

Kung Fu Elements

Wushu Training and Martial Arts Application Manual

中國武術

功夫及踢打摔拿實戰訓練



梁守渝，吳文慶著

by

Shou-Yu Liang &
Wen-Ching Wu

Wushu Home Training Manual

David Baud



Wushu Home Training Manual:

Kung Fu Elements Wen-Ching Wu, Shou-Yu Liang, 2001-09 Kung Fu Elements is the Wushu training manual that martial artists have long awaited. It is the first of its kind in the English language. It contains the essence and elements of both Internal and External Styles of Wushu. It is an invaluable training reference for any instructor or serious student of any style of martial arts. This book contains seven chapters plus an extensive glossary including Classifications of Wushu styles, history and philosophy, Traditional methods for building a strong foundation, Techniques for developing powerful kicks, Sanshou fighting applications and combinations, Effective uses of grappling, Qinna and takedown, Shuaijiao techniques, Iron Sand Palm training and Cavity Press, Dianxue Internal Strength, Light Body and many other Kung Fu attainment methods. A Glossary of Wushu styles, practitioners and terms. In Wushu we train the physical to aid the shapeless, cultivate the shapeless to care for the physical. The training of Wushu gives one the necessary conditioning to master one's own physical body and gain a greater understanding of the inner workings of the mind and spirit. This book includes the training methods used by ancient Wushu masters to achieve great heights. With this book at your finger tips and your desire to excel, you too can achieve great heights in your martial arts training.

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Wushu Basic Training Chinese Wushu Research Institute, 1981 The first English language training manual of its kind, hailed as the original Wushu Bible. This landmark edition presents a complete systematic program in traditional Chinese Wushu fundamentals. With step by step instruction and over 200 photographs, Master Bow Sim Mark, her son Donnie Yen and sister Siu Yin Mark demonstrate foundational exercises designed to build skill, strength and precision for every martial artist.

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