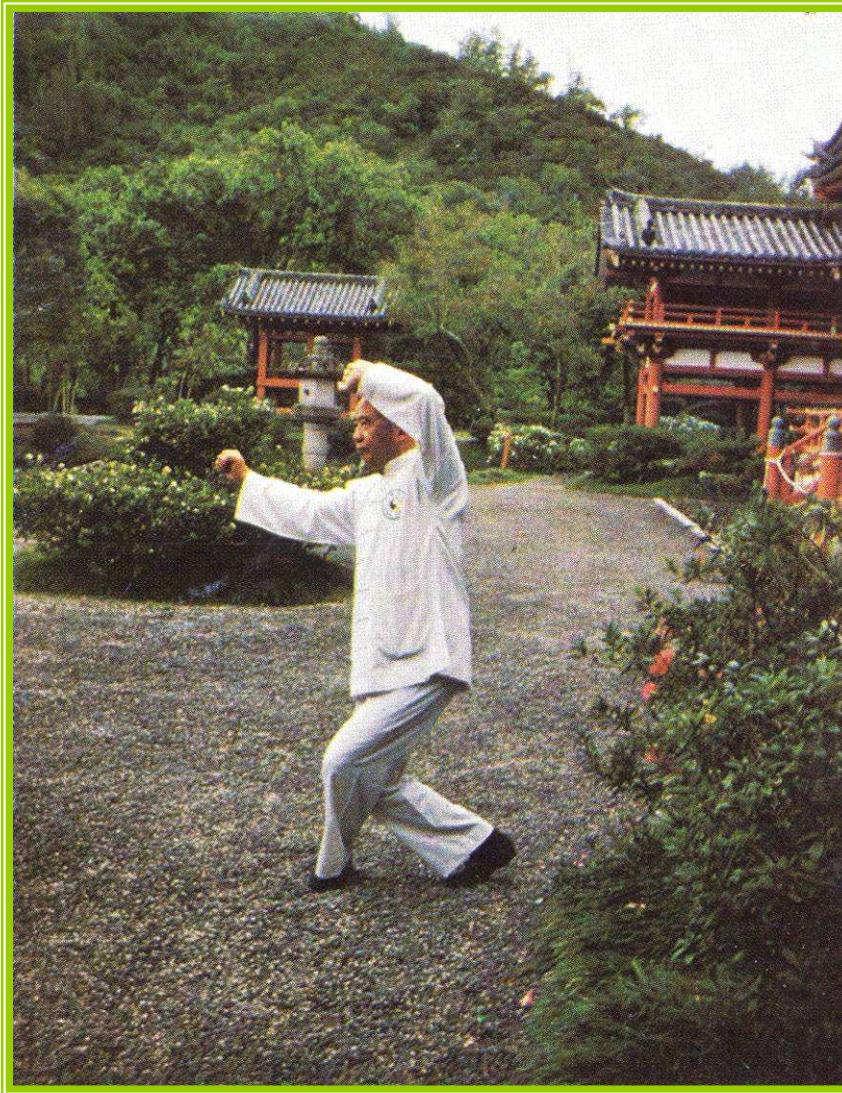


北派少林梅花拳



Beipai Shaolin Meihuaquan



SHAOLIN CH'ÜAN TI I LU

少林拳第一路



**SOMMARIO DEI NOMI
DELLO SHAOLIN CH'ÜAN TI I LU**

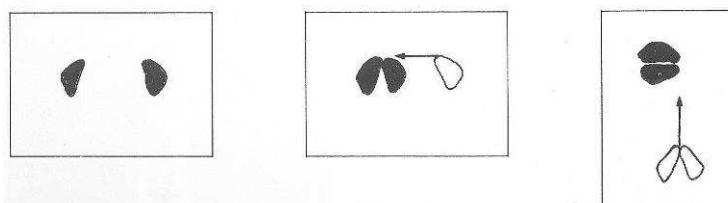
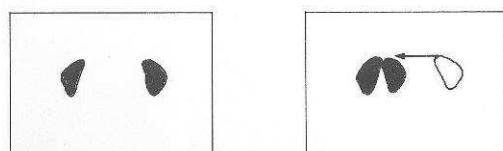
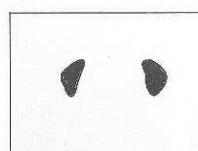
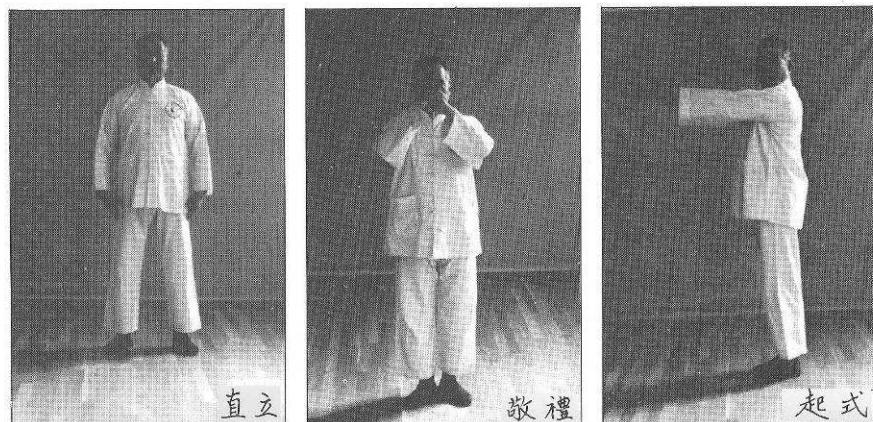
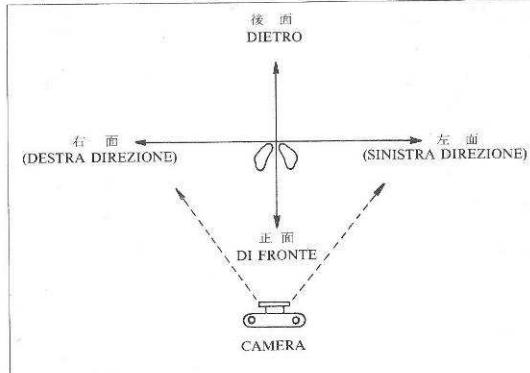
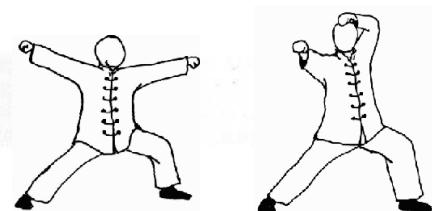
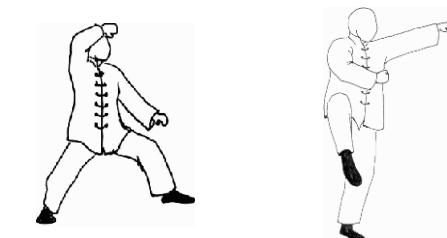
- 1) 直 立 - CHIH LI - in piedi diritto
- 2) 敬 禮 - CHING LI - saluto
- 3) 起 武 - CH'I SHIH - inizio posizioni
- 4) 十 字 手 - SHIH TŽU SHOU - incrociare le mani
- 5) 左 右 防 - TSO YU FANG - parata media sinistra destra
- 6) 封 喉 掌 - FÊNG HOU CHANG - chiudere il collo con le mani
- 7) 展 手 - CHAN SHOU - aprire le mani
- 8) 側 防 - CHAI FANG - parata laterale
- 9) 右 正 拳 - YU CHÊNG CH'ÜAN - pugno destro diritto
- 10) 左 正 拳 - TSO CHÊNG CH'ÜAN - pugno sinistro diritto
- 11) 右 正 拳 - YU CHÊNG CH'ÜAN - pugno destro diritto
- 12) 仆 腿 - PU T'UI - abbassare la gamba
- 13) 獨 立 - TU LI - stare su una gamba
- 14) 仆 腿 - PU T'UI - abbassare la gamba
- 15) 下 防 - HSIA FANG - parata media bassa
- 16) 獨立正拳 - TU LI CHÊNG CH'ÜAN - pugno diritto su una gamba
- 17) 草 鞭 - TAN PIEN - frusta semplice
- 18) 坐步棚打 - TSO PU PÊNG TA - posizione seduta con parata alta
- 19) 草鞭側防 - TAN PIEN CHAI FANG - frusta semplice con parata laterale
- 20) 刀 掌 - TAO CHANG TSO - mani come sciabole (sinistra)
TAO CHANG YU - mani come sciabole (destra)
- 21) 豹 拳 - PAO CH'ÜAN - parata e pugno assieme (posizione del leopardo)
- 22) 獨立豹拳 - TU LI PAO CH'ÜAN - parata e pugno assieme su una gamba
- 23) 箭 步 - CHIEN PU - freccia posizione
- 24) 仆 腿 - PU T'UI - abbassare la gamba
- 25) 側 防 - CHAI FANG - parata laterale
- 26) 拦 步 正 拳 - YAU PU CHÊNG CH'ÜAN - posizione contraria con pugno diritto
- 27) 順 步 正 拳 - SHUN PU CHÊNG CH'ÜAN - posizione dalla stessa parte con pugno diritto
- 28) 拦 步 正 拳 - YAU PU CHÊNG CH'ÜAN - posizione contraria con pugno diritto
- 29) 後 格 - HOU KO - parata bassa verso il dietro
- 30) 打 虎 式 - TA HU SHIH - posizione per colpire la tigre
- 31) 箭 步 - CHIEN PU - freccia posizione

