

少林擒拿



Shaolin Qinna V

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32 techniques of 少林擒拿 Shàolín Qíná

21. Golden Cook turn its Head

- 1) Person holds around your body, face to face
 - a) He holds from front
 - b) Hands is connected behind your back
- 2) You put your hands in his face
 - a) Right hand behind his head and connected under mandibula, right
 - b) Left hand in front of his face and connected under mandibula, left
 - c) Reverse is also possible
- 3) Pull your hands
 - a) You rotate the opponents body as you pull
 - b) Control him to the floor



22. Hold arm and press shoulder

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



- B. You lift his arm forward and pull in direction his hand
 - a. You try to hold his arm in a 90 degree angle



- C. Put your free hand behind his shoulder
 - a. Press in the direction of his hand
 - b. Change the angle of the hand for the floor slowly
 - c. Control him



23. Twist wrist and press Shoulder

- A. A person hits direction your face
- Left or right arm gives your next move



- B. You move out of the hit on the side of the hitting hand
- Grab his hitting arm on the wrist
 - Use the opposite hand of him
 - Left or right and right on left
 - Continue the movement



- C. Continue the movement in a circular movement
- Press under the shoulder
 - Continue the circle towards the body of the opponent
 - Then twist the grip to fold his elbow



- D. Put your free hand behind his shoulder
- a. Press him to the floor
 - b. Remember to press as a continuation of his circular movement



24 Raise Elbow and Pin Arm

- A. A person hit in direction your face/ chest
- You block with your contrary arm
 - Grab and hold his hitting arm with one hand



- B. Lift his arm a little and hit/ press up his elbow with your other arm
- Make his elbow fold
 - Move your holding hand down, giving you space to move around his arm
 - Rotate



- C. Move your hand up to his neck and press down
- Continue holding his wrist
 - Press down with the other hand
 - Control the opponent



25. Carry arm and press shoulder

A. Opponent hit from side

- You block with the same hand as he uses
- Grab and hold



B. Put his hand on your shoulder

- Put his arm on your shoulder
- Put your free elbow over his elbow



C. Press your elbow down

- Control the opponent to the ground



26. Envelope elbow and Discharge shoulder

A. Opponent hit with a straight hit

- You block with the same hand as he uses



B. Pull his hitting arm in the hitting direction

- Put your free hand on his elbow
- Press him to the floor



C. When shoulder is within reach of the knee put your knee there

- Press his shoulder to the floor
- Control him



27. Entwine neck and lock throat

A. Opponent hit with a straight punch

- You move to the side
- Block with the opposite hand of the hit
- Grab and hold



B. Press the opponents arm downwards

- Move your free arm around his head
 - You face backwards
 - He face forward
- Connect hard
- Bend the neck a little



C. Bend and crack his neck

- Make a circular movement of his head
- You will break his neck if you throw you self to the floor



28. Iron arm Lock Throat

A. Opponent hit with a straight punch

- You move to the side
- Block with the opposite hand of the hit
- Grab and hold
 - Blocking hand on wrist
 - Free hand on upper arm



B. Move toward his head

- “Wrist hand” around the neck
- “Upper arm” presses the elbow toward the back of the neck



C. Pull the person backwards

- Control the person



29. Boy Worship Budda

A. Opponent grasp your hair from the front



B. Put both your hands on top of his grasping hand
○ Move your right foot backwards



C. Bow
○ Manipulate his wrist with the movement
○ Be careful with your face



30. Hold head and press wrist

A. Opponent grabs your head from back



B. Grab and press his hand firmly toward your head



C. Rotate and press up

- Rotate your body with your face facing downwards
 - In the rotation adjust his wrist
- Hold tight and press your head upwards
- Control his movements



31. Fold Knee and bundle legs

A. Opponent stands with the face in other direction (you are the aggressor)



B. Grab both his feet in ankle heights

- Pull his feet backward
- At the same time push his bum with your shoulder



C. Fold his feet

- Put right ankle in the knee pit of the left foot
- Fold the left knee
 - Hold pressure on the left foot
- Control his movements



32. Blue Dragon Bows its Head

A. Opponent stands with his face from you (You are the aggressor)



B. Put your arms under his arm pits and behind his head

- A double nelson



C. Press him to the floor

- Control his movements

