

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

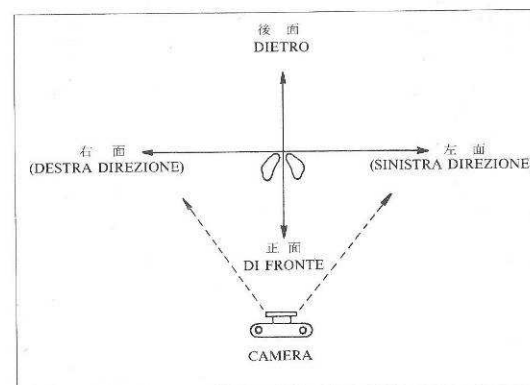
- | | | | |
|----------|---|----------|--|
| 1) 直立 | - CHIH LI - in piedi diritto | 32) 仆腿 | - PU T'UI - abbassare la gamba |
| 2) 敬禮 | - CHING LI - saluto | 33) 下防 | - HSIA FANG - parata media bassa |
| 3) 起式 | - CH'I SHIH - inizio posizioni | 34) 獨立正拳 | - TU LI CHÊNG CH'ÜAN - pugno diritto su una gamba |
| 4) 十字手 | - SHIH T'ZU SHOU - incrociare le mani | 35) 單鞭 | - TAN PIEN - frusta semplice |
| 5) 左右防 | - TSO YU FANG - parata media sinistra destra | 36) 坐步棚打 | - TSO PU PÊNG TA - posizione seduta con parata alta |
| 6) 封喉掌 | - FÊNG HOU CHANG - chiudere il collo con le mani | 37) 單鞭側防 | - TAN PIEN CHAI FANG - frusta semplice con parata laterale |
| 7) 展手 | - CHAN SHOU - aprire le mani | 38) 刀掌 | - TAO CHANG - mani come sciabole |
| 8) 側防 | - CHAI FANG - parata laterale | 39) 豹拳 | - PAO CH'ÜAN - parata e pugno assieme (posizione del leopardo) |
| 9) 右正拳 | - YU CHÊNG CH'ÜAN - pugno destro diritto | 40) 獨立豹拳 | - TU LI PAO CH'ÜAN - parata e pugno assieme su una gamba |
| 10) 左正拳 | - TSO CHÊNG CH'ÜAN - pugno sinistro diritto | 41) 拗步立掌 | - YAU PU LI CHANG - posizione contraria con spinta verticale |
| 11) 右正拳 | - YU CHÊNG CH'ÜAN - pugno destro diritto | 42) 右棚 | - YU PÊNG - parata alta destra |
| 12) 仆腿 | - PU T'UI - abbassare la gamba | 43) 左棚 | - TSO PÊNG - parata alta sinistra |
| 13) 獨立 | - TU LI - stare su una gamba | 44) 刀掌 | - TAO CHANG - mani come sciabole |
| 14) 仆腿 | - PU T'UI - abbassare la gamba | 45) 右棚 | - YU PÊNG - parata alta destra |
| 15) 下防 | - HSIA FANG - parata media bassa | 46) 獨立正拳 | - TU LI CHÊNG CH'ÜAN - pugno diritto su una gamba |
| 16) 獨立正拳 | - TU LI CHÊNG CH'UAN - pugno diritto su una gamba | 47) 單鞭 | - TAN PIEN - frusta semplice |
| 17) 單鞭 | - TAN PIEN - frusta semplice | 48) 防後掌 | - FANG HOU CHANG - parata media con spinta |
| 18) 坐步棚打 | - TSO PU PÊNG TA - posizione seduta con parata alta | 49) 擒拿 | - CH'IN NA - leva |
| 19) 單鞭側防 | - TAN PIEN CHAI FANG - frusta semplice con parata laterale | 50) 天罡腿 | - T'IENT KANG T'UI - alzare la gamba al cielo |
| 20) 刀掌 | - TAO CHANG TSO - mani come sciabole (sinistra)
TAO CHANG YU - mani come sciabole (destra) | 51) 展手 | - CHAN SHOU - aprire le mani |
| 21) 豹拳 | - PAO CH'ÜAN - parata e pugno assieme (posizione del leopardo) | 52) 擒拿 | - CH'IN NA - leva |
| 22) 獨立豹拳 | - TU LI PAO CH'ÜAN - parata e pugno assieme su una gamba | 53) 左棚 | - TSO PÊNG - parata alta sinistra |
| 23) 箭步 | - CHIEN PU - freccia posizione | 54) 右刀掌 | - YU TAO CHANG - mani come sciabole (destra) |
| 24) 仆腿 | - PU T'UI - abbassare la gamba | 55) 右棚 | - YU PÊNG - parata alta destra |
| 25) 側防 | - CHAI FANG - parata laterale | 56) 左棚 | - TSO PÊNG - parata alta sinistra |
| 26) 拗步正拳 | - YAU PU CHÊNG CH'ÜAN - posizione contraria con pugno diritto | 57) 彎弓射虎 | - WAN KUNG SHE HU - curvare l'arco e colpire la tigre |
| 27) 順步正拳 | - SHUN PU CHÊNG CH'ÜAN - posizione dalla stessa parte con pugno diritto | 58) 防後掌 | - FANG HOU CHANG - parata media con spinta |
| 28) 拗步正拳 | - YAU PU CHÊNG CH'ÜAN - posizione contraria con pugno diritto | 59) 擒拿 | - CH'IN NA - leva |
| 29) 後格 | - HOU KO - parata bassa verso il dietro | 60) 天罡腿 | - T'IENT KANG T'UI - alzare la gamba al cielo |
| 30) 打虎式 | - TA HU SHIH - posizione per colpire la tigre | 61) 右棚 | - YU PÊNG - parata alta destra |
| 31) 箭步 | - CHIEN PU - freccia posizione | 62) 內擺腿 | - NEI PAI T'UI - calcio circolare interno |
| | | 63) 右防 | - YU FANG - parata media destra |
| | | 64) 外擺腿 | - WAI PAI T'UI - calcio circolare esterno |
| | | 65) 右棚 | - YU PÊNG - parata alta destra |
| | | 66) 彎弓射虎 | - WAN KUNG SHE 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 |