- 32) 仆 腿 - PU T'UI - abbassare la gamba
- 33) 下 防 - HSIA FANG - parata media bassa
- 34) 獨立正拳 - TU LI CHÊNG CH'ÜAN - pugno diritto su una gamba
- 35) 草 鞭 - TAN PIEN - frusta semplice
- 36) 坐步棚打 - TSO PU PÊNG TA - posizione seduta con parata alta
- 37) 草鞭側防 - TAN PIEN CHAI FANG - frusta semplice con parata laterale
- 38) 刀 掌 - TAO CHANG - mani come sciabole
- 39) 豹 拳 - PAO CH'ÜAN - parata e pugno assieme (posizione del leopardo)
- 40) 獨立豹拳 - TU LI PAO CH'ÜAN - parata e pugno assieme su una gamba
- 41) 拦步立掌 - YAU PU LI CHANG - posizione contraria con spinta verticale
- 42) 右 棚 - YU PÊNG - parata alta destra
- 43) 左 棚 - TSO PÊNG - parata alta sinistra
- 44) 刀 掌 - TAO CHANG - mani come sciabole
- 45) 右 棚 - YU PÊNG - parata alta destra
- 46) 獨立正拳 - TU LI CHÊNG CH'ÜAN - pugno diritto su una gamba
- 47) 草 鞭 - TAN PIEN - frusta semplice
- 48) 防後掌 - FANG HOU CHANG - parata media con spinta
- 49) 擒 拿 - CH'IN NA - leva
- 50) 天星腿 - T'IEN KANG T'UI - alzare la gamba al cielo
- 51) 展 手 - CHAN SHOU - aprire le mani
- 52) 擒 拿 - CH'IN NA - leva
- 53) 左 棚 - TSO PÊNG - parata alta sinistra
- 54) 右 刀 掌 - YU TAO CHANG - mani come sciabole (destra)
- 55) 右 棚 - YU PÊNG - parata alta destra
- 56) 左 棚 - TSO PÊNG - parata alta sinistra
- 57) 弓射虎 - WAN KUNG SÎE HU - curvare l'arco e colpire la tigre
- 58) 防後掌 - FANG HOU CHANG - parata media con spinta
- 59) 擒 拿 - CH'IN NA - leva
- 60) 天星腿 - T'IEN KANG T'UI - alzare la gamba al cielo
- 61) 右 棚 - YU PÊNG - parata alta destra
- 62) 内 擦 腿 - NEI PAI T'UI - calcio circolare interno
- 63) 右 防 - YU FANG - parata media destra
- 64) 外 擦 腿 - WAI PAI T'UI - calcio circolare esterno
- 65) 右 棚 - YU PÊNG - parata alta destra
- 66) 弓射虎 - WAN KUNG SÎE HU - curvare l'arco e colpire la tigre
- 67) 立 正 - LI CHÊNG - fine dell'esercizio
- 68) 敬 禮 - CHING LI - saluto
- 69) 直 立 - CHIH LI - in piedi diritto

ESECUZIONE



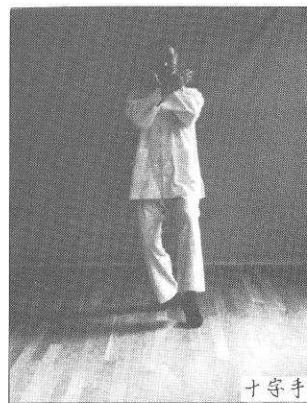
張祖堯



1) In piedi diritto

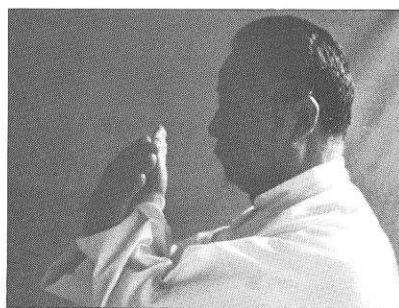
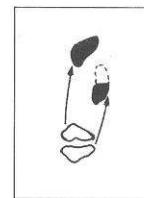
2) Saluto

3) Inizio posizioni

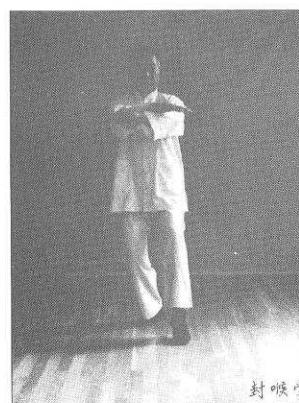


4) Incrociare le mani

SHIH TŽU SHOU (*scé zé shōu*)

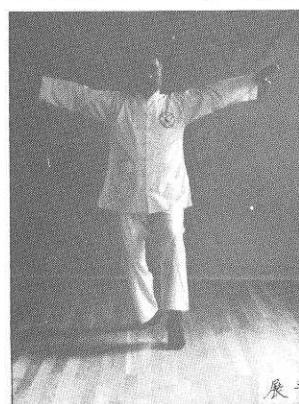
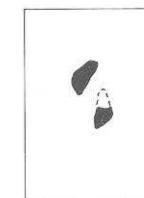


Particolare visto di lato della figura 4



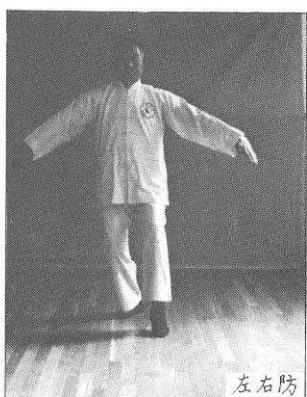
6) Chiudere il collo con le mani

FĒNG HOU CHANG (*fon hòu dgian*)



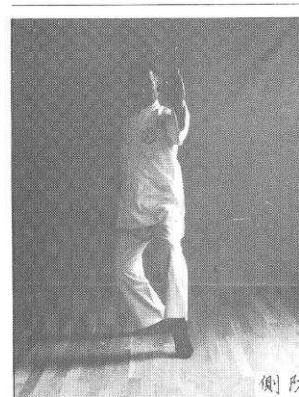
7) Aprire le mani

CHAN SHOU (*dgian shōu*)



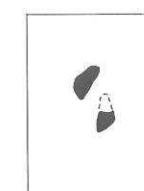
5) Parata media sinistra destra

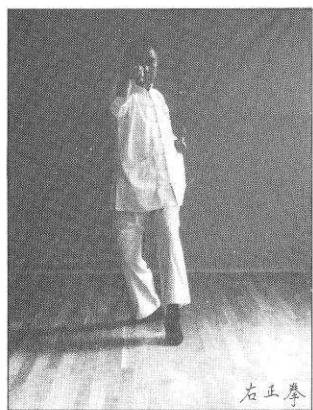
TSO YU FANG (*zúo iù fan*)



