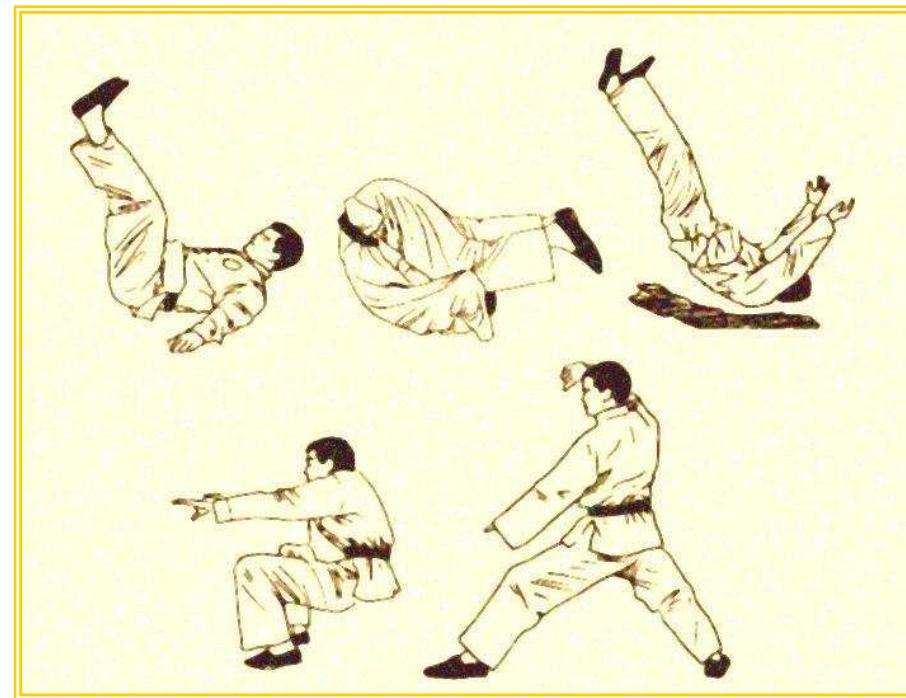




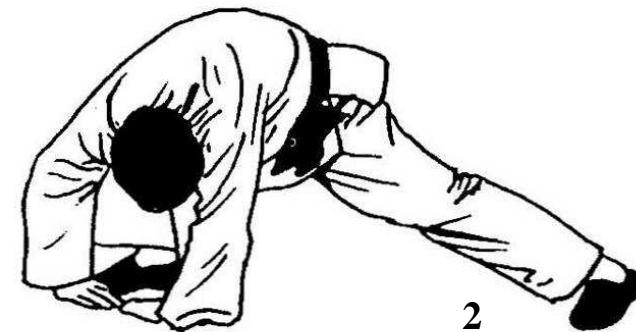
*Ti Kung Ch'uan Chi Pen Fa*

## 地功拳基本法



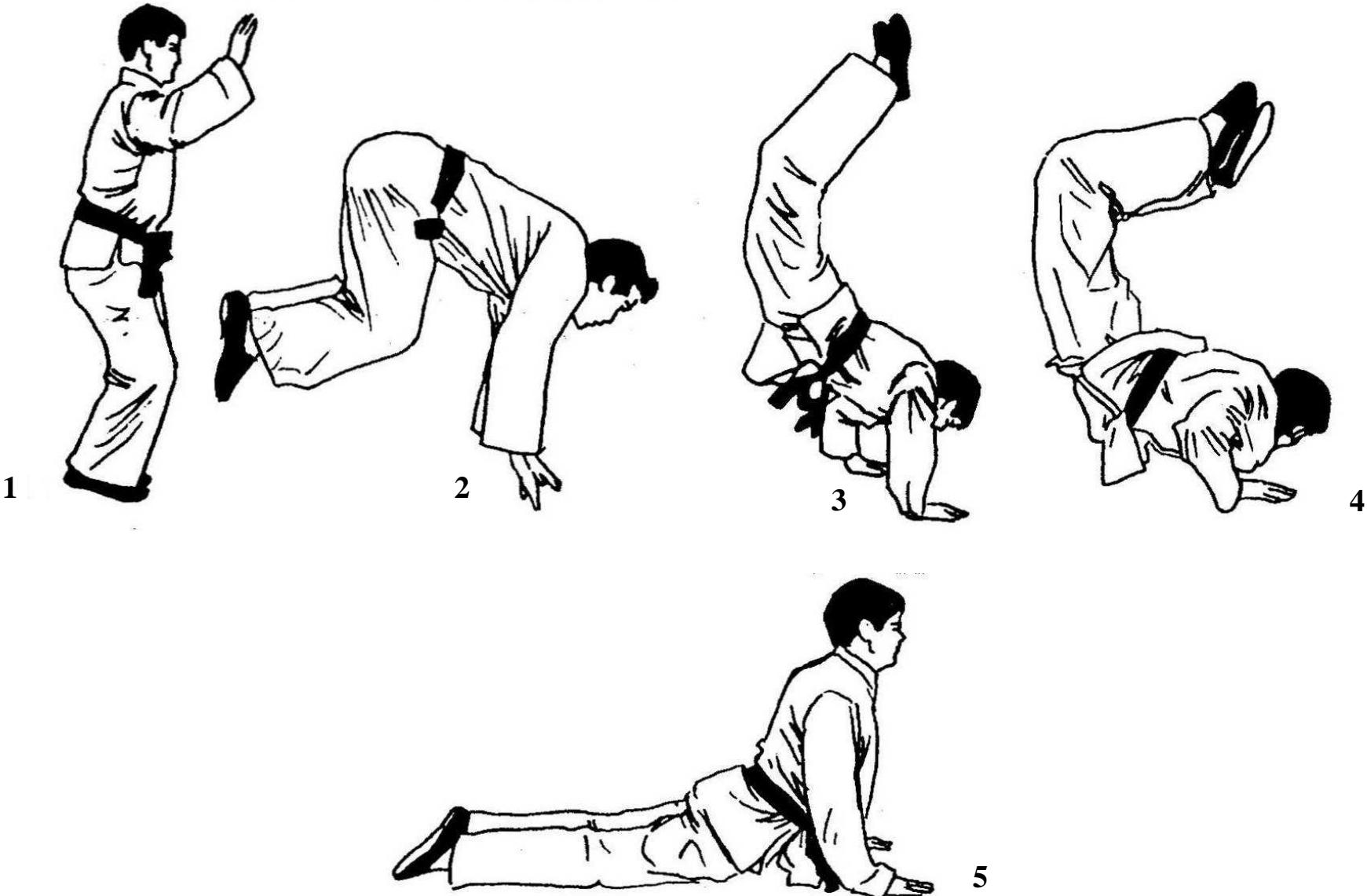
滾身

*Kun Shen : rotolamento del corpo in avanti*



前仆

