



Kung Fu Elements: Wushu Training and Martial Arts Application Manual

Shou-Yu Liang, Wen-Ching Wu

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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

Kung Fu Elements 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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