

中國  
摔角法

武備叢書

The Method of  
Chinese  
Wrestling



Tong Zhongyi

Translated by Tim Cartmell

# The Method Of Chinese Wrestling

**Bruce Kumar Frantzis**

## **The Method Of Chinese Wrestling:**

*The Method of Chinese Wrestling* Tong Zhongyi, 2005-10-21 One of the art's earliest and most complete training manuals The Method of Chinese Wrestling explores all aspects of this ancient fighting system including solo training training with equipment constructing training apparatus application of techniques and the rules of competition Throwing gripping and falling techniques are revealed in minute detail and in accompanying photographs the author and his top students illustrate the methods described Both a fascinating historical document and a practical training guide the book is an essential reference for anyone interested in the martial arts

**Shuai Jiao** LIANG WEI, 2025-07-22 Chinese wrestling

represents one of the world's oldest continuous combat systems with techniques developed over thousands of years of battlefield experience and civilian practice Originally created for military applications this grappling art specializes in powerful throws sweeps and stand up fighting methods that remain practical for modern self defense situations The system focuses on efficient movements rather than flashy techniques emphasizing principles that work against resisting opponents regardless of size or strength differences This guide presents a thorough examination of Chinese wrestling's core techniques and training philosophy Beginning with fundamental stances and movement patterns it systematically builds through gripping methods throwing techniques and defensive counters Each element includes detailed explanations along with historical context showing the development of these combat methods through different dynasties The material maintains relevance for today's practitioners by connecting traditional applications with modern training approaches suitable for martial artists and combat sports competitors The training methodology follows proven principles that have produced effective wrestlers for generations Clear instructions break down proper body mechanics common errors and progressive training drills to develop practical skills Special consideration explains how techniques function against fully resisting opponents rather than just cooperative partners The guide also demonstrates how these grappling principles adapt to various scenarios including sport competition and personal protection situations Beyond physical techniques this resource explores the deeper aspects of training including mental preparation conditioning methods and long term skill development It provides practical advice for incorporating this combat system into regular training while respecting its historical foundations Serving both as an introduction for new students and a reference for experienced practitioners the material offers valuable insights into one of history's most battle tested grappling arts The comprehensive approach makes it a useful study for anyone interested in developing effective stand up fighting skills with real world applications

**Shuai Jiao**

ERAKIL GAMBOA, 2025-03-30 This book explores the rich history philosophical roots and cultural significance of one of China's oldest and most revered martial arts Focusing on the development of this ancient wrestling system the text examines how it evolved from military training into a respected art form practiced by warriors civilians and performers alike It delves into the key principles that define the art such as balance leverage timing and control and how these elements are

tied to traditional Chinese philosophies like Daoism Confucianism and Buddhism The book also addresses how the art has adapted over the years its influence on modern combat sports and its global spread With a focus on both technique and mental discipline this work highlights the enduring legacy of the art and its relevance in the contemporary world Through a blend of history philosophy and practice the book provides a comprehensive understanding of how this ancient martial tradition continues to impact modern martial arts and self defense strategies today **The Complete Book of Yiquan**

Tang Cheong Shing,2015-03-21 The first complete guide to the rarely taught martial art Yiquan still shrouded in mystery With clear photographs and explanations this comprehensive illustrated book fully describes the postures and movements of Yiquan and provides information on Yiquan s origin weapons programs grading and more [Bagua and Xingyi: An Intersection of the Straight and Curved](#) Michael DeMarco,2016-08-17

Baguaquan and xingyiquan are two styles that complement each other as yin does yang Bagua is known for its circular movements and its practice of circle walking Xingyi embodies characteristic linear movements said to be derived form the logical strategies for using spear and staff How fortunate we are to include writings in this anthology by leading authorities on these styles Separated into three sections the first features bagua Allen Pittman presents five variations of the single palm change followed by an overview of the Yin Fun bagua lineage and an interview with He Jinbao focusing on training fighting skills teaching and learning Travis Joern examines how a martial artist can apply the theoretical aspects of the Book of Changes to bagua training Hong Dzehan son of Hong Yixiang stellar master of the three internal systems then shares some of his personal experiences and favorite bagua techniques Section two contains chapters on xingyi The interview with Luo Dexiu questions the proper way to study xingyi from the beginning to the advanced levels Robert Yu compares American boxing with xingyi s pragmatic fighting techniques and in the following chapter he recounts in detail how it was to study under Hong Yixiang in Taiwan nearly forty years ago Stanley Henning gives a travelogue of a trip to Shanxi Province the home of xingyi and then discusses Che Style xingyi training methods as thought by Dr Wu Chaoxiang including the five element theory twelve animal forms two person routines and spear training The third section presents some commonalities in what many refer to as the internal arts bagua xingyi and taiji The chapter on Fu family style beautifully details how they incorporated the essential elements of taiji xingyi and bagua into their majestic sixiangquan four image boxing Marcus Brinkman relates many of the unique insights and experiences he had during his extensive study with Lo Dexiu and Hong Yixiang including internal development and fighting applications Tim Cartmell provides the final chapter which explains the key concepts of sticking and following as they apply to the throwing methods of the Chinese internal martial arts The rich content in this anthology comes from the rare academic and hands on experience of those presented in chapters here Readers will no doubt benefit from the practical practice tips as well as the other cultural details these wonderful authors share **Grappling and Throwing From the Near and Far East** Michael DeMarco,2019-01-19 Soon after birth tiger cubs are instinctively drawn to wrestling Eventually their play transforms into