8) Parata laterale

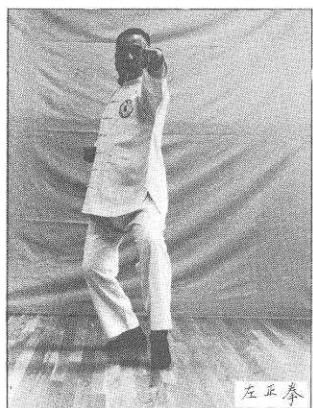
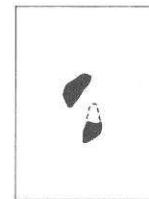
CHAI FANG (*tsê fan*)





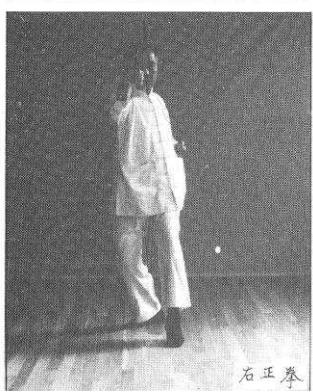
9) Pugno destro dritto

YU CHENG CH'ÜAN (*iù dgeon ciüen*)



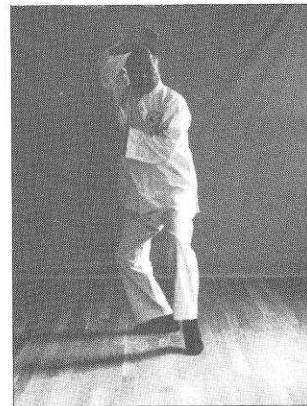
10) Pugno sinistro dritto

TSO CHENG CH'ÜAN (*zuo dgeon ciüen*)

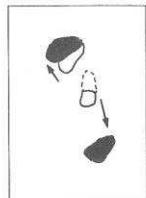


11) Pugno destro dritto

YU CHENG CH'ÜAN (*iù dgeon ciüen*)

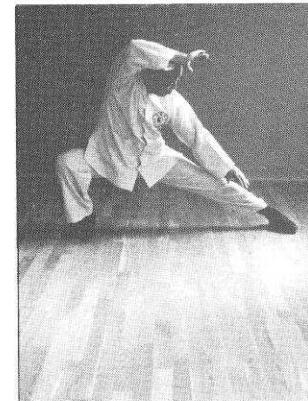


Tecnica di passaggio dalla figura 11 alla 12

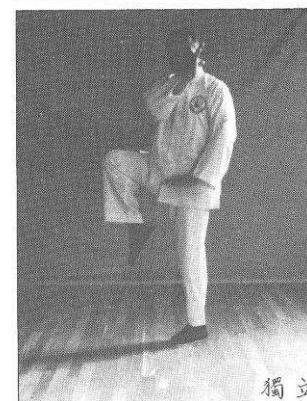
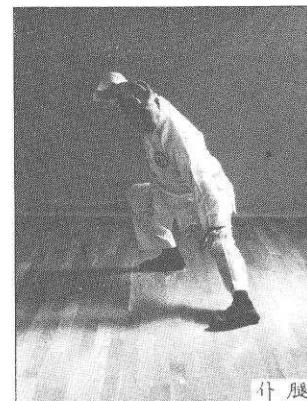


12) Abbassare la gamba

PU T'UI (*pū t'ui*)



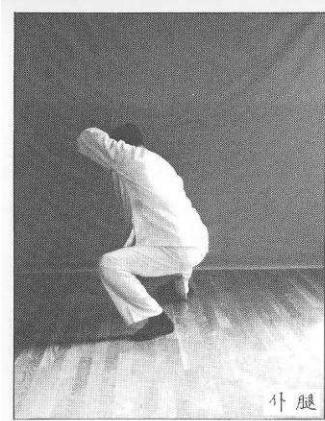
Vista di lato
figura 12



13) Stare su una gamba

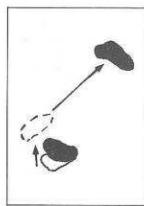
TU LI (*tu li*)



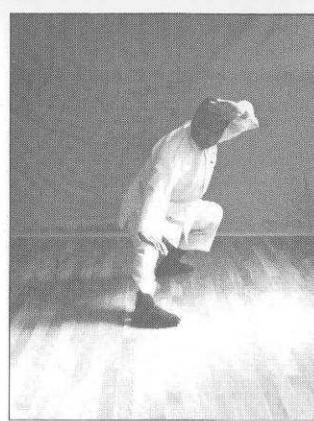


仆腿

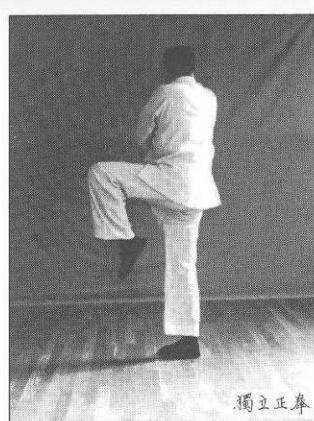
14) Abbassare la gamba



PU T'UI (*pū t'ui*)

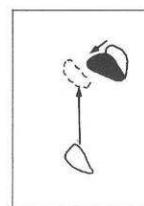


Vista di fronte figura 14

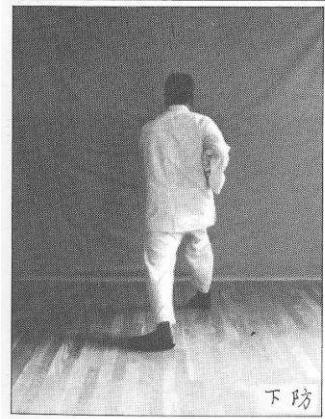


獨立正拳

16) Pugno diritto su una gamba

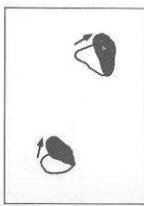


Vista di fronte figura 16

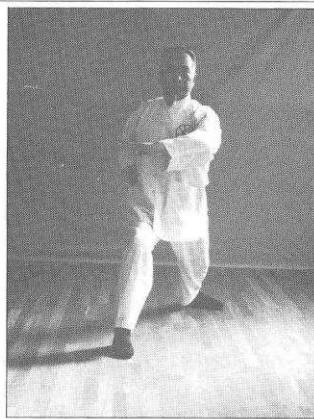


下防

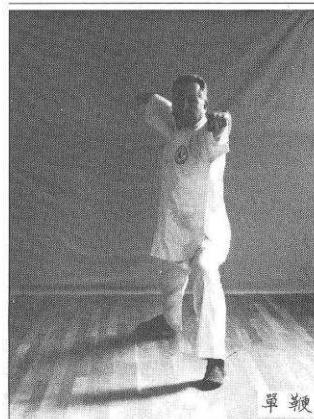
15) Parata media bassa



HSIA FANG (*sìa fan*)

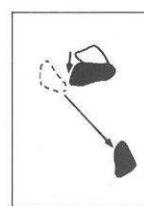


Vista di fronte figura 15

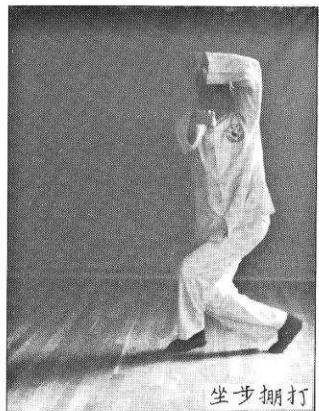


單鞭

17) Frusta semplice

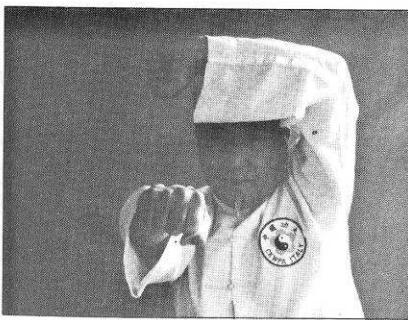


Vista di lato figura 17

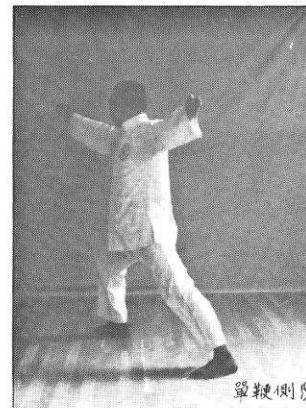
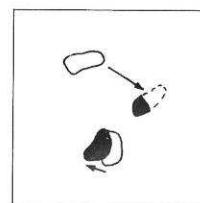


