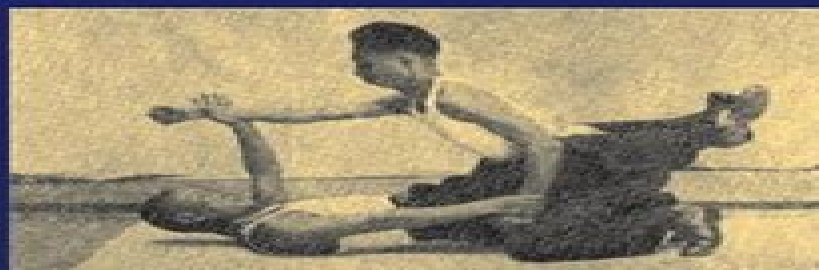


Chin Na Fa

Traditional Chinese
Submission Grappling



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Translated by

Tim Cartmell

Brazilian jiu jitsu champion

Chin Na Fa Traditional Chinese Submission Grappling Techniques

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