*Ch'ien P'u : caduta in avanti*



# 後仆

*Hou P'u : caduta all'indietro*



1



2



3



4



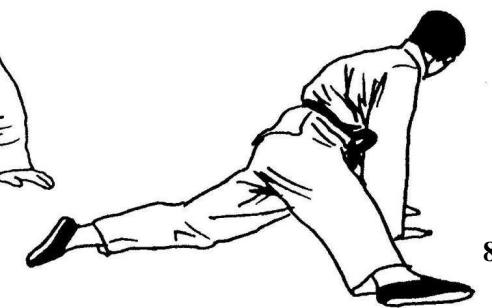
5



6



7



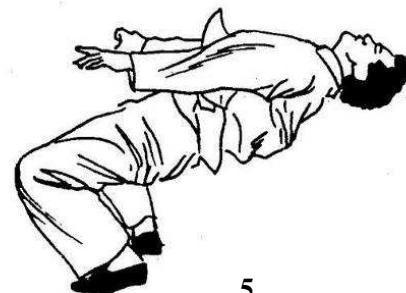
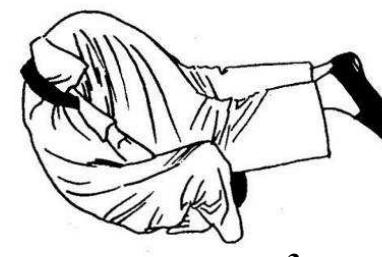
8