real skills of potentially lethal efficiency Humans have done the same In this anthology you will find unique combative techniques found in some cultures as well as some techniques that are universal Allen Pittman gives a portrayal of Dr Tim Geoghegan s particular blend of Eastern and Western wrestling and his formidable arsenal for grappling and throwing In another chapter Pittman focuses on the shoulder throw The technical variations seem endless for this valued movement Steve Scott illustrates the cross body armlock according to skills he hopes will give readers a better understanding and mastery of this armlock His following chapter shows a rare Russian technique Known as the Kharbarelli Pick up it is a good example of how different cultures and their unique grappling traditions have been adopted outside their original location The chapter on the carotid choke is presented from the perspectives of a martial arts instructor and that of a physician The application effects and ramifications of drug usage and mental state are discussed in detail Tim Cartmell explains the key concepts of sticking and following as they apply to throwing methods found in Chinese xingyi taiji and bagua The concepts are explained and illustrated with examples of sample techniques David Allen s writes on the Mongolian Nadaam Festival Athletes from all over the country assemble to compete in horse racing archery and wrestling Mongolian wrestling is probably the least watched martial art in the world The author s photo expos brings the festival to us The chapter by Burdick Wolske and Daneshagar gives us a rare view into the Persian grappling tradition Iran s national sport is the strength training system found in the house of strength where bodybuilders and wrestlers are steeped in both Zarathrushran and Islamic traditions The following chapter by Zhang Yun is on the throwing art of Shuai Jiao It includes history and development analysis of fighting principles details of hand and footwork body movement training methods training equipment relationship with other Chinese styles and demonstrations of applications The final article focuses on sumo with some parallels being drawn between sumo and mixed martial arts Techniques and tactics are presented so readers might add some of these sumo moves to their own martial arts repertoire

*Chinese Wrestling* David A Ross,James Jett-Man Chin,Hsing-Ping Jeng,2021-01-15 Chinese wrestling known as Shuai Jiao or Swai Jiao is China s oldest martial art In the 20th C in China it became famous when Chang Dongsheng perhaps the best Chinese wrestler of all time won the national heavyweight Lei Tai championship Grandmaster Chang taught at the Central Martial Arts Academy and then in 1949 relocated to Taiwan where he taught in the Central Police College Master Jeng Hsing Ping was a 1st generation student of Grandmaster Chang and he teaching assisstant since 1951 In 1971 Master Jeng relocated to New York City and established the Chinese Swai Jiao Association making him the first person to teach Chinese wrestling in the US This book introduces the history and theory of Chinese wrestling and demonstrates the 84 families of throws and takedowns Master Jeng teaches Shuai Jiao begins with strikes follows with joint locks and finishes with throws Each of the 84 families has many variations many shown in this volume This is the first time this information has been available in English and will be the most comprehensive study on Chinese wrestling ever published Based upon Master Jeng s personal notes and teachings organized by his successor James Chin and finally organized here by

David A Ross the 3rd generation lineage inheritor The days of closed door secrets are gone here we share with the world the entire Shuai Jiao AKA Swai Jiao as was taught by Master Jeng Hsing Ping While some archival pictures are in this volume the instructional pictures were taken recently in high definition by professionl photographer Vlad Klikfeld *Chinese Boxing*

Robert W. Smith,1993-01-26 Distilling the martial art known in the West as kung fu Robert Smith presents Chinese boxing chuan shu as an art that combines the hardness of a wall and the softness of a butterfly s wings His lively pragmatic account conveys the discipline and insights acquired in ten years of study and travel in Asia Smith describes his work with t ai chi master Cheng Man ch ing and connects chuan shu with the softer aspects and inner power of that popular practice Fifty black and white photos illustrate this informative and personal account of the Chinese boxing tradition *The Complete Tai Chi Tutor*

Dan Docherty,2015-09-07 Dan Docherty s The Complete Tai Chi Tutor leads you on a spiritual journey towards understanding the key principles and history of the art of Tai Chi It investigates what is known and unknown concerning the origins and history of Tai Chi from the ancient texts of Chinese civilization to the 21st century and explores some key questions on the way Docherty considers the practicalities of teaching reviewing the fundamentals and benefits of practice and demonstrates some highly efficacious but little known drills as well as fundamental practice and key Long Form techniques In addition he explores the martial and self defence application of some of the fundamental techniques Finally Docherty offers guidance on becoming a Tai Chi instructor and explores areas of tuition competitions and styles This illustrated guide offers you sequential directions on key techniques such as Single Whip Vanguard Arms and Seven Stars with descriptions on how to do major form techniques Moves are clearly demonstrated through the use of step by step photography and text Whether you have some Tai Chi knowledge of if you are looking to become an advanced practitioner this guide will take your practice to the next level *How to Learn Shuai Jiao* Thomas H Fletcher,Whalen

