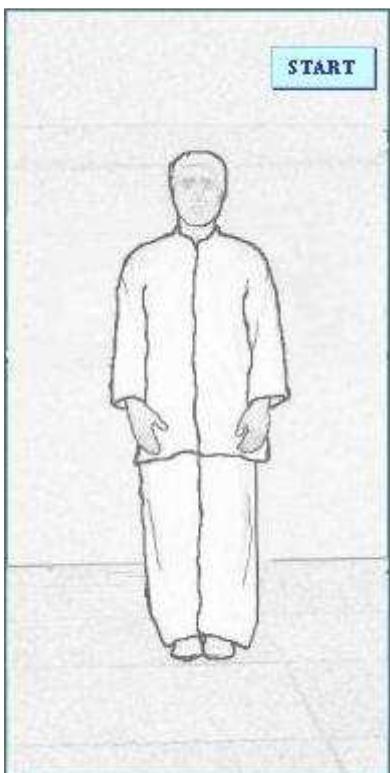
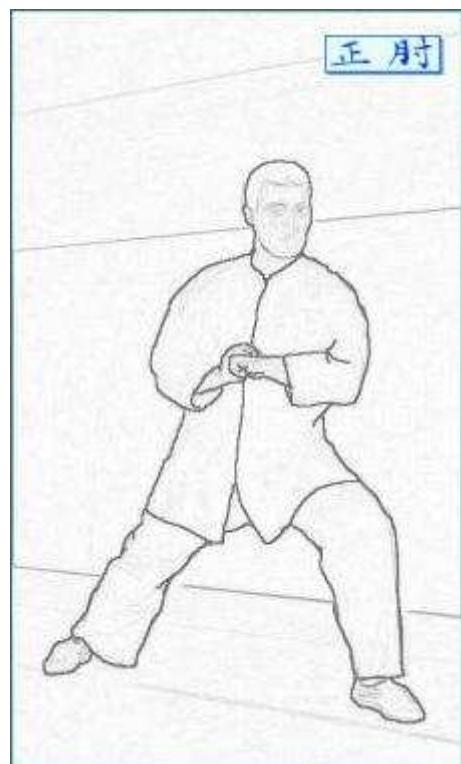


基本肘法

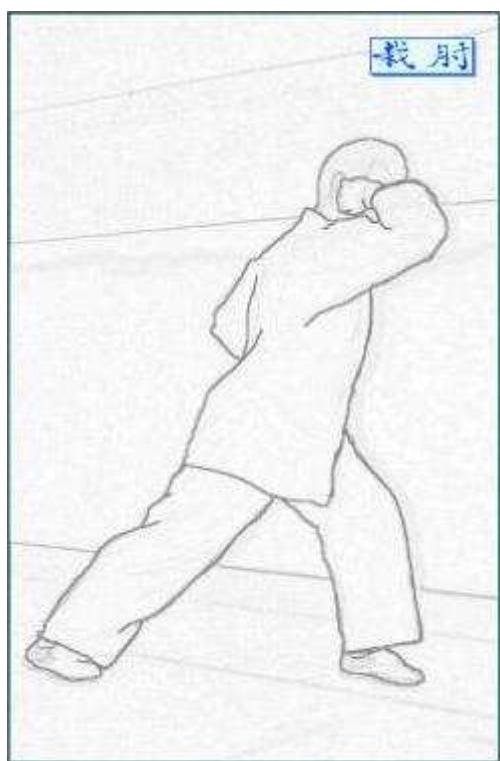
Chi Pen Chou Fa



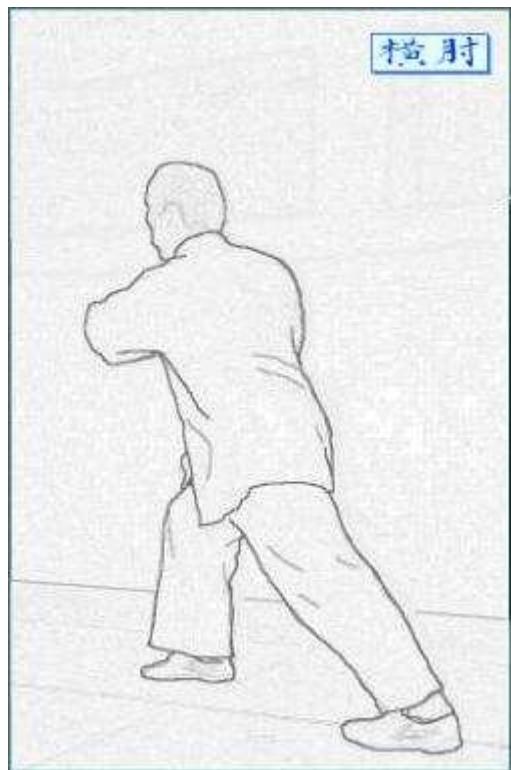
Posizione
di Partenza



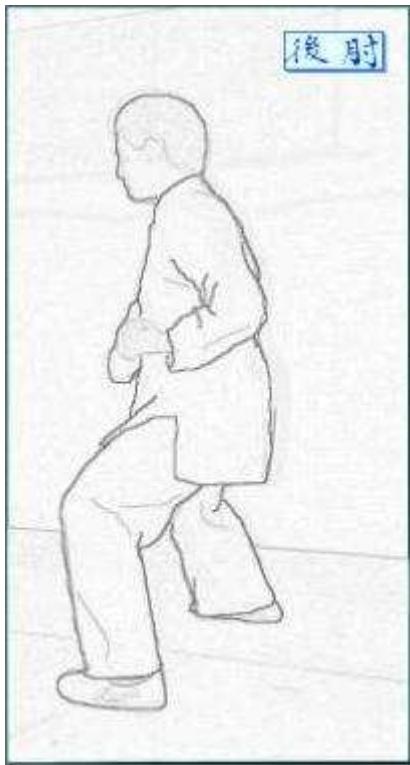
Cheng Chou
Gomito Dritto



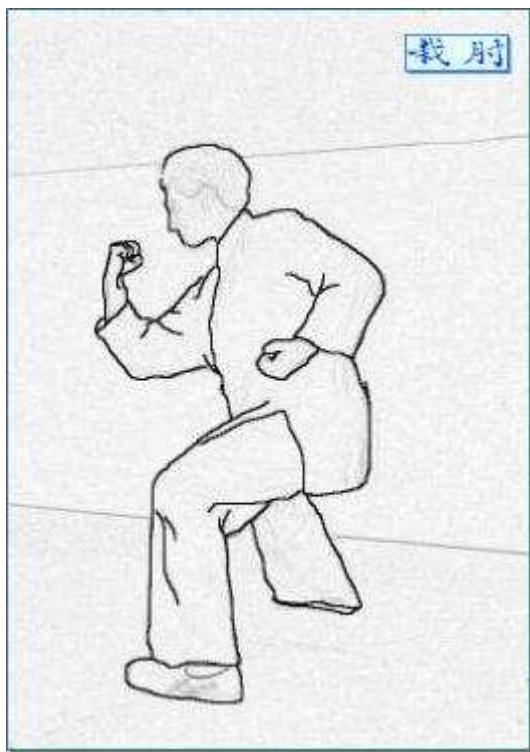
T'iao Chou
Gomito verso l'Alto



Heng Chou
Gomito Orizzontale



後肘



裁肘

Hou Chou
Gomito verso Dietro

T'sai Chou
Gomito verso il Basso

