



# The Method of Chinese Wrestling

*Tong Zhongyi*

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## **The Method of Chinese Wrestling** Tong Zhongyi

One of the art's earliest and most complete training manuals, *The Method of Chinese Wrestling* explores all aspects of this ancient fighting system, including solo training, training with equipment, constructing training apparatus, application of techniques, and the rules of competition. Throwing, gripping, and falling techniques are revealed in minute detail, and in accompanying photographs, the author and his top students illustrate the methods described. Both a fascinating historical document and a practical training guide, the book is an essential reference for anyone interested in the martial arts.

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