



Lion's Roar Martial Arts: The Master Text (Lion's Roar San Da) (Volume 3)

David A Ross

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New revised and expanded version with 244 pages and over 39,000 words. New, higher quality illustrations cover all aspects of the Lion's Roar Martial Arts system. New techniques and concepts not published in previous volumes. Based upon the teachings of the later Master Chan Tai-San, and proven in the modern combat sports world in the Muay Thai ring and the Mixed Martial Arts cage, Lion's Roar martial arts is the best of both worlds. It combines traditional Chinese martial arts with modern training approaches. An abbreviated table of contents includes; Wong Yan Lam's Lei Tai Challenge Training practice Standing practice Footwork Head movement The body method Training equipment Free sparring Striking Kicking Six Gates Theory Kick catches Stopping the shoot Leg attack takedowns Counter Attacks Clinching Structure Knees strikes Throwing Joint locking and choking Ground fighting Part three in the well received and well reviewed series on Lion's Roar San Da



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