18) Posizione seduta con parata alta

TSO PU PĒNG TA (*zuò pù pon tā*)

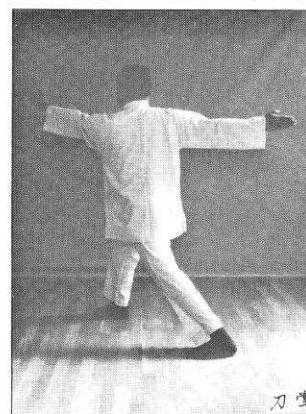
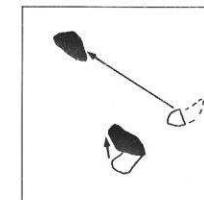


Particolare visto di fronte della figura 18



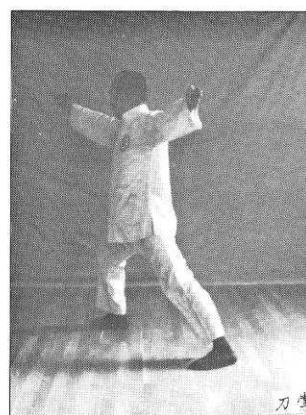
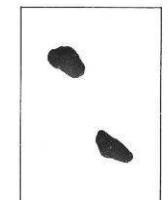
19) Frusta semplice con parata laterale

TAN PIEN CHAI FANG (*tan pien tsê fan*)



20) Mani come sciabole (sinistra)

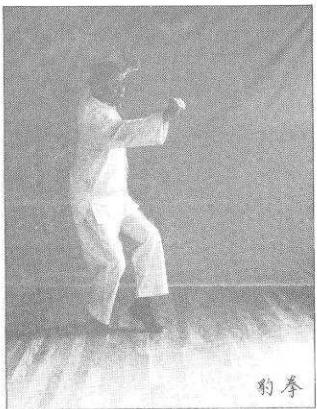
TAO CHANG TSO (*tò dgian zuō*)



20) Mani come sciabole (destra)

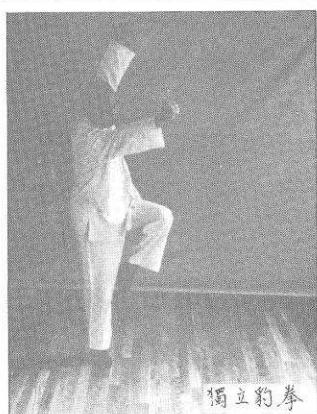
TAO CHANG YU (*tò dgian iū*)





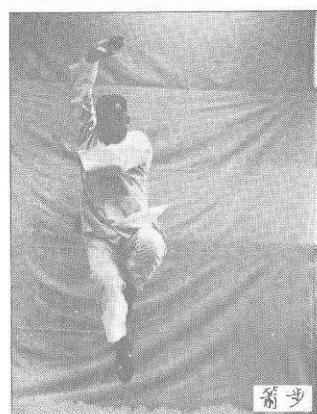
21) Parata e pugno assieme (posizione del leopardo)

PAO CH'ÜAN (*pò ciüen*)



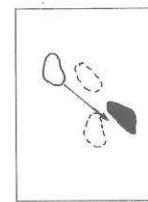
22) Parata e pugno assieme su una gamba

TU LI PAO CH'ÜAN (*tu lì pò ciüen*)

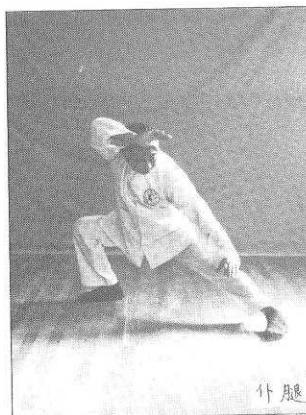


23) Freccia posizione

CHIEN PU (*gien pù*)

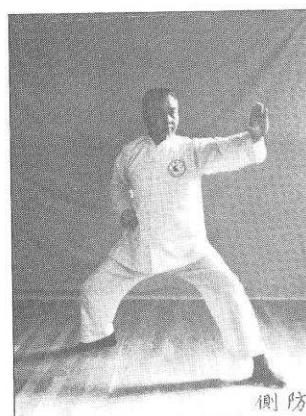
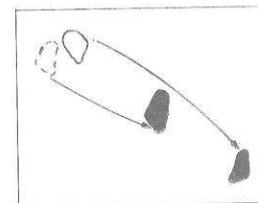


* FASHENG N° 2



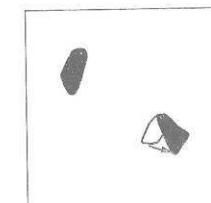
24) Abbassare la gamba

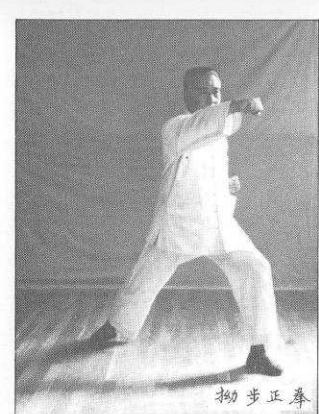
PU T'UI (*pū t'ui*)



25) Parata laterale

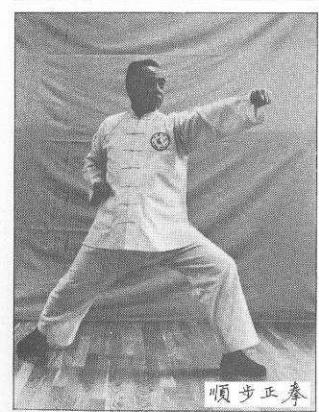
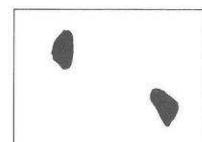
CHAI FANG (*tsê fan*)





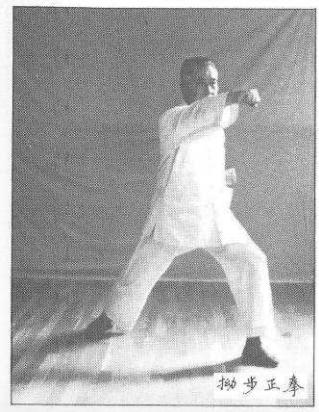
26) Posizione contraria con pugno diritto

YAU PU CHĒNG CH'ÜAN (*iāo pù dgeon ciüen*)



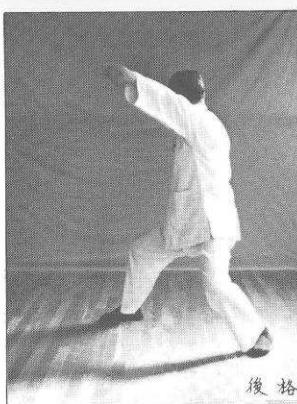
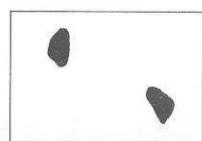
27) Posizione dalla stessa parte con pugno diritto

SHUN PU CHĒNG CH'ÜAN (*shuìn pù dgeon ciüen*)



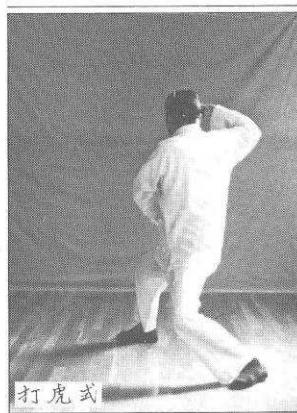
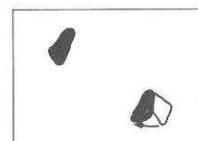
28) Posizione contraria con pugno diritto

