



Chin Na Principles

Theory:

- Purpose is to be merciful to the opponent
- Never use on a serious threat- safer to simply strike
- Stretch out the attacker
- Use 2 directions of force
- When in trouble, 'Split'
- Plan on your technique being countered
- Can be used to set up other opportunities

Grabbing:

- Spiral inward
- Grip with finger tips, not pads
- Control the bones, not the flesh
- Feel the Joint
- Wrap Rather Than Grab

1. Lohan Bows (Elbow)

- Apply force in direction of the eye of the elbow
- Keep limb stretched out.
- Use gravity.

2. Alligator (Elbow)

- Apply force in direction of the eye of the elbow
- Keep limb stretched out
- Use waist.

3. Cradle (Elbow)

- Apply force in direction of the eye of the elbow
- Keep limb stretched out
- Use legs.

4. Iron Arms/ Hide Flowers (Elbow)

- Apply force in direction of the eye of the elbow
- Keep limb stretched out
- Use waist.

5. Needle At Sea Bottom (Wrist)

- Needs right angle bends at wrist and elbow.

6. White Horse Kicks (Wrist)

- Keep wrist straight.

7. Immortal Handshake (Wrist)

- Use Waist, then Sink.

8. Goose Neck (Wrist)

- Use gravity when possible.

9. Wrist Back (Wrist)

- Use gravity or opponent's force to power technique.

10. Shoulder Up (Shoulder)

- Keep opponent's elbow next to his head

11. Shoulder Down Fig. 4 (Shoulder)

- Keep close.

12. Shoulder Sideways (Shoulder)

- Maintain anchor on neck.

13. Finger (Back Forward or Sideways)

- Failsafe for other techniques
- Difficult to use as control
- Back or sideways are most effective.
- Forward is a function of grip strength.

14. Neck (Back or Forward)

- Can chin na the neck or choke.

15. Hair (How to grab and resist)

- Pull against direction of growth
- Defend by pinning, then attack wrist

16. Breakaway (Lever and Spiral)

- Push, don't pull
- Lever: push elbow forward as if attacking with elbow.
- Spiral: move in direction indicated by fingers, climb the limb like a snake.



Chin Na Principles

2 Person Chin Na Forms

<u>Chin Na Mother Palms</u>	
Side A	Side B
Push with Palm	Control Wrist & Hand, Bow
Pull Arm Out	White Horse Kicks
Drop Elbow	Immortal Handshake
Rotate Arm Inward	Needle at Sea Bottom
Lift Elbow	Come Along
Extend Arm	Lohan Bows
Bend Elbow & Pull Arm Out	Figure 4 Shoulder Lock
Pray to Buddha	Post Palm on Kidney
Pull Through	Upwards Shoulder Lock
Snake Arm Out	Butterfly Bores the Bush
Straighten Arm	Sideways Shoulder Lock and Throw

<u>Chin Na Lianhuan</u>	
Side A	Side B
Punch	Needle At Sea Bottom
Straighten Arm	Lock Elbow with Elbow
Drop Elbow and Step Through to Punch	Step Back, Monk Chops A Log
Drop Elbow	Figure 4 Shoulder Lock
Pray to Buddha	Press Arm Down
Uppercut	Upwards Shoulder
Coil arms and Alligator	Step Around
Elbow	Block
Tire Iron	Bend Arm to Escape
Step Around	Turn the Body
2 Finger Press	Immortal Handshake
Bend Elbow	Block, Bridge, and Lohan Bows
Step Through and Punch	Hide the Flowers
Break Away and Separate	Single Goose Leaves the Flock