

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

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Shuai Jiao (Chinese: 摔跤 or 摔; pinyin: Shuāijiǎo; Wade-Giles: Shuai-chiao) is the term pertaining to the ancient jacket wrestling Kung-Fu style of Beijing, Tianjin and Baoding of Hebei Province in the North China Plain which was codified by Shan Pu Ying (山捕营 The Battalion of Excellency in Catching) of the Nei Wu Fu (内务府, Internal Administration Unit of Imperial ...

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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