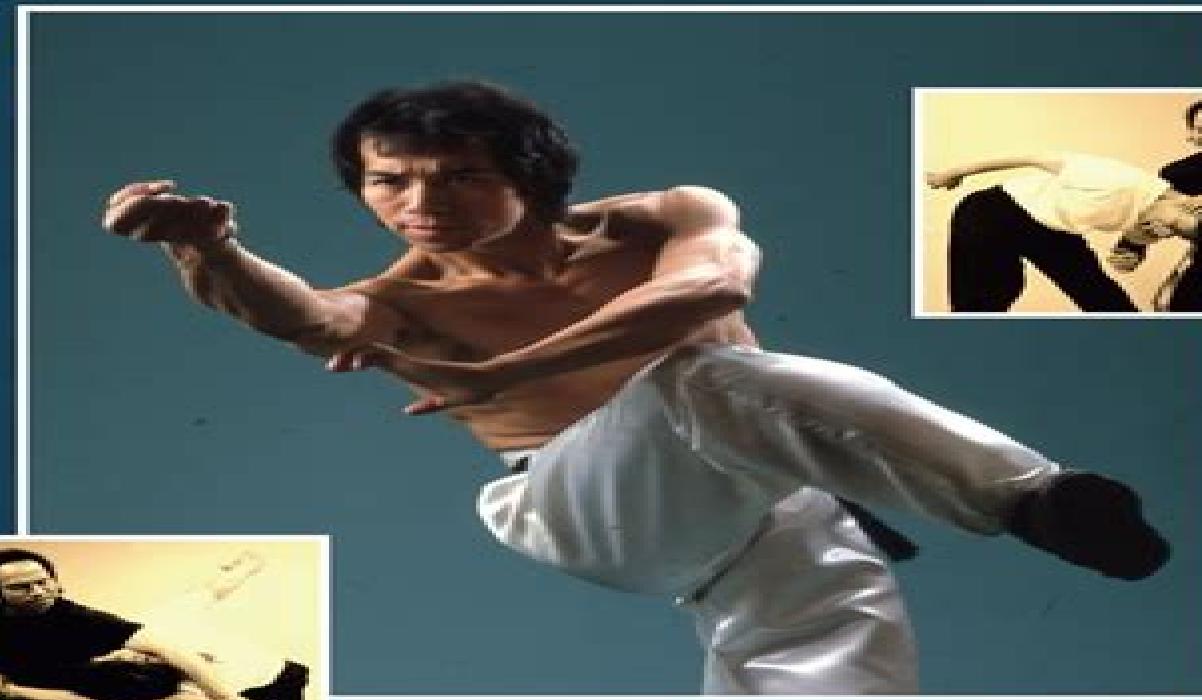


# KUNG FU SELF-DEFENSE FIGHT BACK

功夫



功夫

by Eric Lee

REVISED EDITION

# Kung Fu Self Defense Manual

**Brian Kennedy,Elizabeth Guo**

## **Kung Fu Self Defense Manual:**

*Chinese Martial Arts Training Manuals* Brian Kennedy,Elizabeth Guo,2008-01-08 Secret training manuals magic swords and flying kung fu masters these are staples of Chinese martial arts movies and novels but only secret manuals have a basis in reality Chinese martial arts masters of the past did indeed write such works along with manuals for the general public This collection introduces Western readers to the rich and diverse tradition of these influential texts rarely available to the English speaking reader Authors Brian Kennedy and Elizabeth Guo who coauthor a regular column for Classical Fighting Arts magazine showcase illustrated manuals from the Ming Dynasty the Qing Dynasty and the Republican period Aimed at fans students and practitioners the book explains the principles techniques and forms of each system while also placing them in the wider cultural context of Chinese martial arts Individual chapters cover the history of the manuals Taiwanese martial arts the lives and livelihoods of the masters the Imperial military exams the significance of the Shaolin Temple and more Featuring a wealth of rare photographs of great masters as well as original drawings depicting the intended forms of each discipline this book offers a multifaceted portrait of Chinese martial arts and their place in Chinese culture

