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joint lock techniques used in the Chinese martial arts to control or lock an opponent's joints or muscles/tendons so they cannot move, thus neutralizing the opponent's fighting ability. Qinna Shu literally translates as lock catch technique. Some schools simply use the word na to

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describe the techniques. Qinna features both standing and ground-based grappling techniques. Some Chinese martial arts instructors focus more on their qinna techniques than others. This is one of the

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attacks as well as
against wrestling.
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breathing, vein/artery,
or Qi circulation,
which can cause
severe pain,

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numbness, and
unconsciousness.

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"Comprehensive Applications of Shaolin Chin Na: The Practical Defense of Chinese Seizing Arts For All Styles" by Dr. Yang, Jwing-Ming is literally an encyclopedia of Shaolin Chin Na techniques. It's over 400 pages and contains over 1,500 photographs and

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