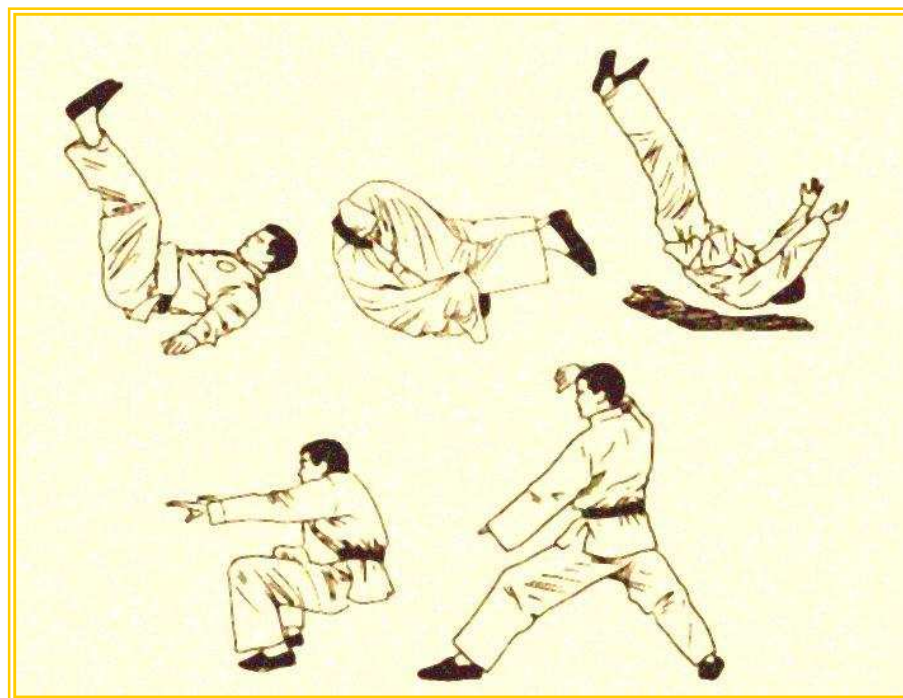




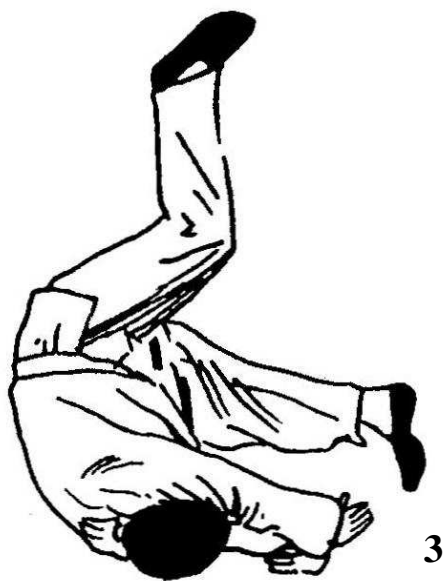
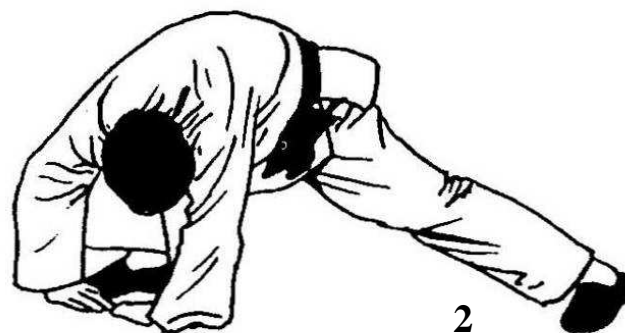
Ti Kung Ch'uan Chi Pen Fa

