



# Kung Fu Grappling Strategies

*chris friedman*

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## **Kung Fu Grappling Strategies** chris friedman

Kung Fu Grappling Strategies explores the various aspects of the three systems the author has trained in while living in China for the past decade, Bagua Zhang, Shuai Jiao, and Shaolin Kung Fu. Locking, throws, anti-locking, ground fighting, grappling with weapons, street fighting vs competition, clawing techniques and striking with grappling are all covered along with the history of these ancient Chinese fighting methods. Methods for developing the attributes needed to pull off these techniques under real life conditions, are also covered within this text. Kung Fu Grappling Strategies is filled with many real life stories of the author and his instructors using these skills in real life on the streets. This comprehensive text is filled with colorful photos which help illustrate the techniques, training methods and true life stories in this book. The photos were all taken in various places in China, including such famous land marks as the Shaolin Temple. Many of the author's teachers are well known and respected masters in China, such as professional MMA and Shuai Jiao fighter Yao Honggang, Shaolin temple disciples like Master Song Shuang Ping, Shi Yan Feng and Shi Xing Yong, Bagua Zhang master Zhang Sheng Li, Tai chi and kung fu master Jin Leiming, as well as Zhou Quan Sheng Shuai Jiao master and champion. Kung Fu is the oldest martial arts in the world and all other systems stem from this ancient art, including the present day grappling and grappling oriented systems.

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