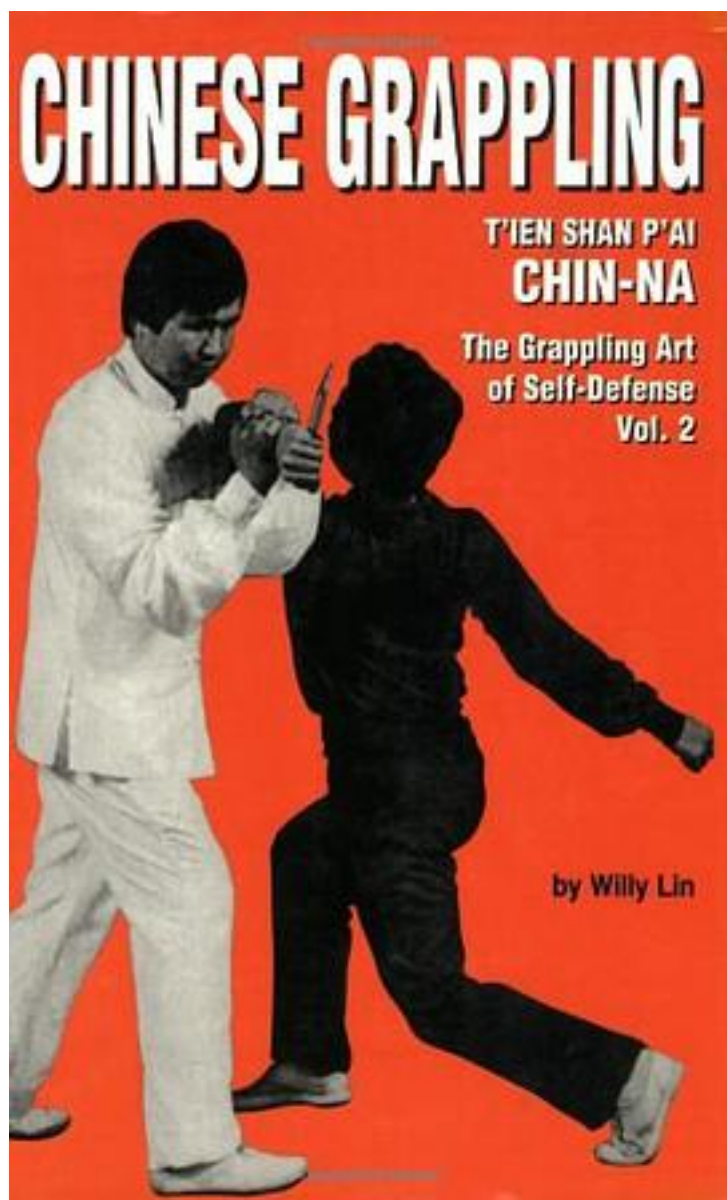


Chinese Grappling



[Chinese Grappling_ 下载链接1](#)

著者:Lin, Willy

出版者:Ohara Pubns

出版时间:1981-1

装帧:Pap

isbn:9780897500760

Chin-na is one of the most convenient of the martial arts to study. It requires no great amount of practice space and no special or protective clothing or devices. It does, however, require a reliable practice partner. Training by oneself produces no true progress, only a false sense of confidence. Two or more practice partners is even more advantageous. The greater the variety of the partners, the more experience the student will gain and the quicker and more completely the techniques will be mastered.

作者介绍:

目录:

[Chinese Grappling_ 下载链接1](#)

标签

评论

[Chinese Grappling_ 下载链接1](#)

书评

[Chinese Grappling_ 下载链接1](#)