

Module #6

ChinNa Techniques-- (translation), "Seize and Control." The techniques are especially designed to subdue your attacker. In practicing your ChinNa techniques, please use extreme caution. The five categories of ChinNa are: Dividing the muscle, Separating the bone, Sealing the breath, Sealing the Vein and Cavity Press. If by chance you practice with a partner, please use the tap out method?

- Nuisance Finger
- Same Side Grab
- Cross Grab
- Side by Side Grab
- Single Hand Push