9

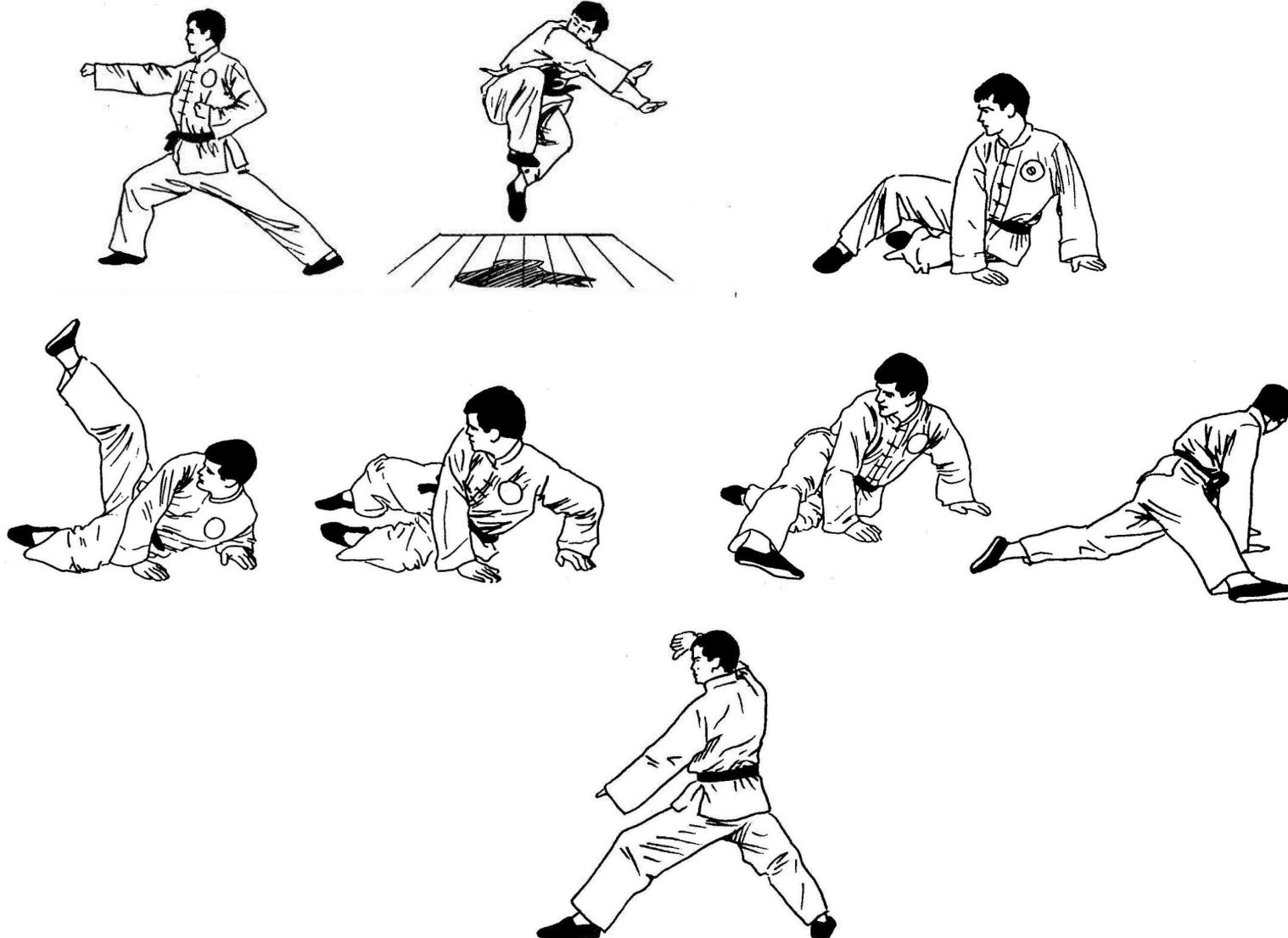
# 挺脊

*T'ing Chi :  
caduta indietro rialzandosi con un colpo di reni*



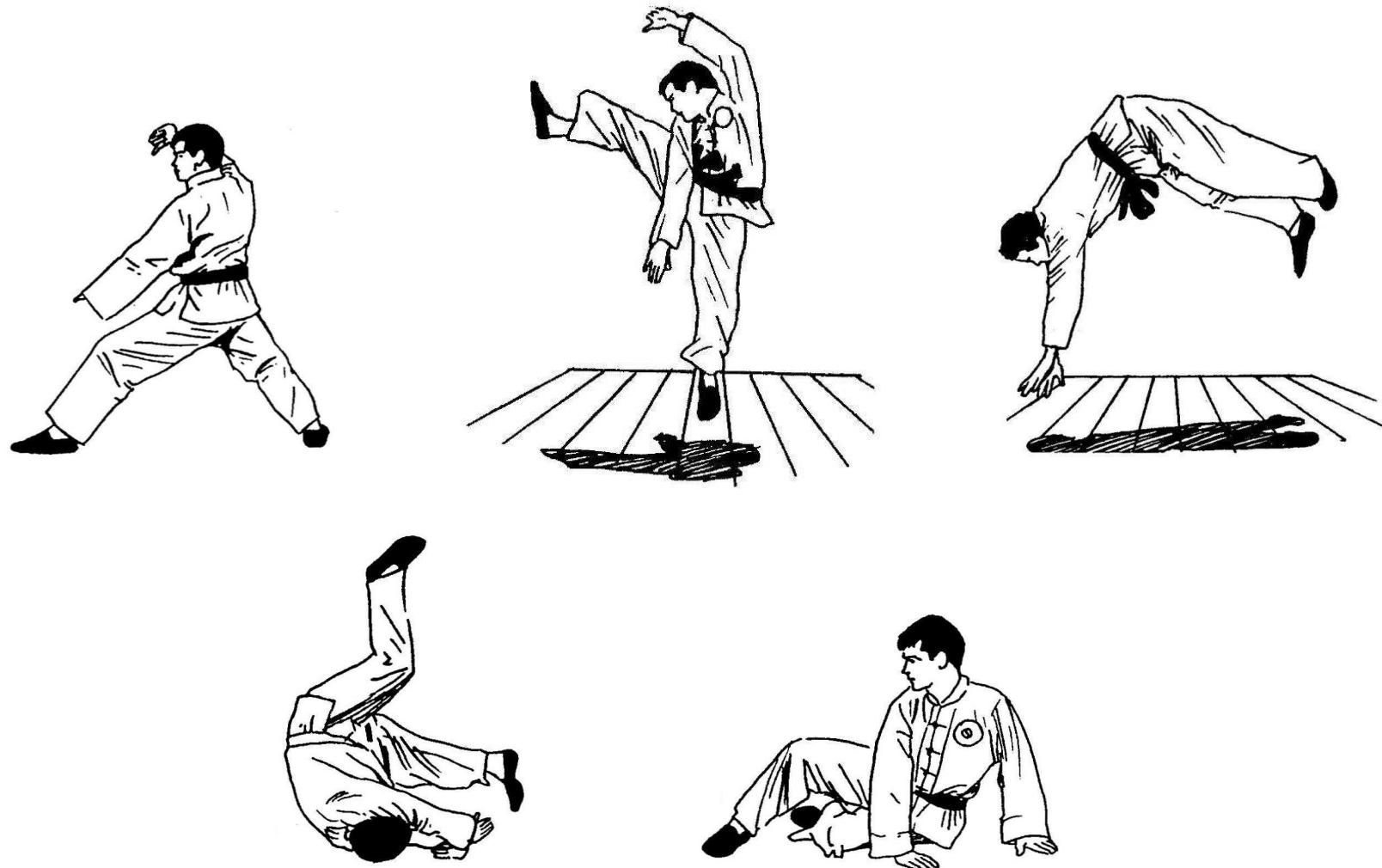
左仆

*Tso P'u : caduta laterale a sinistra*



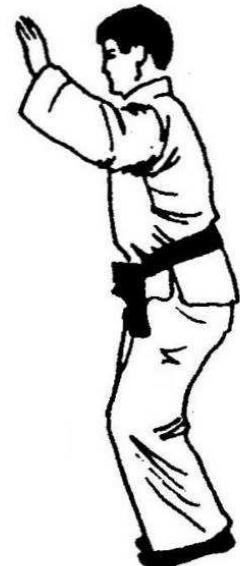