地功拳基本法



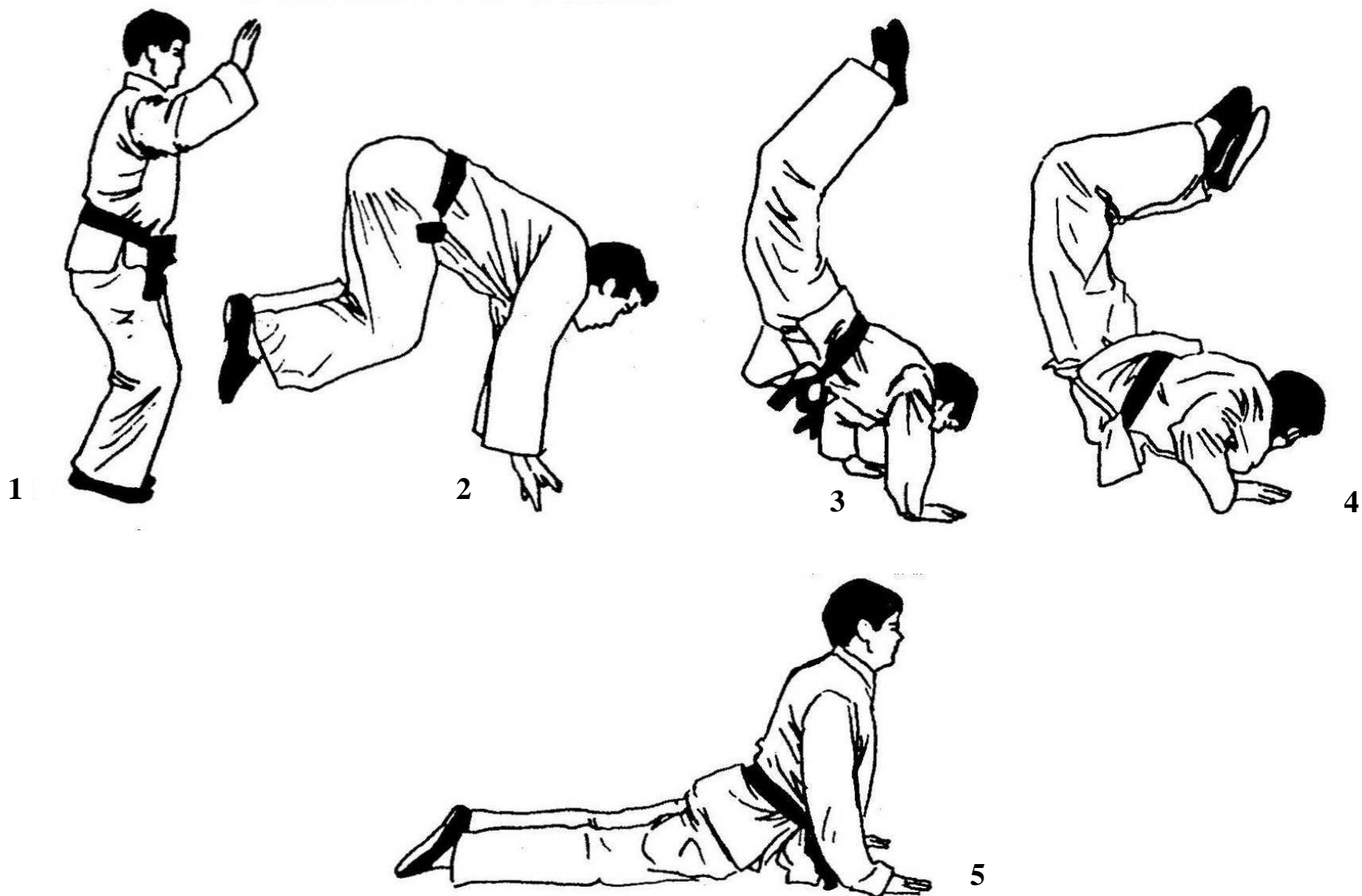
滾身

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



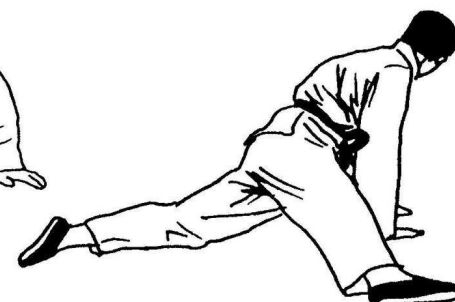
5



6



7



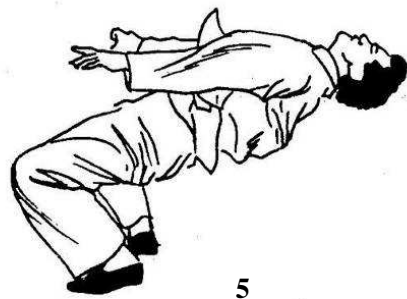
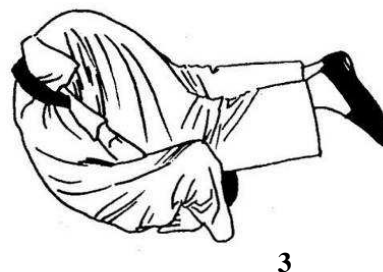
8



