

Chinese Fast Wrestling For Fighting: The Art Of San Shou Kuai Jiao Throws, Takedowns, & Ground-Fighting By Liang;Shou-Yu;Tai D. Ngo

By Liang;Shou-Yu;Tai D. Ngo

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

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Liang, Shou-Yu & Tai D. Ngo Chinese Fast Wrestling for Fighting The Art The primary goal of this book is to introduce San Shou Kuai Jiao (Fast Wrestling

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By Grandmaster Shou-Yu Liang and Tai D. Ngo. San Shou Kuai Jiao it is known as Fast Wrestling. The words San Shou in Chinese San Shou Kuai Jiao is an art

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(lei tai full-contact fighting) The Art of San Shou Kuai Jiao Throws, Takedowns, According to Shuai Jiao Grandmaster Liang Shou Yu, In the past, San

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