**The Complete Martial Arts Training Manual** Ashley Martin,Ashley P. Martin,2010-05-10 The Complete Martial Arts Training Manual is a book DVD combo designed for anyone who has an interest in the martial arts Having a broad knowledge of the various techniques of the martial arts gives a martial artist an expanded ability to counteract a variety of attacks and overwhelm an opponent s defenses In expanding his own martial arts knowledge Martin shares with the reader his years of experience as a practitioner and teacher He provides a catalog of the various martial arts being taught worldwide and their strengths and weaknesses He then covers the basics of hand to hand techniques within each of those disciplines from strikes to ground fighting Finally he offers information on the overall health and well being of the martial artist including important nutritional information and stretching techniques With an instructional DVD included The Complete Martial Arts Training Manual is a solid foundation of martial arts for beginners and a key supplement for the veteran martial artist Chapters include Learning the Aspects of Fighting an introduction The Way of the Warrior definition of a martial art limitations of ground fighting a complete martial artist A Catalog of Martial Arts Kung fu Jujutsu or jiu jitsu Aikido Judo Karate Kickboxing Taekwondo Boxing Wrestling and more Combat Basics fighting ranges reflex training basic combat techniques Hand and Elbow Strikes jabbing punch hook punch uppercut superman punch and more Defenses slip duck block two handed defense Foot and Knee Strikes front kick roundhouse tornado kick flying knee strike Break Falling front break fall back break fall side break fall front rolling break fall break falling myths Takedowns hip throw shoulder throw side sacrifice throw the sprawl Locks and Choke Holds arm lock Americana rear naked choke cross choke Ground Fighting shoulder hold chest hold guard passing the guard Stretching for the Martial Artist leg flexibility arm flexibility Nutrition for the Martial Artist food pyramid pre exercise nourishment reducing body fat weight gain program

**Handbook of the Martial Arts and Self-defense**

Christopher Keane, Herman Petras, 1975      **Basic Wing Chun Training** Sam Fury, 2015-07-05 Teach Yourself Wing Chun Adapted for the Streets This is Wing Chun martial arts training as modern self defense It starts with Wing Chun techniques for beginners and advances up to sticky hands Wing Chun Chi Sao Anyone interested in martial arts will learn from these Wing Chun training techniques Those who will benefit most are People who are thinking about learning Wing Chun Kung Fu but first want an insight Those who want to know basic principles and techniques before joining a Wing Chun dojo Beginners who want to supplement their training Anyone that wants to learn how to adapt classic Wing Chun to the streets of today Teachers of Wing Chun Kung Fu who want some ideas on training beginner students Anyone that wants to self train in Wing Chun Kung Fu You'll love this Wing Chun training manual because it adapts a proven martial art to the streets of today Get it now Jam packed with Wing Chun Training Techniques The legendary Wing Chun punch Arm locks Wing Chun strikes including punches kicks elbows knees and the chop Trapping and grabbing Interception and counter attack Repeating punches Defending against common attacks and combinations and much more Contains 42 Wing Chun Lessons and 97 Training Exercises Basic Wing Chun theory is embedded into practical lessons Conditioning exercises to give your body the strength to do the techniques Basic footwork for speed and balance The Centerline Principle a core concept in Wing Chun Wing Chun training drills for developing lightning fast reflexes The direct line principle Use of training equipment Correct body alignment and weight distribution for greatest stability speed and power Learn Traditional Wing Chun Hand Techniques Tan Sau Dispersing Hand Pak Sau Slapping Hand Bong Sau Wing Arm Lap Sau Pulling Hand Kau Sau Detaining Hand Fut Sau Outward Palm Arm Gum Sau Pressing Hand Biu Sau Darting Hand Limited Time Only Get your copy of Basic Wing Chun Training today and you will also receive Free SF Nonfiction Books new releases Exclusive discount offers Downloadable sample chapters Bonus content and more This Wing Chun book is perfect for self defense It does not rely on strength or physical size to be effective Discover how you can adapt classic Wing Chun to the streets because the traditional stuff doesn't work in a brawl Get it now      [Shaolin Temple Kung Fu Manual](#) Thomas F Smith, 1996-05-03 Shaolin Kung Fu Manual Description Table of Contents Summary Description of Shaolin Kung Fu and benefits of training Shaolin Kung Fu history timeline and influences of its originators including Bodhidharma and Priest Yue The Six Paramitas the Five Perfections Genealogy Chart Historical Map The Influence of the Original Five Animal Methods of the Shaolin Tradition Learning Methods and Goals Training Methods in Shaolin Kung Fu Chi Kung energization methods breath work crane breath and cobra breath stretching training preparation tan tien expansion sequence meditation mudra chi kung in forms training San Zan The Ancient Wisdom of the Three Battles Pai She Chuan Form of the Ancient Wisdom of the White Snake Pai He Chuan Form of the Ancient Wisdom of the White Crane Sui Shi No Kon staff form chi kung version Training Methods in Martial Shaolin Kung Fu Training in stance footwork technique combinations self defense strategies energy delivery Martial forms Yue Chia Hsing I Yue Chia Hsing Er Yue Chia Hsing San Yue Chia Hsing Si Yue Chia Hsing Wu Wu Sattva Chuan Sui Shi No

