



Sambo ground fight: the core technology(Chinese Edition)

By ZHANG HAI

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: 2012 Pages: 224 Language: Chinese Publisher: Beijing Sport University Press Sambo ground fight: text description of the core technology for action. and strive to achieve a user-friendly. simple and smooth. The Auxiliar illustration I used computer 3D technology depicting well-drawn. compared to previous similar books. hand drawing or photo demonstration. Novel more vivid. accurate and in place. Contents: Chapter 1 on the ground fight in surgery of the first section of the ground fight can not be avoided II fell to the ground which attack the third quarter ground fight standing fights differences fourth ground fight suffer the shortcomings of the first five Sambo ground fight with Brazilian jiu-jitsu ground fight differences in Section I of Chapter II Sambo ground fight basic offensive and defensive posture to ride the momentum. the second side to ride the momentum knee against the potential fourth quarter closed the third quarter defensive Section V open defensive VI of Chapter III of the other posture Sambo ground fight repression solid control technology first section of lateral suppression of the second longitudinal...



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