Kwon-Ling,2024-06-07 This is a comprehensive guide designed for anyone interested in mastering the ancient Chinese martial art of Shuai Jiao This book provides a step by step approach to learning this effective and dynamic form of wrestling suitable for beginners and advanced practitioners alike The journey begins with an Introduction to Shuai Jiao offering a clear overview of what this martial art entails Readers will gain insight into its unique characteristics and the benefits of learning it setting the stage for a deeper exploration of its techniques and principles Next we delve into the Historical Background of Shuai Jiao Understanding its origins and evolution over thousands of years helps to appreciate its rich cultural heritage and its significance in traditional Chinese martial arts The Philosophy of Shuai Jiao is then explored shedding light on the underlying principles that guide practitioners This section emphasizes the importance of balance leverage and technique over brute strength reflecting the art s sophisticated approach to combat In Basic Principles and Techniques readers are introduced to the foundational aspects of Shuai Jiao This includes the fundamental stances grips and movements that form the building blocks of more advanced techniques Clear instructions and illustrations make it easy to follow and practice these

basics Essential Warm Up and Conditioning Exercises are crucial for preparing the body for the demands of Shuai Jiao This section outlines a series of exercises designed to increase flexibility strength and endurance ensuring that practitioners are physically ready to execute techniques safely and effectively The book then moves on to Fundamental Throws and Takedowns providing detailed explanations and step by step guides to the core techniques of Shuai Jiao Each throw and takedown is broken down into manageable steps with tips on how to execute them correctly Defensive Techniques and Counters are also covered teaching readers how to effectively defend against attacks and turn the tables on their opponents This section emphasizes the importance of timing and positioning in successful defense As readers progress they are introduced to Advanced Throws and Combinations These techniques build on the fundamentals and require a higher level of skill and understanding Detailed instructions and practice drills help practitioners master these more complex maneuvers The integration of Shuai Jiao with other martial arts is discussed in Integrating Shuai Jiao with Other Martial Arts This section explores how the techniques and principles of Shuai Jiao can complement and enhance other styles of martial arts broadening the practitioner's skill set Training Routines and Drills provide structured plans for regular practice helping readers to develop their skills systematically These routines are designed to improve technique speed and endurance through consistent and focused practice Preparing for sparring and competition is covered in Sparring and Competition Preparation This section offers valuable advice on how to train for competitive scenarios including strategies for success and tips on mental preparation The practical applications of Shuai Jiao in real life situations are explored in Self Defense Applications Readers learn how to apply the techniques they have learned in self defense scenarios making Shuai Jiao a valuable skill for personal safety Finally the book concludes with Conclusion The Ongoing Journey in Shuai Jiao This section encourages readers to continue their practice and lifelong learning in Shuai Jiao emphasizing that mastery of this martial art is a continuous journey

The Power of Internal Martial Arts and Chi Bruce Kumar Frantzis,2007 Explains how awareness and development of chi gives internal martial arts their power and strength contains full instructions on the Taoist system Nei Gung describes how specific martial arts use chi includes stories about masters The new edition adds a new foreword new introduction by author practical explanations on spiritual traditions of the internal martial arts index Provided by publisher

**The New International Encyclopaedia ,1905      Chinese Fast Wrestling for Fighting** Shou-Yu Liang,Tai D. Ngo,1997 San Shou Kuai Jiao Fast Wrestling for Fighting is the Chinese martial art of throws and takedowns A San Shou Kuai Jiao throw can cause tremendous damage to your opponent while keeping you safely on your feet For centuries fighters in China have valued this art for its speed and power Today China's police and military forces are trained in its techniques Chinese Fast Wrestling for Fighting presents seventy five throws and takedowns against punches kicks and grabs and demonstrates basic training methods such as stances footwork and strength training Written by a gold medal winner in Chinese wrestling Liang this book is a complete training guide to this powerful martial art Throw your opponent to the

ground fast Effective for competition and self defense 460 action photos detail every technique Includes a chapter on ground fighting    **Chinese Recorder and Missionary Journal** ,1909    Journal of Asian Martial Arts ,2007    *Sun Yat Sen and the Chinese Republic* Paul Myron Linebarger,1925    Epochs of Chinese & Japanese Art Ernest Francisco Fenollosa,1921

Black Belt ,1987-12 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world    **The American Missionary** ,1880 Vols 13 62 include abridged annual reports and proceedings of the annual meetings of the American Missionary Association 1869 1908 v 38 62 include abridged annual reports of the Congregational Home Missionary Society s Executive Committee 1883 84 1907 08    *The New International Encyclopædia* Daniel Coit Gilman,Harry Thurston Peck,Frank Moore Colby,1904

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