9

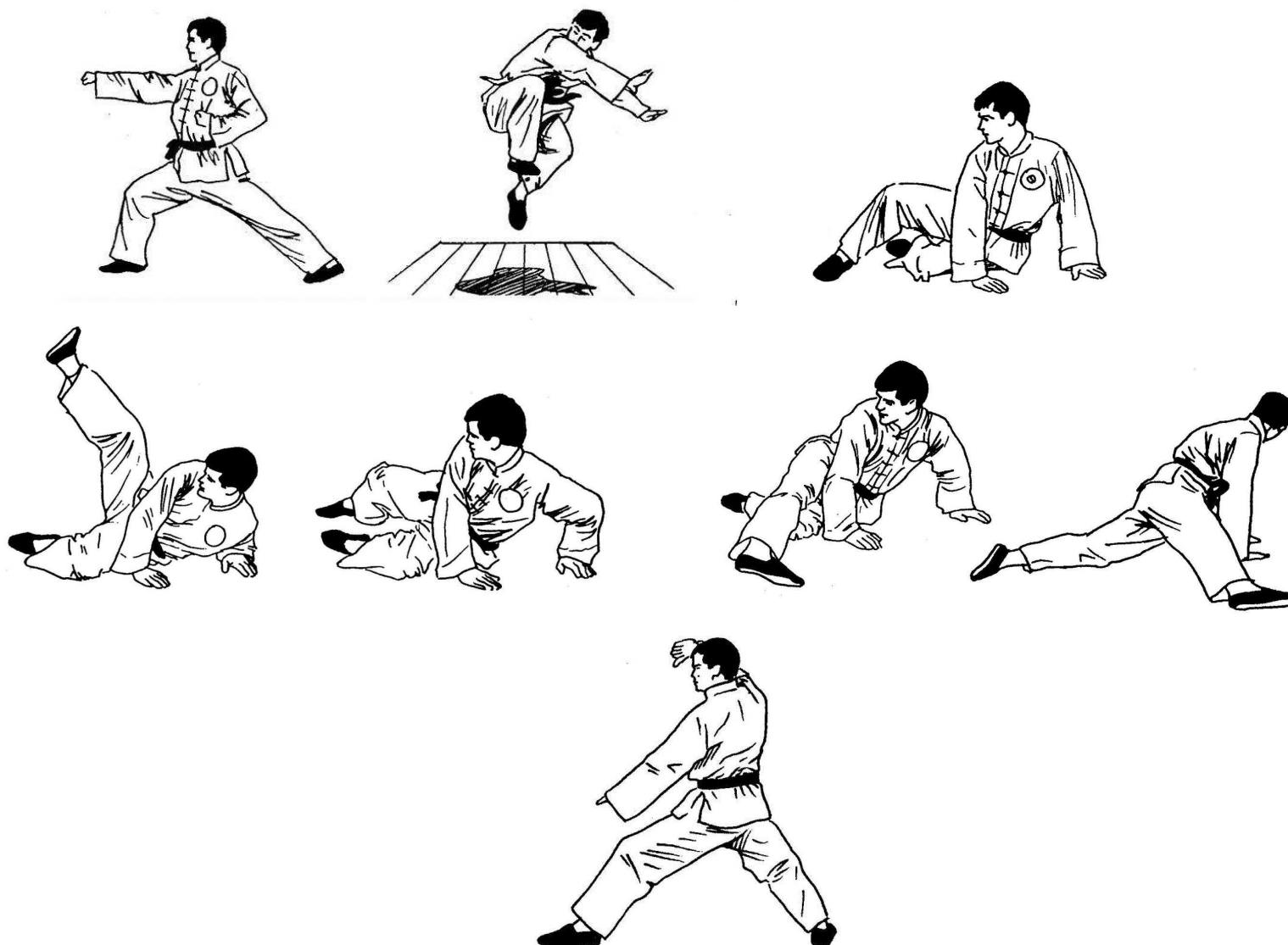
挺脊

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



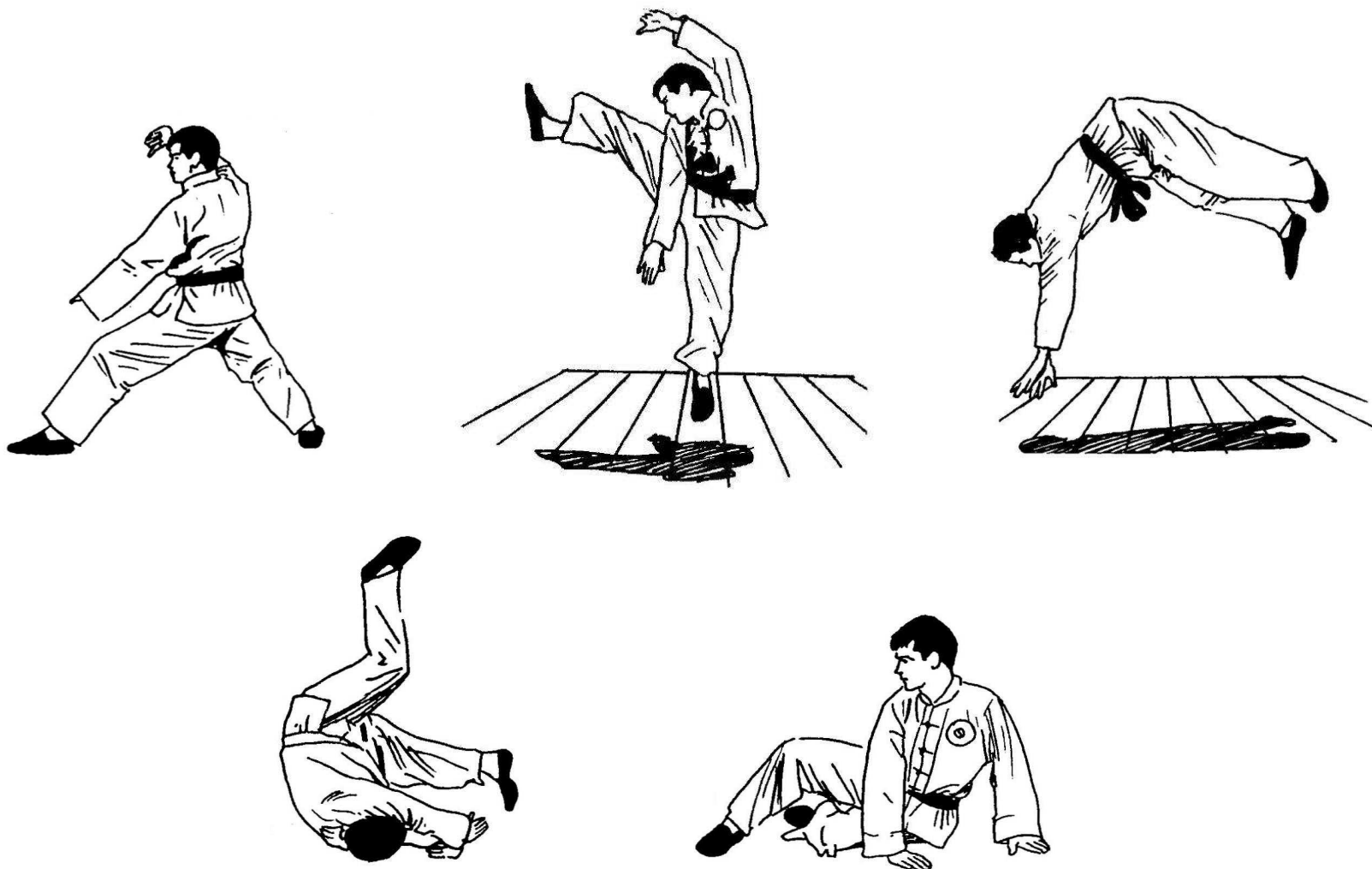
左仆

Tso P'u : caduta laterale a sinistra



二起滾身