## 二起滾身

*Ehr Ch'i Kun Shen :  
Doppio calcio volante e rotolamento in avanti*

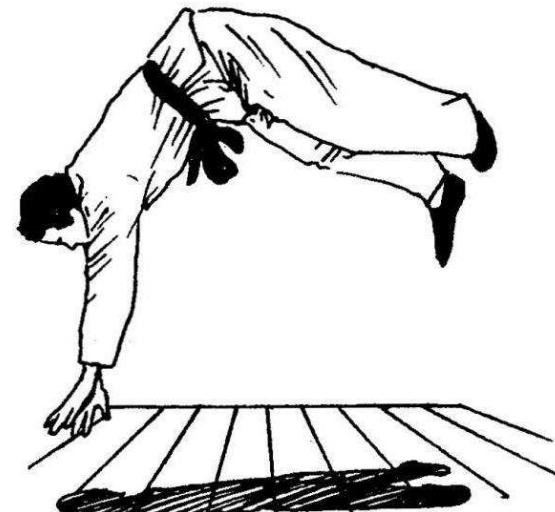


# 超越滾身

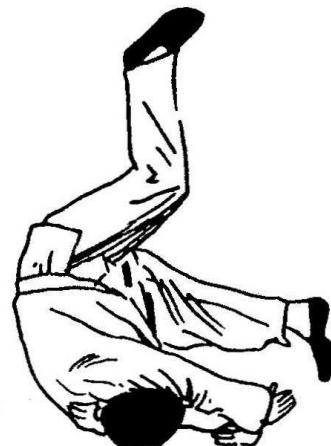
*Ch'ao Yueh Kun Shen :  
Saltare in alto e rotolamento in avanti*



