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Lion's Roar San Da: Combined Old and New Martial Arts Methods

David A Ross

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More than 20 years in the making, Sifu David A Ross finally presents the definitive guide to his teaching method. For more than twenty years, Sifu Ross proved the effectiveness of the late Chan Tai-San's Chinese martial arts techniques by training successful fighters who competed in Sanshou, San Da, Muay Thai and Mixed Martial Arts (MMA). This volume explains BOTH traditional Chinese combat theory and modern approaches to effective training. Information that was either previously available only to "disciples" or was obscured by Buddhist and Daoist metaphors is discussed in direct terms for the first time and made available to everyone. Whether you are a student of Chinese martial arts or of modern Mixed Martial Arts (MMA) you will have a new appreciation of both after reading this volume. A Partial Table of Contents Traditional vs. Modern Randori and Shiai Fighting Stance and Footwork Striking Kicking Six Gates Theory "Making pain a friend" Counter Attacks Lion's Techniques The out and in step Ride the kick and counter kick Knee against straight punches The cut kick / sweep Leg attack takedowns The Heavy Bag Muay Thai Pads The roles of tradition and respect?

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