YAU PU CHĒNG CH'ÜAN (*iāo pù dgeon ciüen*)



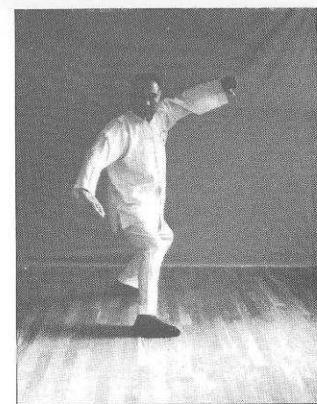
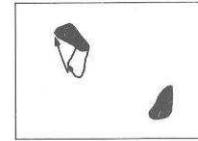
29) Parata bassa verso il dietro

HOU KO (*hòu kē*)

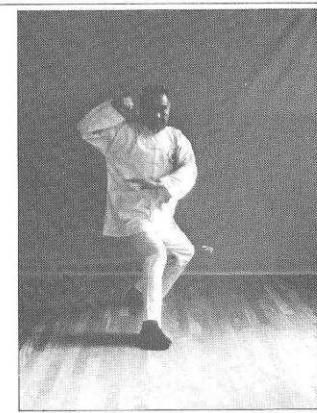


30) Posizione per colpire la tigre

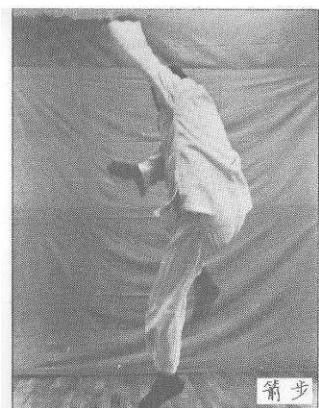
TA HU SHIH (*tā hū shè*)



Vista di fronte figura 29

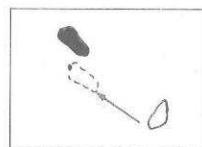


Vista di fronte figura 30

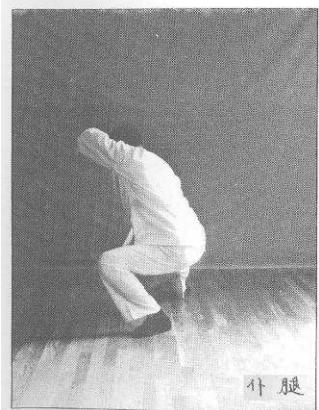


31) Freccia posizione

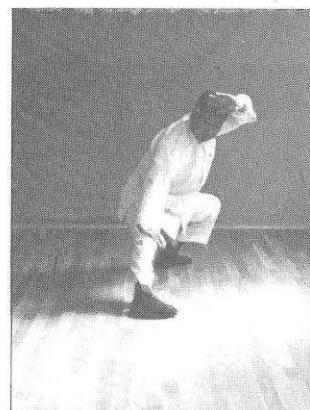
CHIEN PU (*gien pù*)



箭步

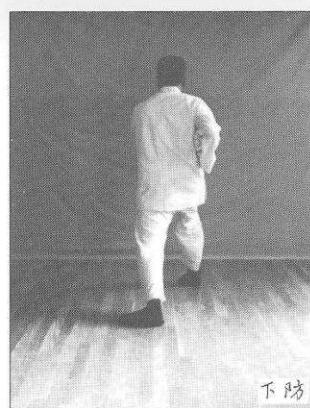
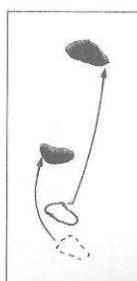


32) Abbassare la gamba



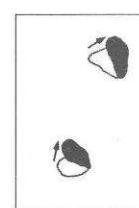
Vista di fronte figura 32

PU T'UI (*pū t'ui*)

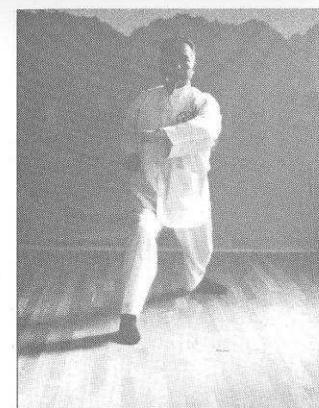


下防

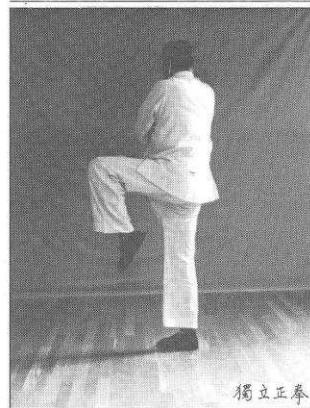
33) Parata media bassa



HSIA FANG (*sìa fan*)

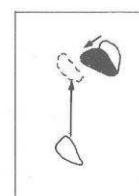


Vista di fronte figura 33

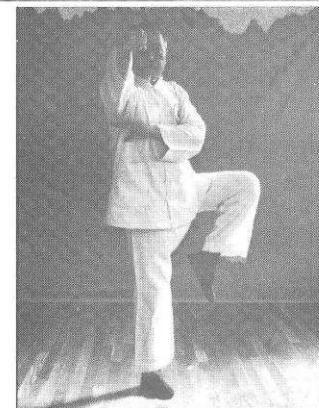


獨立正拳

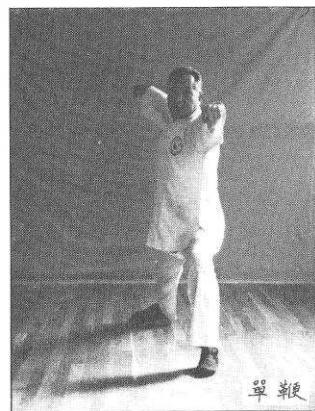
34) Pugno diritto su una gamba



TU LI CH'ENG CH'ÜAN
(tu lì dgeon ciüen)

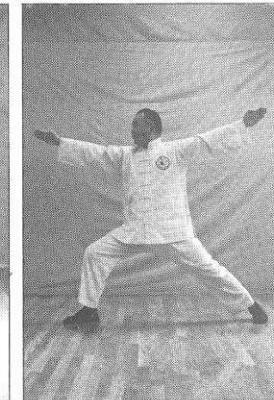
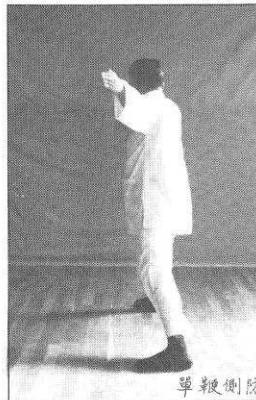
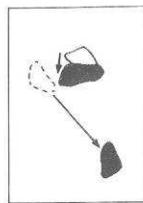


Vista di fronte figura 34



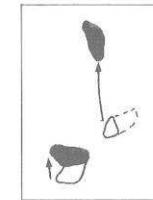
35) Frusta semplice

TAN PIEN (*tan pien*)

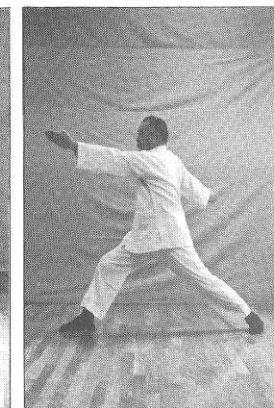
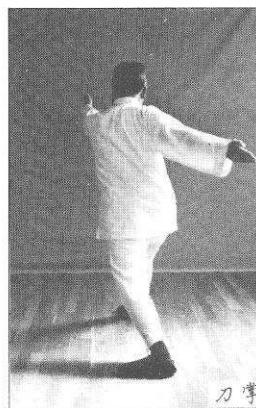


