

# 少林擒拿



**Shaolin Qinna**

by

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# 少林擒拿 Shàolín Qíná

Qinna: Various defensive joint-locking and manipulation techniques

Origen: Chinese martial arts styles

Specially: Traditional Shaolin Wugong (martial arts)

Goal: Give permanent damage or extreme pain

Explanation:

擒	-	qín	-	Capture
拿	-	ná	-	Hold

套路 (Tàolù) Chinese fighting have three component 用法 (yòngfǎ):

1. 打 (dǎ) Striking
2. 摔 (shuāi) Throwing
3. 擒拿 (qíná) Seizing and Controlling

## 五擒拿原则 wǔ qíná yuánzé - Five Qinna Principles

### 1. 分筋 (fēn jīn) Muscle and Tendon Separation

- Two aspects of Fen Jin

#### 1. 抓紧 (zhuājǐn) Grasping

1. Zhuajin uses fingers to pinch" and separate the muscles and tendons of the opponent

- Causing intense pain
- Shaolin imitative styles such as Tiger and eagle is often used.
- Effectiveness depends on the finger strength

#### 2. 擦穴 (cā xué) Pressing the cavities

- Attacking the acupuncture points.

### 2. 扭骨 (niǔ gǔ) Bone Misplacement

- Niu Gu will either dislocate or snap a bone, or damage the joint, muscles and tendons surrounding the bone
- Minimal force will bring an opponent to the ground

### 3. 闭气 (bì qì) Breath Obstruction

- Bi Qi means to close or seal the air

### 4. 点脉 (diǎn mài) Vein & Artery Pressing

- Dian Mai is to block the circulation of blood
- Dian Mai techniques can cause unconsciousness, and is potentially fatal

### 5. 点穴 (diǎn xué) Cavity Pressing

- Manipulation of acupuncture points
- Dian xue can be fatal
- Dian Xue is the highest level of Qinna

- Requires deep knowledge of Qi

A famous Shaolin monk 释贞绪 Shì Zhēnxù, 1893-1955 specialized on Dian Xue. He divided into 36 fatal points, 18 crippling points, and 64 health care points, for a total of 118. He needed one year to learn the points. Shi Zhenxu is the motivator of modern Shaolin Qinna.

# 32. Techniques of Shaolin Qinna

## # 1. Golden Silk Enwind Wrist

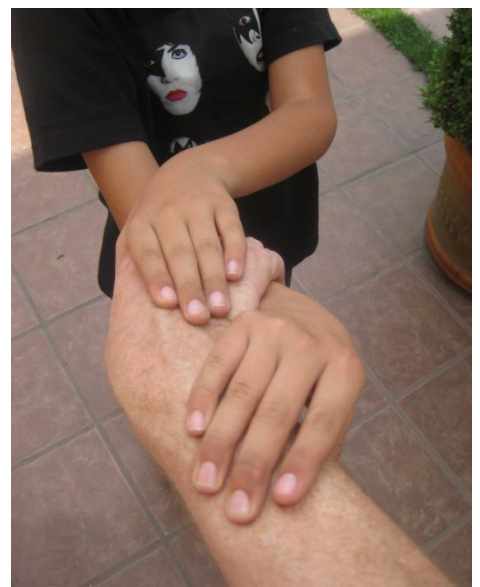
- A. Person holds your hand
  - a. Left on right or right on left
  - b. He holds from outside



- B. You grab and hold his holding hand with your free hand
  - a. Press his hand toward the hand he is holding



- C. Turn you captured hand to press his grasping hand
  - a. Press his hand downward
  - b. His little finger is upward



**C**

## # 2. Hook Wrist with Palm Cutting

- A. Person holds your hand
  - a. Left on left or right on right
  - b. He holds from outside



- B. You grab and hold his holding hand with your free hand
  - a. Press his hand toward the hand he is holding

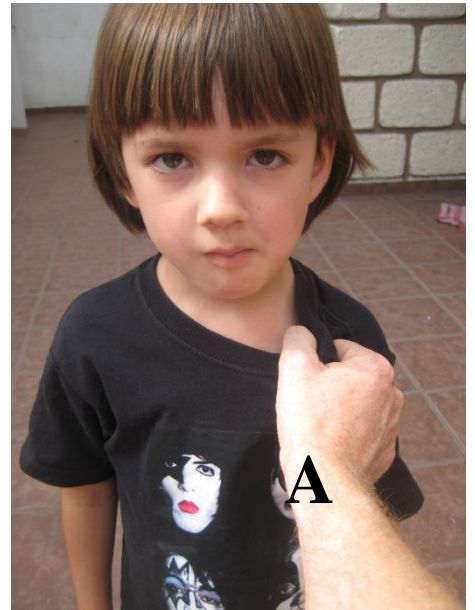


- C. Turn you captured hand to press his grasping hand
  - a. Press his hand downward
  - b. His little finger is upward



### # 3. Kneel down to Beg

- A. Person holds your shoulder
  - a. Right on left, or left on right
  - b. He holds straight forward



- B. You grab and hold his holding hand with your free hand
  - a. Press his hand toward your body



- C. Rotate your upper body and lift your other arm
  - a. Press your elbow over and pass his elbow
  - b. His little finger is upward





#### # 4. Xiang Zi Carries Basket

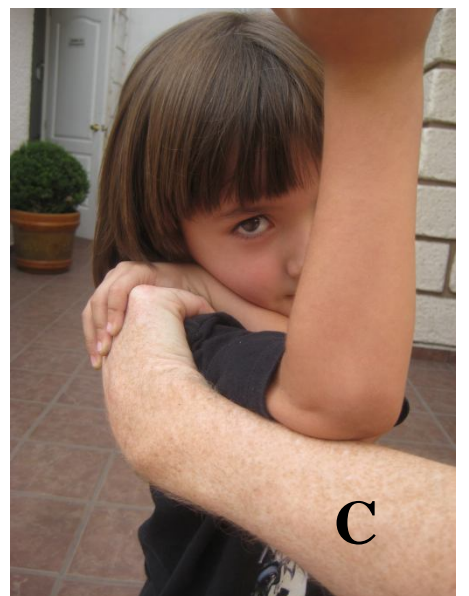
- A. Person holds your shoulder from behind
  - a. Right on right, or left on left
  - b. He holds straight forward



- B. You grab and hold his holding hand with your free hand
  - a. Press his hand toward your body



- C. Rotate your body toward outside and lift your other arm
  - a. Press your elbow over and pass his elbow
  - b. His little finger is upward





## # 5. Protect Both Shoulders

- A. Person hold you with both hands from front
  - a. Right on left, or left on right
  - b. He holds straight forward



- B. You grab his hands crossed
  - a. Press his hands toward your body
  - b. Left on left and right on right
  - c. Your elbow will be close to his elbows



- C. Bend your upper body forward
  - a. Press your elbows down
  - b. Force him to the ground



C