1



2



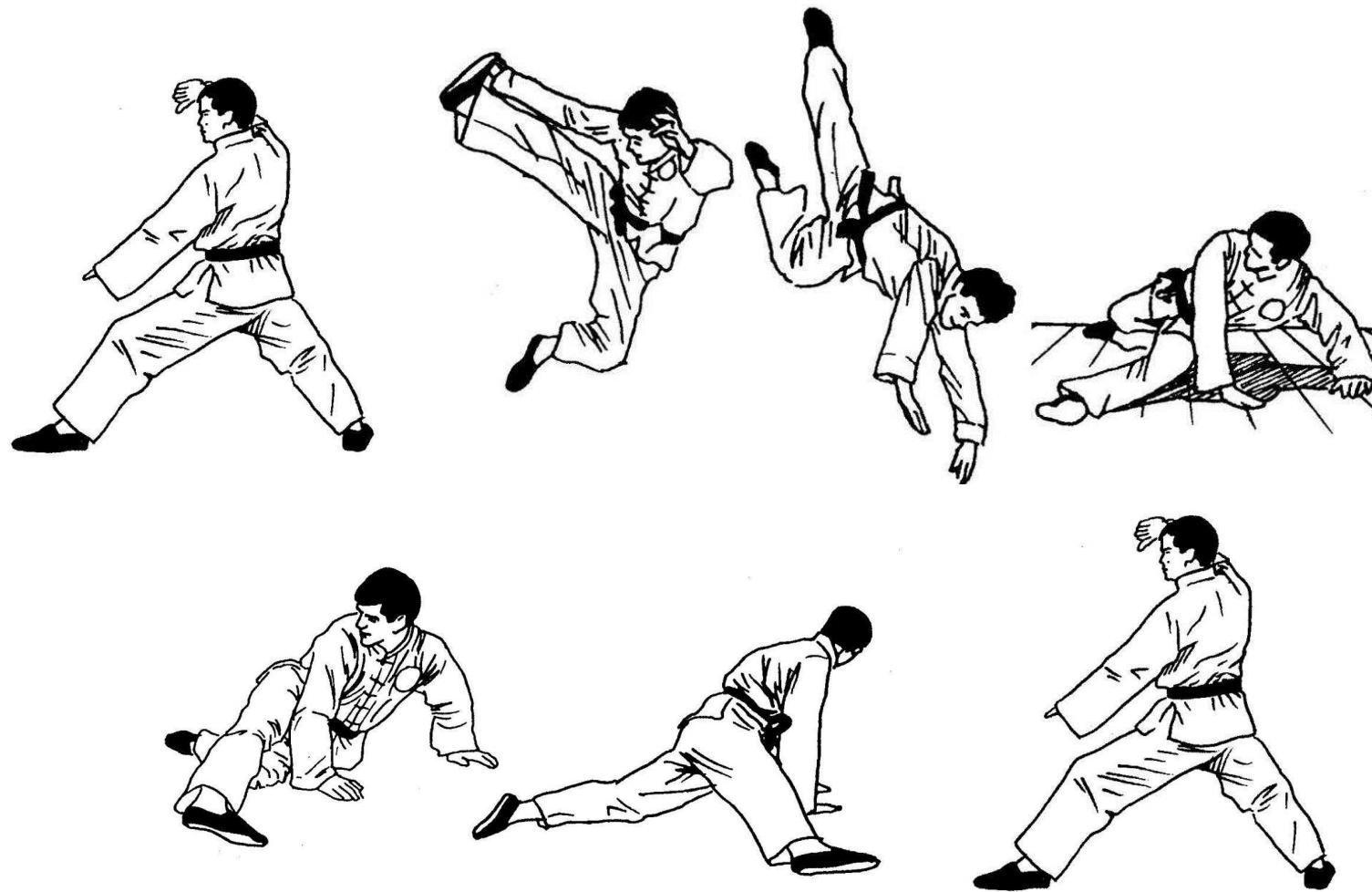
3



4

# 箭腿

*Chien Tui : forbice con le gambe*  
*(sforbiciata di gambe al volo)*



旋仆

*Hsuan P'u :*  
*Caduta girando su un fianco*



# 旋盤腿

Hsuan Peng T'ui :  
Rotolamento in avanti e rialzarsi con un avvitamento delle gambe

