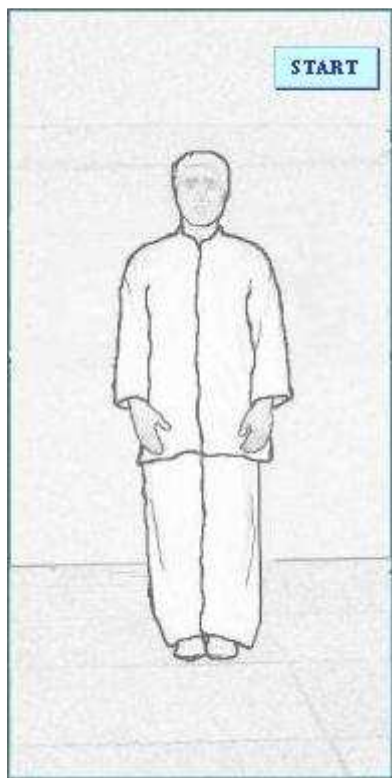
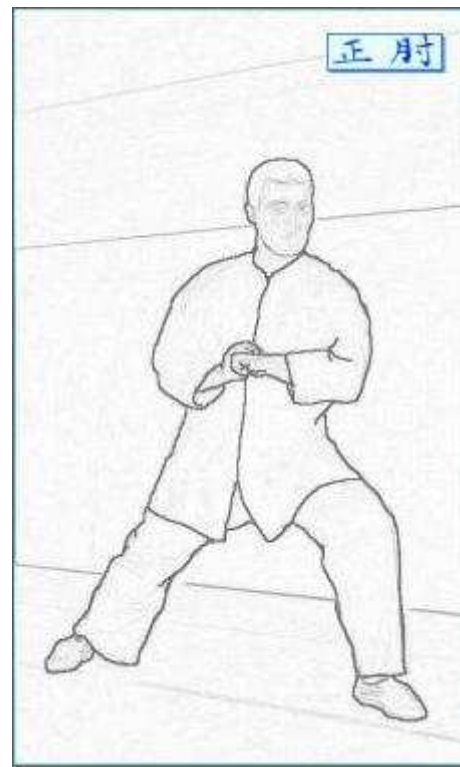


基本肘法

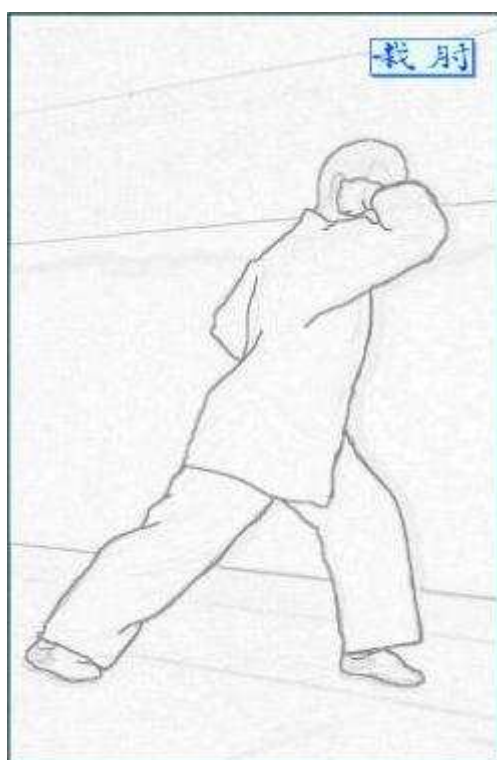
Chí Pen Chou Fa



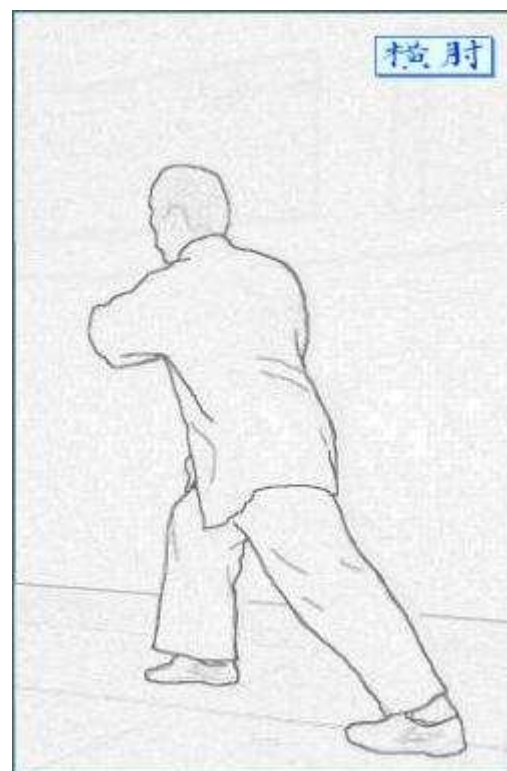
Posizione
di Partenza



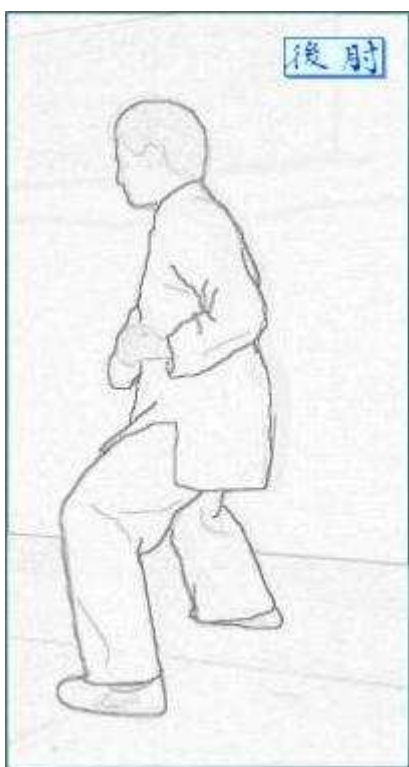
Cheng Chou
Gomito Diritto



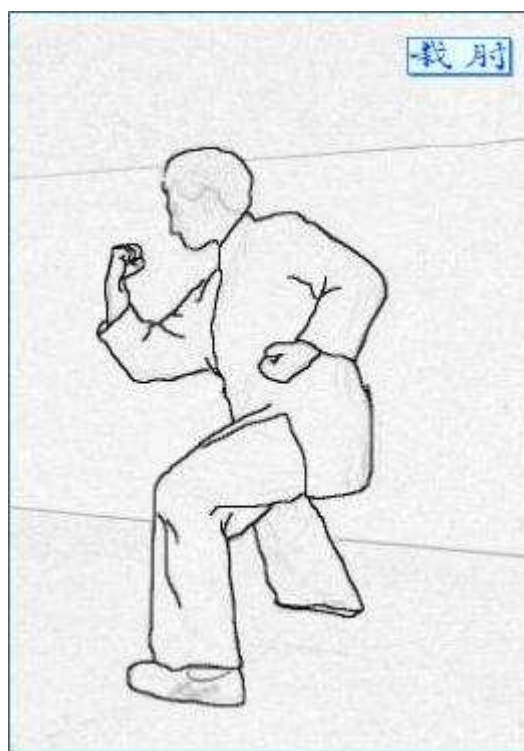
T'iao Chou
Gomito verso l'Alto



Heng Chou
Gomito Orizzontale



Hou Chou
Gomito verso Dietro



T'sai Chou
Gomito verso il Basso