Kon staff form martial version The Mystical Meaning of the Movement Mudra and Names of the Movements within the chi kung forms San Zan Pai She Chuan Pai He Chuan Symbolism and use of each of the most common Shaolin Mudra used in Shaolin Kung Fu Shaolin Kung Fu teacher certification requirements and grading methods Glossary of terms and concepts Overview The modern view of Shaolin Kung Fu is based on incomplete second hand information and an overwhelming influence of the Chinese communist government These influences have eliminated much of the self defense methods and strategies much of the physical health training and maintenance methods and nearly all of the spiritual awareness development concepts and training methods This book breaks the norm of modern Shaolin Kung Fu manuals in that it presents and explains these missing Shaolin influences Pages 181 8 5 x 11 Illustrations 47 Maps 1 Charts 1 Instructional DVDs are available from the publisher

### **Shaolin Chin Na Fa. Art of Seizing and Grappling**

Liu Jin Sheng,Andrew Timofeevich,2008-12-15 The book CHIN NA FA was written by Liu Jin Sheng in collaboration with Zhao Jiang The first edition of the book was issued in July of 1936 as a manual for the Police Academy of Zhejiang province The book was printed by the publishing house Shan Wu in Shanghai If you are in command of this technique you can sway the destiny of the enemy You can kill your enemy cause unbearable pain tear his muscles and sinews break his bones or make him unconscious for some time and completely disable him to resist Even a woman or a physically weak man who mastered this technique can curb a strong enemy This technique demands deftness and skill not brute force It is necessary to train oneself daily to make the body flexible and nimble but hardness must be hidden inside this softness Liu Jin Sheng The Police Academy of Zhejiang province 1 st of May of the 24 th year of the Chinese Republic 1935 If two outstanding fighters encountered in a combat like a tiger against a tiger the outcome of the combat depends on a measure of skill in CHIN NA He is in the process of transforming so do I closely following him Blows and grips follow continuously without a moment s respite You see an opening and needle your way into the vulnerable spot clear a passage and rush forward SHAOLIN QUAN SHU MI JUE Secret Directions for Shaolin Pugilistic Art Peking 1915

*Bruce Lee's Jeet Kune Do Sam Fury,2015-07-25 Teach Yourself Jeet*

Kune Do Bruce Lee s Jeet Kune Do is more than a bunch of martial arts techniques It is a usable Jeet Kune Do training manual covering all aspects of Bruce Lee s fighting method Unlike other martial arts Bruce Lee developed Jeet Kune Do to be a practical form of self defense Use these techniques and strategies to beat your opponent as quickly as possible Discover one of the most street effective martial arts ever invented because this is Bruce Lee s Jeet Kune Do Get it now Bruce Lee s Jeet Kune Do Includes Offensive and defensive Jeet Kune Do techniques Learn a martial art made for street fighting Train in the way of the intercepting fist Learn Jeet Kune Do foundations and fighting strategy Increase personal fitness Become lightning fast Increase power in all your strikes Easy to follow descriptions with clear pictures Progressive lessons so you can learn at your own pace Develop the ability to instinctively escape react to any situation and much more Train in the Way of the Intercepting Fist The fundamental lead straight punch and all the important lessons that go with it How to deliver

