

少林擒拿



Shaolin Qinna IV

by

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32 techniques of 少林擒拿 Shàolín Qíná

16. Turn the Oar over along with the Current

- A. Person holds your shoulder with fist up
 - a. Left on right or right on left
 - b. He holds from outside



- B. You dubble grab his holding hand
 - a. Free hand over with thom down
 - b. Holded side hand support under
 - c. Hold hard



- C. Rotete his wrist
 - a. Rotate clock wice
 - b. Bend his wrist
 - c. His little finger is upward



17. Bawang withness Battle Array

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



- B. You grab his holding hand with your free hand
 - a. Grad from top



- C. Put your elbow over his holding arm
 - a. Fold the elbow over his arm
 - b. Put it under and behind
 - c. His little finger is downwards



- D. Catch and press his Throat
 - a. Keep little finger down
 - b. Press elbow up
 - c. At the same time press throat



18. Lead Away a Goat in Passing

- A. A person make a strike at you
- Move to the side a little



- B. Grab the striking arm at the wrist
- Pull the arm in the direction of the hit
 - Continue the movement



- C. When opponent passes hit his neck
- Pull and hit his neck
 - Aim the hit in the direction of the pull



19. Hold arm and hold elbow

- A. Another person strikes you
- Left on right or right on left



- B. Grab his striking hand on wrist
- Use your free hand
 - Left on left
 - Right on right



- C. Rotate your body and bend his elbow
- Stand shoulder to shoulder
 - Your right arm over his arm
 - Your right underarm under his elbow
 - Your left hand presses his wrist down
 - Connect right hand to left underarm
 - Control opponent



20. Turn around and carry elbow

A. Opponent Holds your side



B. Grab his hand behind your back

- Grab with both hands
- Hold tight



C. Rotate your body

- Your head is towards him



D. Control his elbow towards your spine

- Lift your back to bend
- Take care of your face
 - Through controlling him
 - Put your face close to his body