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

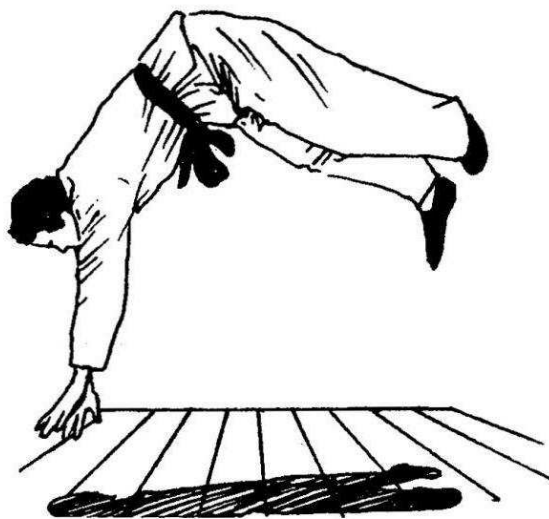


超越滾身

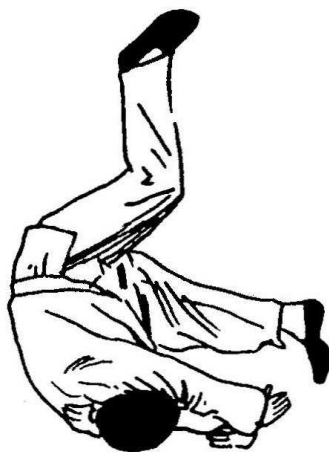
*Ch'ao Yueh Kun Shen :
Saltare in alto e rotolamento in avanti*