punches your opponent will never see coming Simple explanations of the principles of economy of motion Details the 5 ways of attack and how to apply them in your fighting strategy Learn about the centerline and how to use it to your advantage The On Guard Position Development of power and speed The fastest strike you can do and how to make it and all other strikes as fast as possible The most powerful strike you can do and how to make it and all other strikes as powerful as possible Jeet Kune Do footwork including the shuffle quick movements circling bursting etc A modified Jeet Kune Do version of Chi Sao Offensive and Defensive Jeet Kune Do Techniques Evasive movements Parries Counterattacks Trapping Jeet Kune Do kickboxing skills including punches kicks and combinations Interception Sliding leverage Knees and elbows Learn Jeet Kune Do Fighting Strategy Discover the use distance in fighting Includes simple explanations of fighting measure closing in the four ranges etc Understand the use of broken rhythm cadence and other timing concepts These will give an otherwise slower person the upper hand Learn how to create openings in your opponent s guard using feints false attacks and more Breaks down the 5 ways of attack for complete understanding and use in fighting strategy A Perfect Accompaniment to The Tao of Jeet Kune Do The Tao of Jeet Kune Do is Bruce Lee s own book on his fighting art It has techniques strategy and philosophy but it is not a Jeet Kune Do training manual Unlike other Jeet Kune Do books this one fills that gap Limited Time Only Get your copy of Bruce Lee s Jeet Kune Do today and you will also receive Free SF Nonfiction Books new releases Exclusive discount offers Downloadable sample chapters Bonus content and more Teach yourself how to fight like the legend himself because this training manual covers all aspects of Bruce Lee s Jeet Kune Do Get it now *Shaolin Chin Na Fa: Art of Seizing and Grappling. Instructor's Manual for Police Academy of Zhejiang Province (Shanghai, 1936)* Liu Jin Sheng,2007-05 The book CHIN NA FA was written by Liu Jin Sheng in collaboration with Zhao Jiang The first edition of the book was issued in July of 1936 as a manual for the Police Academy of Zhejiang province The book was printed by the publishing house Shan Wu in Shanghai If you are in command of this technique you can sway the destiny of the enemy You can kill your enemy cause unbearable pain tear his muscles and sinews break his bones or make him unconscious for some time and completely disable him to resist Even a woman or a physically weak man who mastered this technique can curb a strong enemy This technique demands deftness and skill not brute force It is necessary to train oneself daily to make the body flexible and nimble but hardness must be hidden inside this softness Author Liu Jin Sheng The Police Academy of Zhejiang province 1 st of May of the 24 th year of the Chinese Republic 1935 **Complete Martial Arts Training Manual** Ashley Martin,2012-04-16 The Complete Martial Arts Training Manual is a complete guide for anyone who has an interest in the martial arts Having a broad knowledge of the various techniques of the martial arts gives a martial artist an expanded ability to counteract a variety of attacks and overwhelm an opponent s defenses Author Ashley Martin shares with the reader his years of experience as a practitioner and teacher He provides a catalog of the various martial arts being taught worldwide and their strengths and weaknesses He then covers the basics of hand to hand techniques within each of those disciplines from strikes to ground