37) Frusta semplice con parata laterale

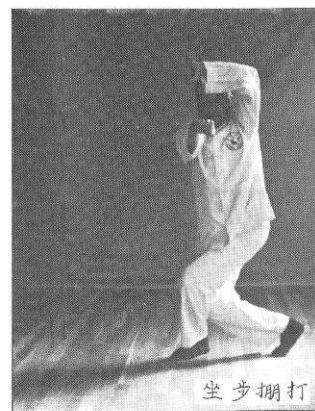
TAN PIEN CHAI FANG
(*tan pien tsê fan*)



Vista di lato figura 37

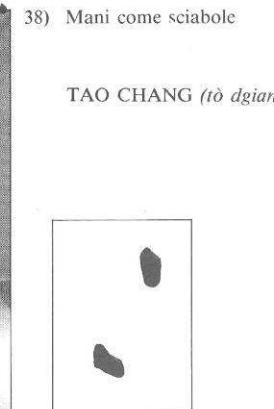
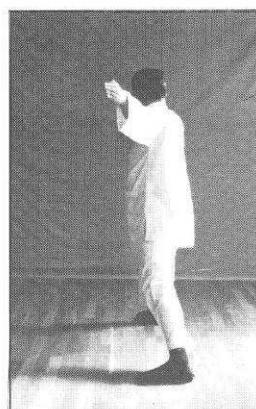
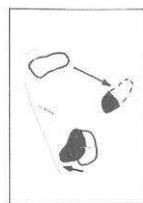


Vista di lato figura 38



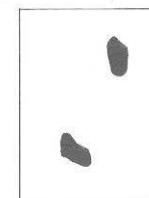
36) Posizione seduta con parata alta

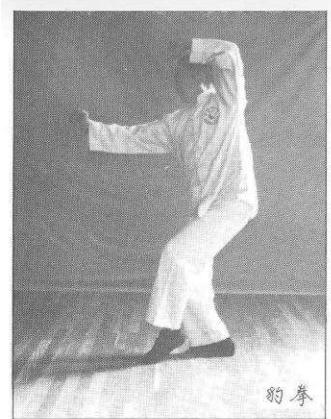
TSU PU PENG TA (*zuo pu pon ta*)



38) Mani come sciabole

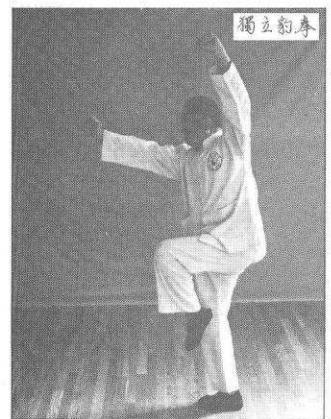
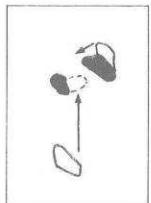
TAO CHANG (*tò dgian*)





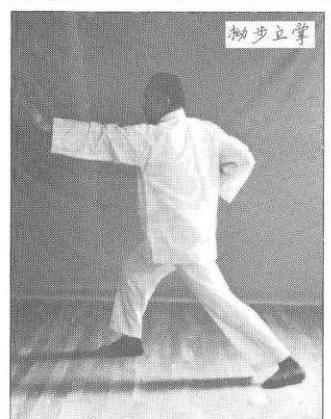
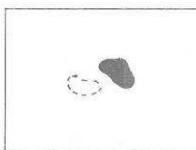
39) Parata e pugno assieme (posizione del leopardo)

PAO CHÜAN (*pō ciūen*)



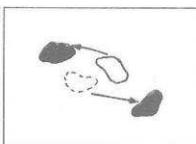
40) Parata e pugno assieme su una gamba

TU LI PAO CH'ÜAN (*tu lì pō ciūen*)

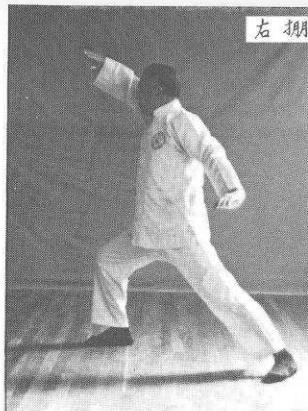


41) Posizione contraria con spinta verticale

YAU PU LI CHANG (*iao pù lì dgian*)

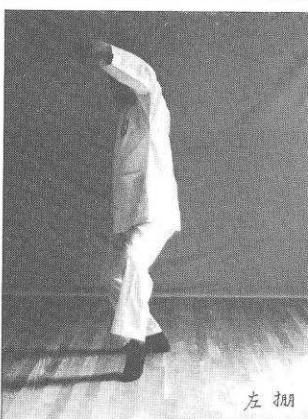
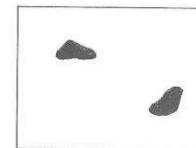


* FASHENG N° 3



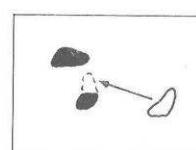
42) Parata alta destra

YU PÊNG (*iù pon*)



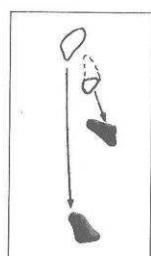
43) Parata alta sinistra

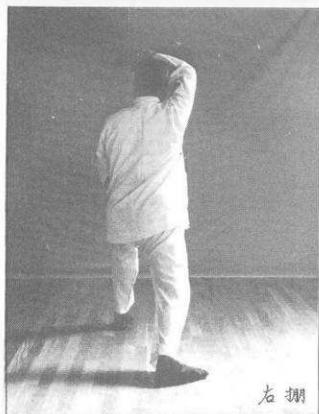
TSO PÊNG (*zúo pon*)



44) Mani come sciabole

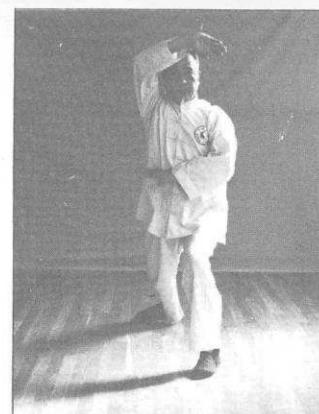
TAO CHANG (*tò dgian*)



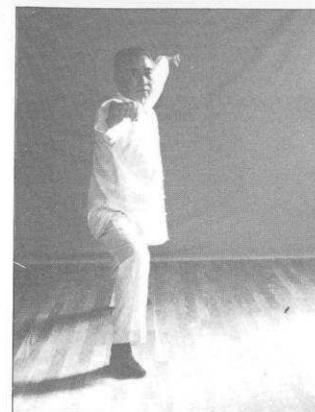
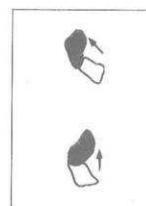


45) Parata alta destra

YU PÊNG (*iù pon*)

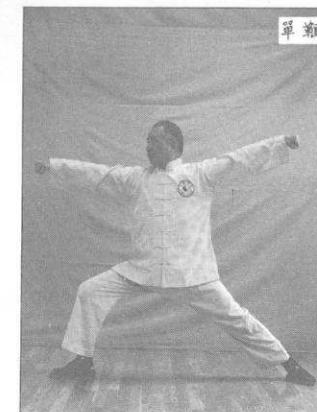


Vista di fronte figura 45

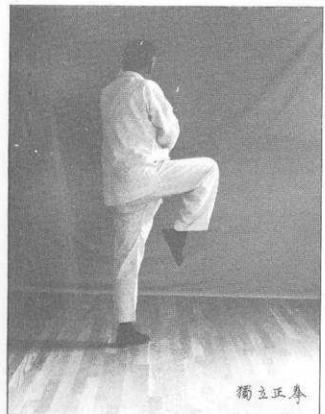
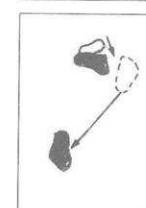


47) Frusta semplice

TAN PIEN (*tan pien*)