1



2



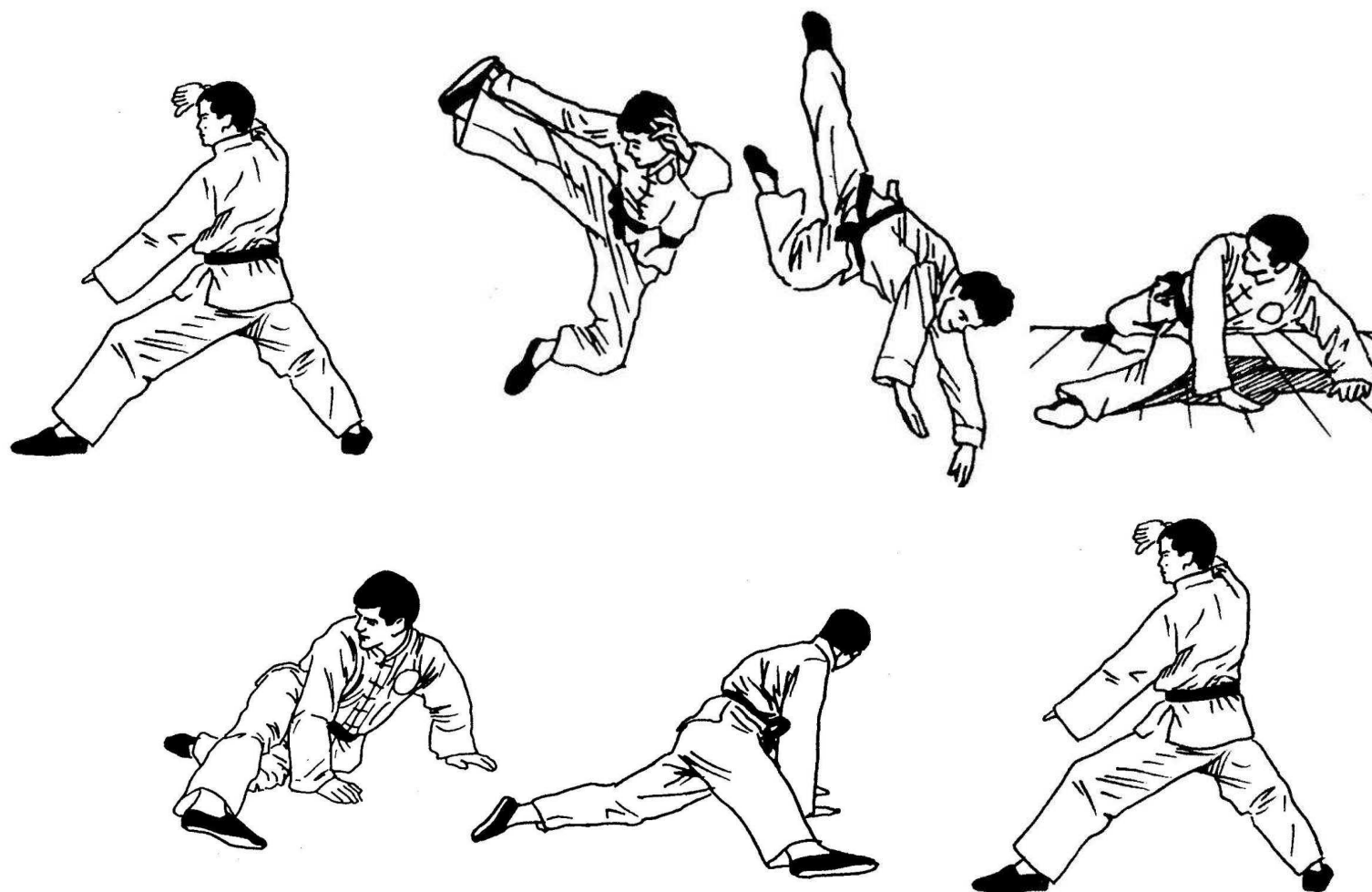
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