fighting Finally he offers information on the overall health and well being of the martial artist including important nutritional information and stretching techniques The Complete Martial Arts Training Manual is a solid foundation of martial arts for beginners and a key supplement for the veteran martial artist *Practical Strength Training Guide for Self-Defense & Martial Arts* Ralph Haenel,2016-08-25 The practical strength training guide for Wing Tsun Kung Fu Wing Chun Ving Tsun practitioners and fitness enthusiasts Step by step explanations of exercises Striking power for self defense and martial arts Now with bonus chapter about fundamental kettlebell training *Vortex Control Self-Defense* Sam Fury,2019-10-09 Teach Yourself Hand to Hand Combat This street fighting book makes learning hand to hand combat easy It is much more than a bunch of self defense tips Once you know the basics physical limitations such as strength age or fitness level are no issue This is an effective yet easy to learn method of self defense derived from over 20 years of research Teach yourself this highly effective system today because traditional martial arts don t work on the streets Get it now Vortex Control Self Defense Includes Simple explanations of the Vortex Control Self Defense principles Footwork and the unique bomb kicks Easy to learn entry techniques to break through your opponent s guard Devastating hand combinations presented in a formulaic method 15 highly practical arm hand and finger locks Use them for pain compliance disarming and or breaking limbs and more Combines the Most Effective Chinese and Filipino Martial Arts GM Lawrence Lee s Tong Kune Do Kung Fu Wing Chun Balintawak Arnis Escrima Panatukan street fighting and others Learn the Science of Modern Self Defense The use of power angles for an unbreakable defense A simple yet devastating fighting strategy following military principles of warfare The concept of weaponizing to get the most damage out of all your movements Harnessing gravitational forces to maximize power in all your strikes Using body mechanics and physics for maximum efficiency and increased damage to your opponent Limited Time Only Get your copy of Vortex Control Self Defense today and you will also receive Free SF Nonfiction Books new releases Exclusive discount offers Downloadable sample chapters Bonus content and more This publication has the approval of Peter Sunbye creator of Vortex Control Self Defense Teach yourself hand to hand combat for the streets of today because Vortex Control Self Defense is easy to learn and highly effective Get it now *Modern Wing Chun Kung Fu* Eric Oram,2011-12-01 Using a three part perspective on the traditional art this guide illustrates how wing chun kung fu is still deadly and effective in the context of modern combat The first part addresses fundamentals such as the history life benefits concepts principles and basic training including footwork kicks arm movements and reflexes that characterize the art Bridging the gap between wing chun and other fighting styles the second portion explains how a wing chun artist is able to exploit the vulnerabilities in defensive and offensive systems such as kickboxing grappling and karate The third and final section discusses how this particular brand of kung fu is highly effective in street combat both empty handed and with weapons as well as against single and multiple opponents *Nanquan Training Manual* LIANG WEI. HAO,2025-07-21 This training manual presents the traditional Southern Fist martial arts system as practiced for generations in southern

China Developed for real combat situations the methods focus on practical techniques that work regardless of strength or size The book covers fundamental stances powerful strikes effective defenses and combat strategies tested through centuries of use Readers will find a complete system for developing fighting skills that can be applied in modern self defense situations The material explores the unique characteristics that distinguish Southern Fist from other martial arts including its emphasis on low stances close range combat and direct attacks Detailed explanations break down the Five Animals system and how each animal's attributes contribute to a well rounded fighting ability Traditional conditioning methods like Iron Wire training are presented with clear instructions for developing real power The techniques are shown as they were originally intended for practical self protection rather than sport or performance Historical context throughout the book demonstrates how the art evolved to meet the needs of villagers farmers and militia fighters in southern China The training methods reflect the harsh realities of life during turbulent periods when effective self defense was often a matter of survival Readers will understand how environmental factors like terrain and climate shaped the development of techniques that work in confined spaces and against multiple attackers This background gives meaning to the movements and explains why they remain effective today With straightforward language and practical advice this manual makes traditional Southern Fist accessible to modern practitioners The techniques are presented progressively from basic stances to advanced applications allowing readers to build skills step by step Training tips emphasize safety while maintaining the art's combat effectiveness Whether for self defense physical conditioning or historical interest this book offers a genuine representation of Southern Chinese martial arts as they were traditionally taught and practiced     The Hung Gar Kung Fu Manual Wei Jing Wallace,2025-09-11

