

DOWNLOAD CHINESE FAST WRESTLING FOR FIGHTING THE ART OF SAN SHOU KUAI JIAO THROWS TAKEDOWNS GROUND FIGHTING ART OF SAN SHOU KUAI JIAO

chinese fast wrestling for pdf

The word "shuai," 摔, stands for "to throw onto the ground", while "jiao" may be one of two characters: the first and older, 角, stands for "horns" and the second and recent, 跤, stands for "wrestle or trip using the legs". In modern Chinese Shuai Jiao is always written using the more recent characters 摔跤, and should be translated as "to throw onto the ground through wrestling with legs".

Shuai jiao - Wikipedia

Geographical classifications. The traditional dividing line between the northern and southern Chinese martial arts is the Yangtze River. A well-known adage concerning Chinese martial arts is the term "Southern fists and Northern kicks" (南拳北腿).

Styles of Chinese martial arts - Wikipedia

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