

## Shaolin Chin Na

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### Shaolin Chin Na

She is certified in the Chinese martial art forms of Shaolin Kung Fu and Shaolin Chin Na, along with Pekiti-Tirsia Kali, a form of martial arts developed in Philippines. Genelia is actually well ...

### Bollywood Actresses Who Are True Masters In Martial Arts

Chances are, Shaolin Center is just such a place ... we also teach classes in chin na, the art of using joint locks for self-defense, and iron body work." In recent years, the school has ...

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