This comprehensive guide offers a complete journey into the powerful world of a traditional southern Chinese martial art Begin by exploring its deep roots and history understanding how and why this art developed its unique characteristics The book then provides a clear step by step foundation starting with the essential stances that build unshakable stability and leg strength and moving into the specialized breathing and conditioning methods that develop remarkable power You will be guided through the core forms from the fundamental exercises that teach coordination and power generation to the advanced sets that master the combination of hard and soft techniques inspired by the five core animal styles The manual then shifts to practical use breaking down how to apply these forms for self defense Learn the key hand techniques blocks and kicks and understand the vital concept of using your arms to control an opponent The book includes detailed drills performed with a partner to develop sensitivity timing and reflexes moving from pre arranged patterns to more fluid adaptive responses Further chapters extend this knowledge to traditional weapons including the staff the distinctive tiger fork and other arms showing how the core principles apply to tools of various lengths and weights Ultimately this guide is about building a sustainable practice that enhances strength health and personal discipline offering a path for lifelong learning and growth in a time tested martial art     *Chinese Martial Arts Training Manuals* Brian Kennedy,Elizabeth Guo,2005 Chinese martial arts

masters of the past wrote secret training manuals as well as training manuals available to the general public sometimes appearing themselves in the illustrations These manuals are an invaluable source of information about China s martial arts past and the photographs and drawing which many of them contain provide a glimpse back in time to how Chinese martial arts was actually practiced by the masters of the past This book introduces the rich literary and pictoral legacy of Chinese Martial Arts Training Manuals for the first time to the west [Kung Fu Elements](#) Shou-Yu Liang,Wen-Ching Wu,2001

[The Self-Defense Handbook](#) Sam Fury,2020-05-11 Teach Yourself Self Defense Inside this four part self defense training manual you will learn The Principles of Self Defense The information in this section is more valuable from a self defense point of view than any of the individual techniques Basic Self Defense Techniques Simple and effective moves to escape your attacker s and get to safety Advanced Strikes Strategies Use these tactics when the basic self defense techniques are too aggressive such as in a friendly pub or schoolyard brawl Weapon Disarms Advanced lessons on how to disarm an attacker and fight multiple opponents This is the only self defense training manual you need because these are the best street fighting moves around Get it now Discover Real Street Fighting Tactics The best target areas for self defense and which strikes to use How to achieve street fighting knockouts Ground fighting techniques for self defense Easy to apply strategies for attack and defense The correct way to use choke holds and how to escape them The best self defense objects from everyday items Weapon vs weapon street fighting training How to adapt what you learn to any situation Adapted From Proven Street Fighting Styles This no nonsense self defense training manual focuses on the most effective techniques from a wide variety of martial arts including but not limited to Jeet Kune Do Bruce Lee s martial art Vortex Control Self Defense eclectic self defense Kali Escrima Arnis Filipino weapon based martial arts Wing Chun efficient Chinese martial art Krav Maga Israel military Systema Russian military Mixed Martial Arts strikes and ground fighting and more Limited Time Only Get your copy of The Self Defense Handbook today and you will also receive Free SF Nonfiction Books new releases Exclusive discount offers Downloadable sample chapters Bonus content and more Teach yourself self defense that works because this is one of the best street fighting books around Get it now **[The Ultimate Martial Arts/Fitness/Self Defense Manual](#)** Ted Gambordella, The Ultimate Martial Arts Fitness Self Defense Manual 22 Complete Books over 2 000 pages Street Jitsu Wrist Locks Throws Chokes Complete Jiu Jitsu Backyard Jiu Jitsu Abs Flexibility Stretch Tubing Gambretta Seven Second Self Defense Secrets of Martial Arts Masters Combat Conditioning Flexation End of Injury Cane Jitsu Oriental Philosophy

**[Modern Wing Chun Kung Fu](#)** Eric Oram,2011 **[Choy Li Fut Kung Fu](#)** Wei Jing Wallace,2025-09-11 This Book is a Complete Guide offers a clear and practical introduction to a well known Chinese martial art This book provides a straightforward path for learning starting with the art s history and the core ideas that make it effective Readers will learn the essential building blocks including how to stand move and use their hands correctly A major focus is on generating power from the waist which is the secret behind its powerful circular techniques The guide then leads you through the practice of

forms which are set sequences that combine techniques for training and self defense. It explains the unique five animal methods and the traditional weapons training that is part of the system. Crucially it shows how to apply these skills for practical self defense and explains the smart thinking used in a confrontation. The book also covers the important physical conditioning needed and concludes with a look at the mindset and personal development that comes from dedicated practice. This book is a comprehensive manual for anyone who wants to understand and learn this respected martial art from the ground up.

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