



Practical Qin Na Part 1: Explanation of the Qin Na Nine Heaven Secret Text

Zhao Da Yuan, Tom Bisio

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Practical Qin Na Part 1: Explanation of the Qin Na Nine Heaven Secret Text Zhao Da Yuan, Tom Bisio Master Zhao Da Yuan Unveils Qin Na's Hidden Secrets

Practical Qin Na Part 1: Explanation of the Qin Na Nine Heaven Secret Text is Part One of Master Zhao Da Yuan's magnum opus on the art of Qin Na (Capturing and Seizing). Although Qin Na techniques are taught in all styles of Chinese Gong Fu, few people know that Qin Na is also a complete system of self-defense and self-cultivation. The art of Qin Na includes:

- Developmental Nei Gong and Basic Training
- Qin (Capturing) techniques, which separate the tendons and dislocate bones by hooking and locking
- Na (Seizing) techniques, in which one seizes and grasps acu-points, meridians, body cavities, and blood vessels
- Striking, Seizing and Kicking Vital Points
- Counter Qin Na
- Throwing Techniques
- Defenses against Weapons
- Weapons Training
- Forms Practice

For centuries, Qin Na was a secret family system, only parts of which were taught to outsiders. After teaching this deadly and effective art to the police, military personnel, and elite bodyguards for more than 40 years, Master Zhao breaks with tradition and openly reveals the real secrets of Qin Na to the general public, including the key theories and foundational training methods that were in the past taught to only one or two disciples in each generation. These secrets are contained in the *Nine Heaven Secret Text*.

The *Nine Heaven Text* is an extraordinary contribution to the art of Qin Na and the internal Chinese martial arts. In a series of coded poems, the text presents the complete theoretical basis of both Qin Na and the internal martial arts, in minute and precise detail:

1. Heart Poem
2. General Poem
3. *Wu Ji* Poem
4. Seven Star (*Qi Xing*) Poem
5. Eight Trigram (*Ba Gua*) Poem
6. Six Harmony (*Liu He*) Poem
7. Five Element (*Wu Xing*) Poem
8. Yin Yang (*Liang Yi*) Poem
9. Three Powers (*San Cai*) Poem
10. Four Appearances (*Si Xiang*)
11. Nine Palaces (*Jiu Gong*) Poem

Master Zhao deftly decodes and explains the hidden meanings contained in the secret poems of the *Nine Heaven Text*, integrating ancient concepts with modern anatomy, physiology and sports science, so that the

art of Qin Na can continue to grow and flourish in the modern world. This book openly presents the theoretical underpinnings, subtle principles and training methods of Qin Na that were previously only taught to favored disciples. Without these elements one cannot grasp the real *Gong Fu* and can merely learn a collection of tricks and individual techniques.

Practical Qin Na Part 2: Foundational Training, Techniques and Methods (coming in early 2016) details the training methods for developing the inner *Gong Fu* that is critical to the correct performance of Qin Na, as well as **all** of the basic and advanced techniques, including throwing and defenses against weapons. *Part 3* presents Qin Na solo forms and their combat applications as well as Qin Na weapons forms. These books contain hundreds of photos illustrating the techniques and principles.

Master Zao Da Yuan is a Ba Gua Zhang disciple of Li Zi Ming and studied a family system of Qin Na with Zhang Jin. He was the chief martial arts instructor at China People's Police Officer Academy and for the last 40 years has taught Qin Na and martial arts to police and military personnel and elite bodyguards.

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