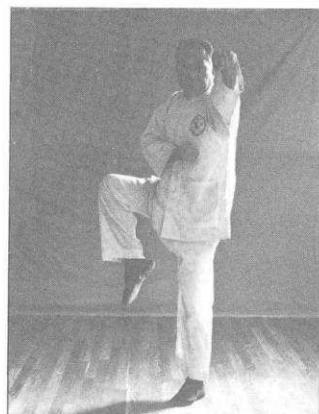


Vista di lato figura 47

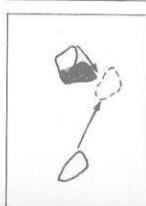


46) Pugno diritto su una gamba

TU LI CHÊNG CH'ÜAN
(*tu lì dgeon ciüen*)

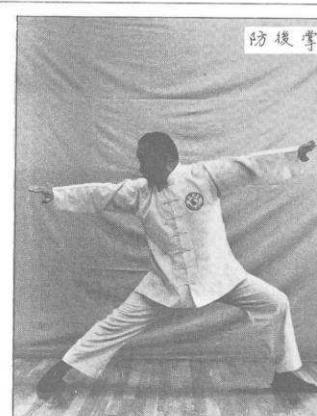


Vista di fronte figura 46

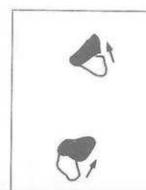


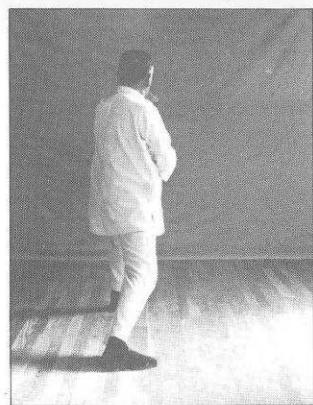
48) Parata media con spinta

FANG HOU CHANG
(*fan hòu dgian*)



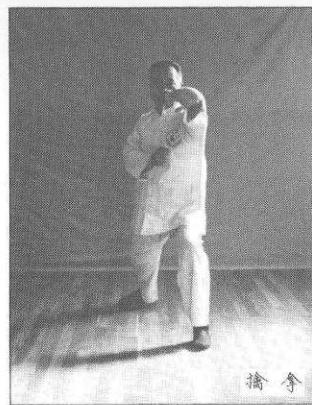
Vista di lato figura 48



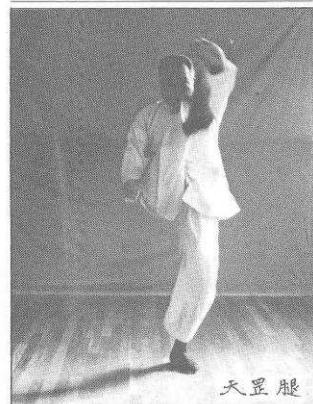
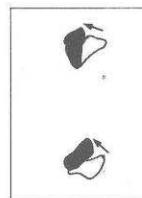


49) Leva

CH'IN NA (*cin ná*)

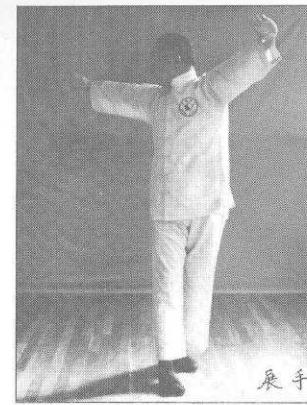
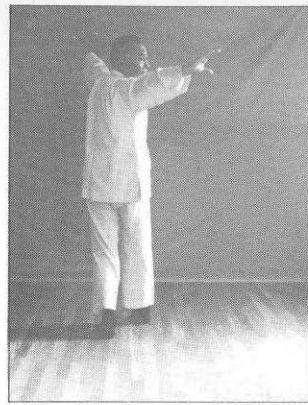
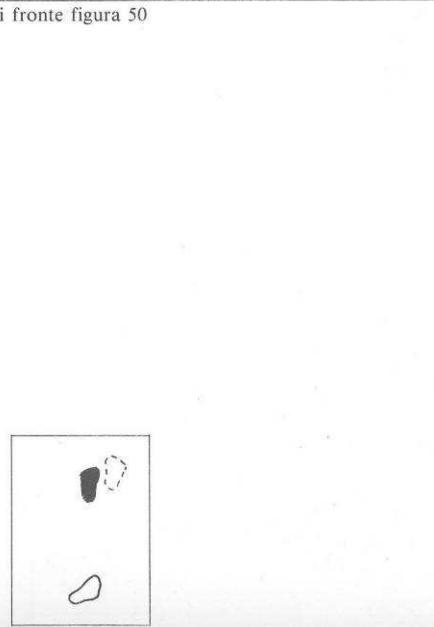


Vista di fronte figura 49



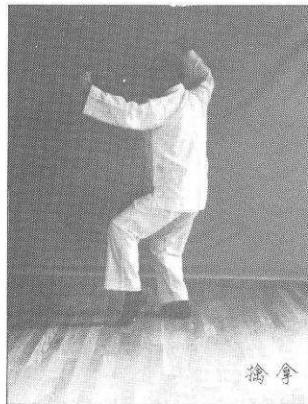
50) Alzare la gamba al cielo

T'IEN KANG T'UI
(*t'ien kan t'ui*)



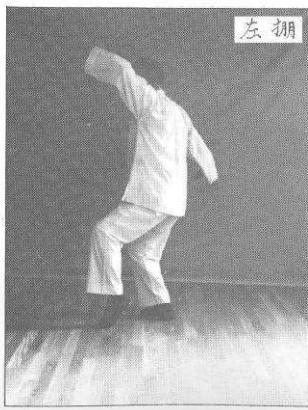
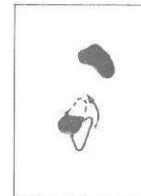
51) Aprire le mani

CHAN SHOU
(*dgian shòu*)



52) Leva

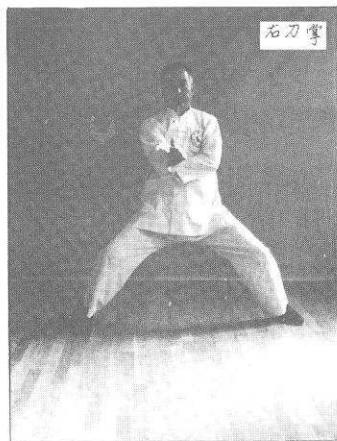
CH'IN NA (*cin ná*)



53) Parata alta sinistra

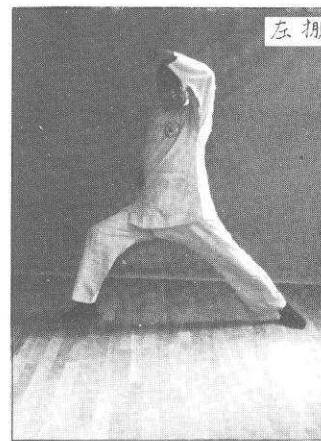
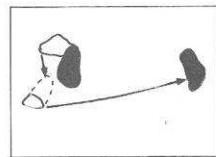
TSO PÊNG (*zuo póng*)





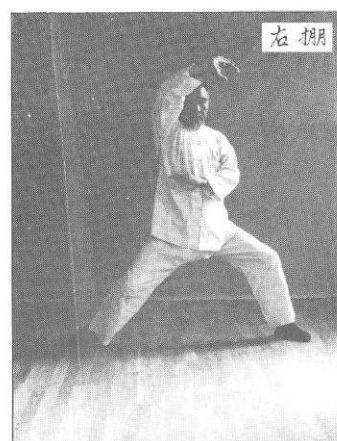
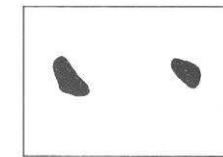
54) Mani come sciabole (destra)

YU TAO CHANG (*iù tò dgian*)



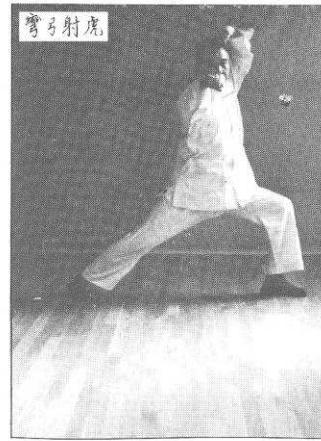
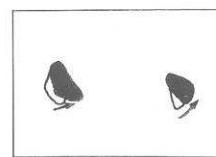
56) Parata alta sinistra

