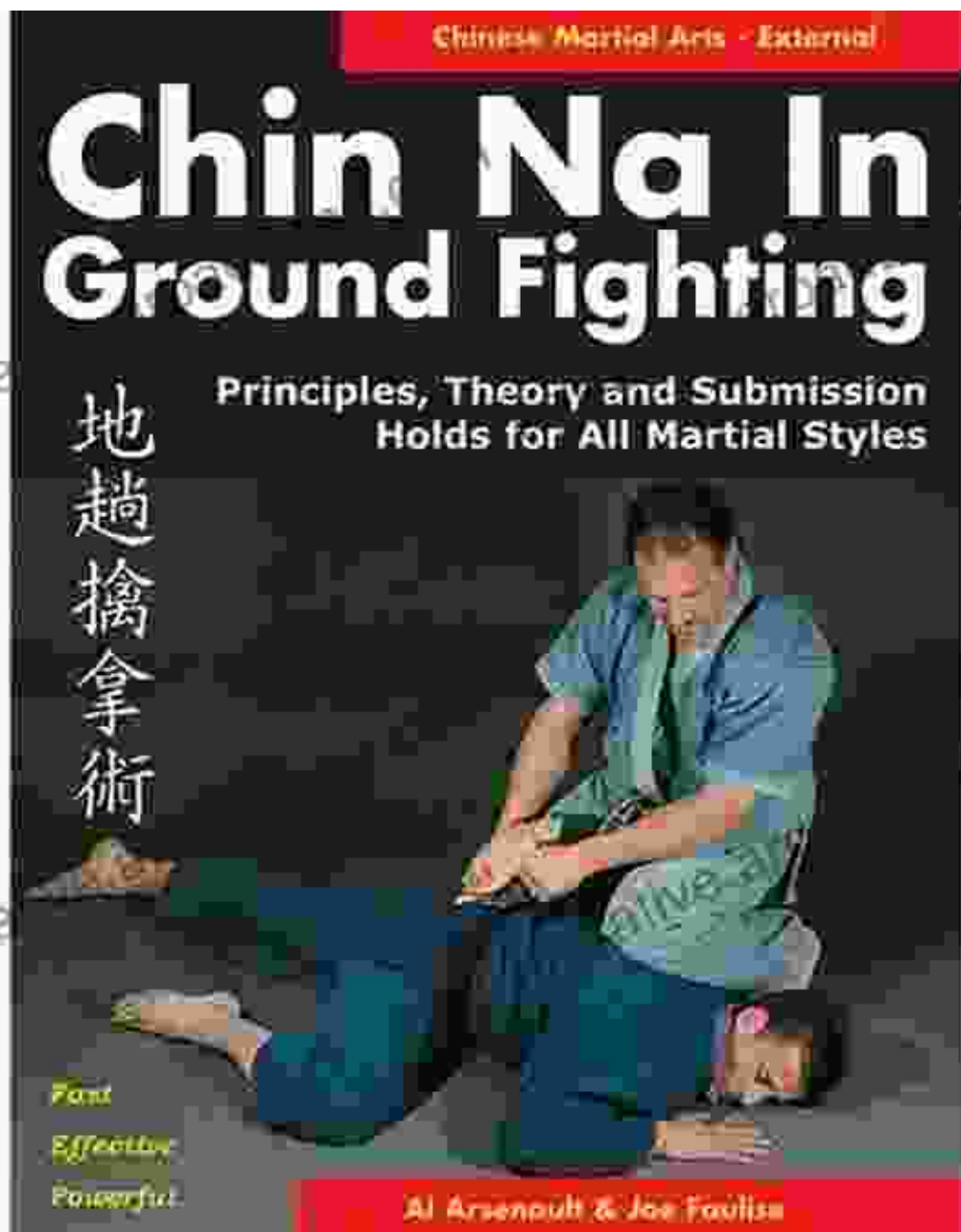
### **What You'll Learn in Chin Na In Ground Fighting**

- The basic principles of Chin Na
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- How to use submission holds to finish your opponent
- How to defend against Chin Na techniques
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