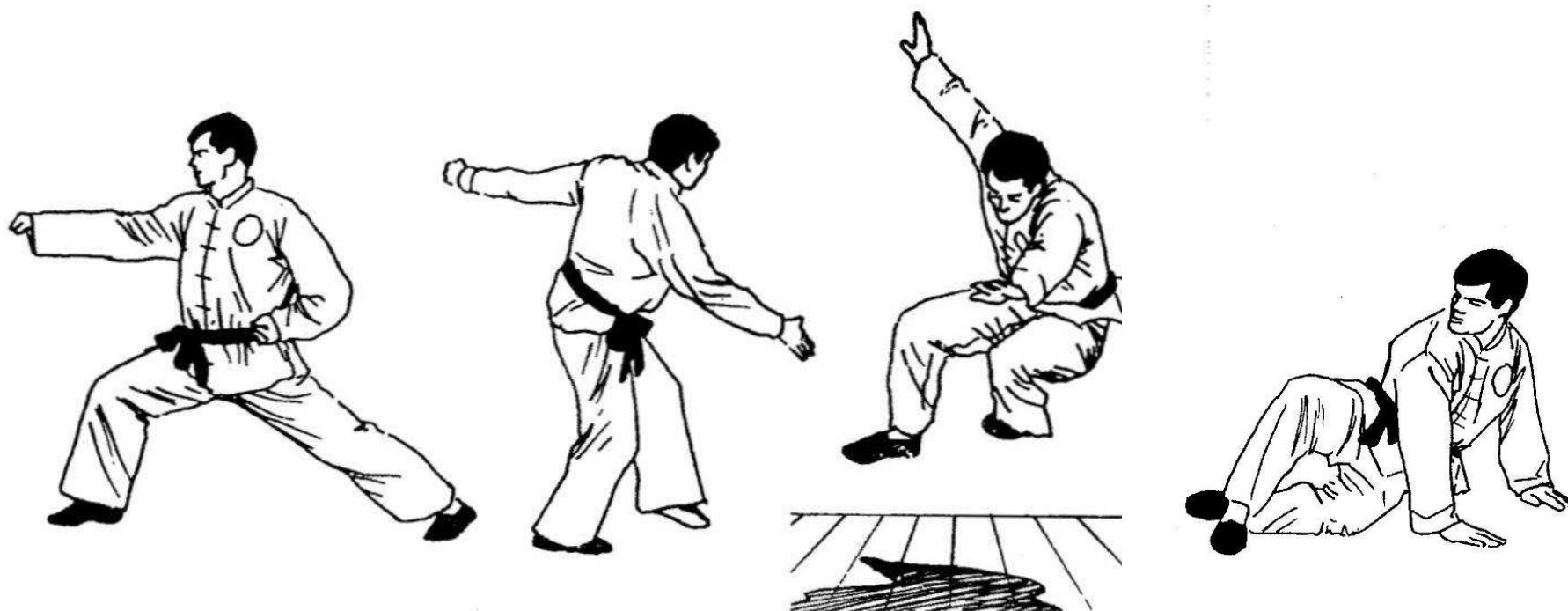
箭腿

*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 avvvitamento delle gambe*