TSO PĒNG (*zúo pon*)



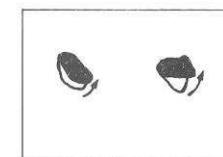
55) Parata alta destra

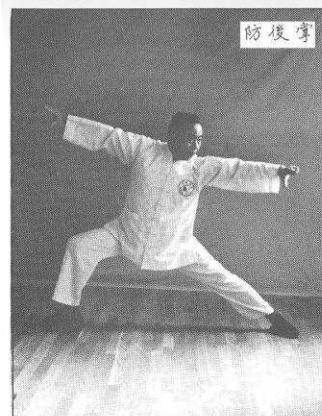
YU PĒNG (*iù pon*)



57) Curvare l'arco e colpire la tigre

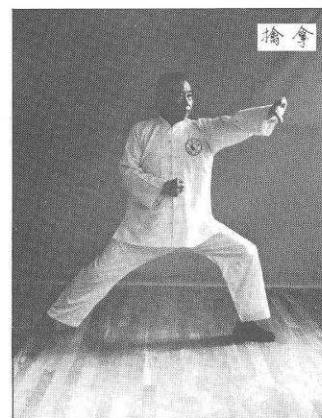
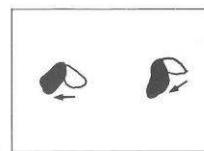
WAN KUNG SĒ HU (*wān kūn scē hū*)





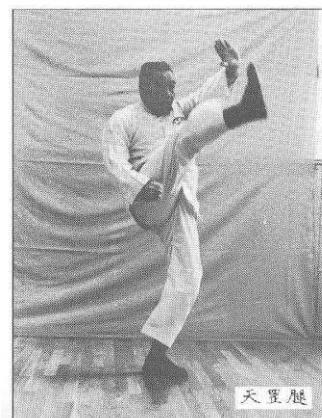
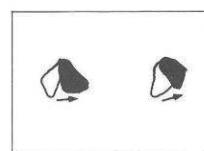
58) Parata media con spinta

FANG HOU CHANG (*fan hou dgian*)



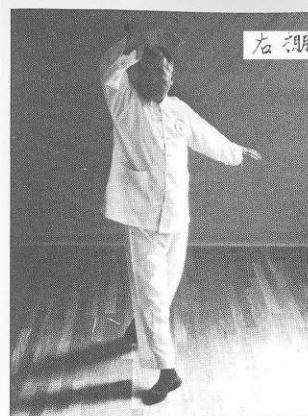
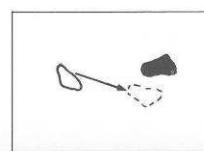
59) Leva

CH'IN NA (*cin-ná*)



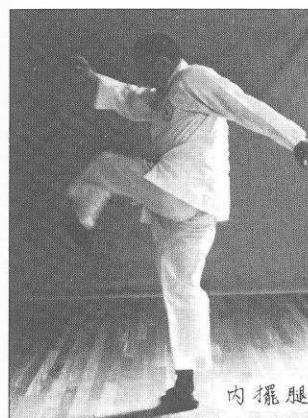
60) Alzare la gamba al cielo

T'IEN KANG T'UI (*t'ien kan t'ui*)



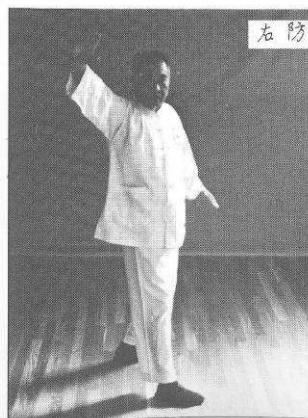
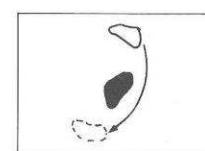
61) Parata alta destra

YU PENG (*iù pon*)



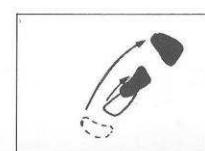
62) Calcio circolare interno

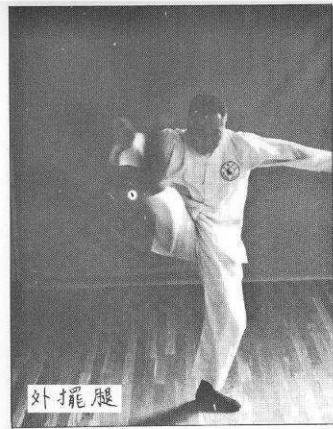
NEI PAI T'UI (*nèi pae t'ui*)



63) Parata media destra

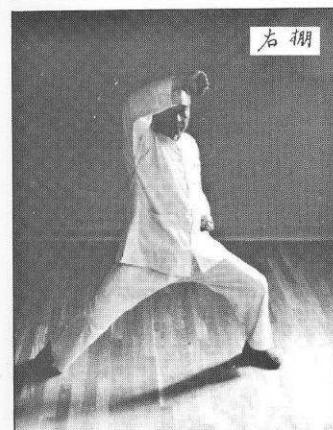
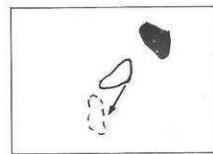
YU FANG (*iù fan*)





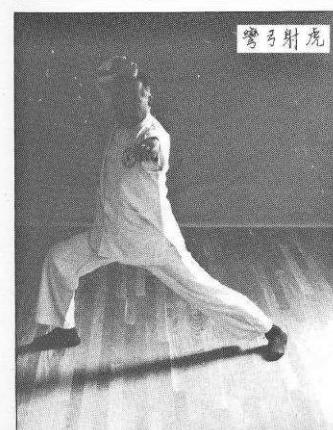
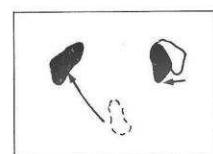
64) Calcio circolare esterno

WAI PAI T'UI (*yaè pae t'ui*)



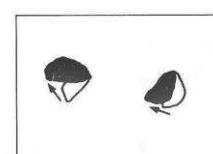
65) Parata alta destra

YU PENG (*iù pon*)

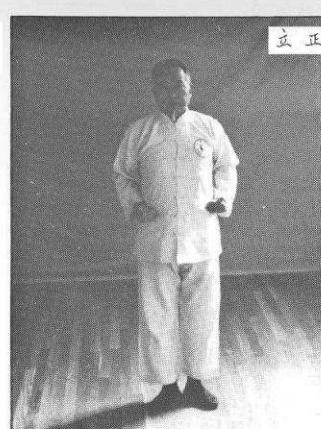


66) Curvare l'arco e colpire la tigre

WAN KUNG SHÉ HU (*wæn kün scé hu*)

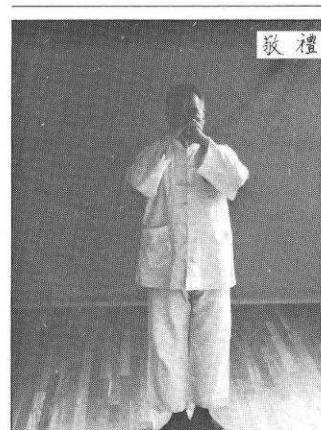
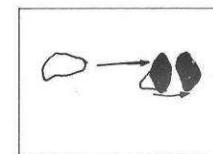


* FASHENG N° 4



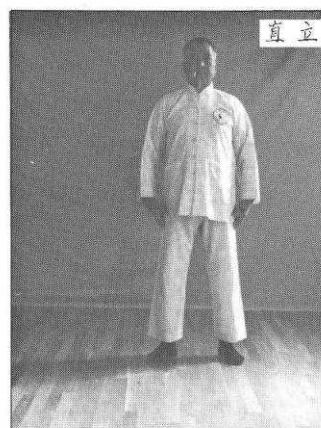
67) Fine dell'esercizio

LI CHÉNG (*lì dgeon*)



68) Saluto

CHING LI (*ging li*)



69) In piedi diritto

CHIH LI (*dgé li*)

