

少林擒拿



Shaolin Qinna III

by

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32 techniques of 少林擒拿 Shàolín Qíná

11. Push the Boat along with the Current

- A. Person hit you
 - a. Left on right or right on left
 - b. You need to block
- B. You grab his hitting hand
 - a. Block outwards
 - b. Grab and hold with block hand
 - c. Fold his elbow with the other hand
 - i. Top and down
- C. Press his elbow up and down
 - a. Hold your grip like photo
 - b. Press his hand down
 - c. Press his elbow upward



12. Bawang withness Battle Array

- A. Person hits you from up to down
 - a. Left on right or right on left
 - b. You block outwards



- B. You grab his hitting hand with your blocking hand
 - a. Move your free arm under his over arm
 - i. Your hand faces upwards
 - ii. Grab his hitting hand



- C. Press his hand downwards
 - a. Use both hands
 - b. Continue until he reaches the floor



13. Pat Chest and Twist Elbow

- A. A person grasp your chest
- Right on left or left on right



- B. You grab his holding hand with free hand
- Hold hard
 - Move your “free hands” foot backwards
 - Put your other hand at his elbow



- C. Rotate and press elbow down
- Press elbow to the floor
 - If needed follow the opponent down



14 Plum Blossom Hands

- A. Another person double grasp your hand
- One hand on elbow and one at the wrist



- B. With the free hand grasp his wrist holding hand
- Pull that holding hand loose



- C. Fold the opponents hands
- Put his wrist holding hand in his elbow pit
 - Change your grip on the holding hand
 - Press the other hand up
 - Aim beside his shoulder
 - Press him to the floor



15. Twist Wrist and Carry Elbow

A. Opponent hit from the side

- You block with opposite hand
- Prepare to Grab



B. Grab hitting hand from under

- Hold hard
- Move his hand swinging to other side
 - Use his energy



C. Place the hitting hands elbow on your shoulder

- Place with control
- Press his hand down
- Lift your body up with your feet