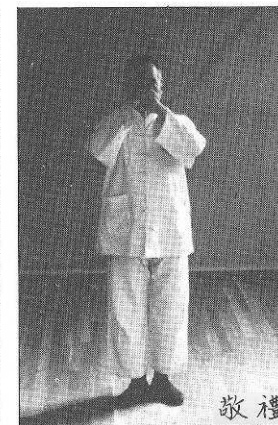
張祖堯



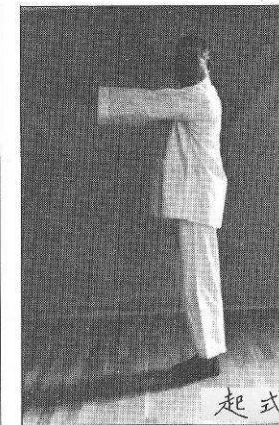
ESECUZIONE



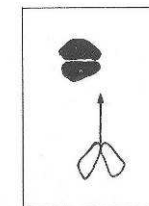
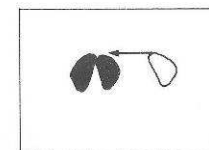
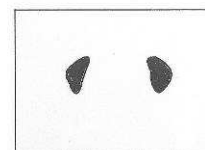
直立



敬禮



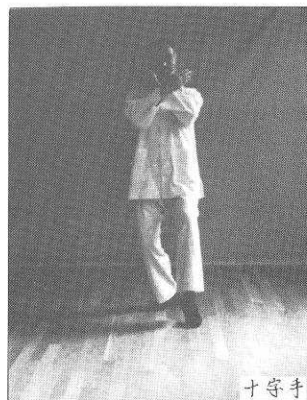
起式



1) In piedi diritto

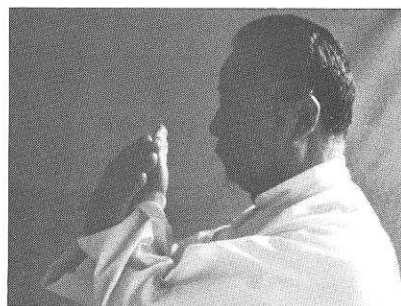
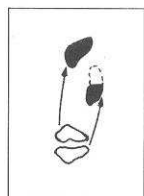
2) Saluto

3) Inizio posizioni

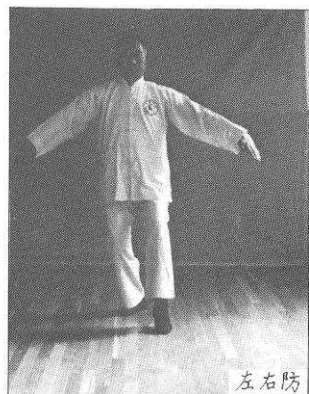


4) Incrociare le mani

SHIH T'ZU SHOU (*scé zè shòu*)

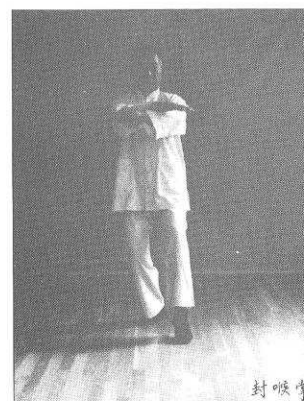


Particolare visto di lato della figura 4



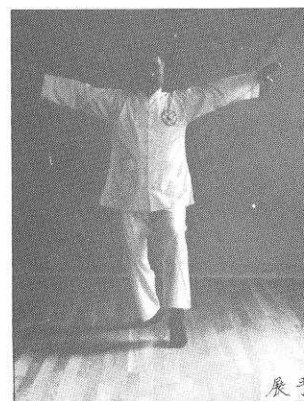
5) Parata media sinistra destra

TSO YU FANG (*zùo yù fan*)



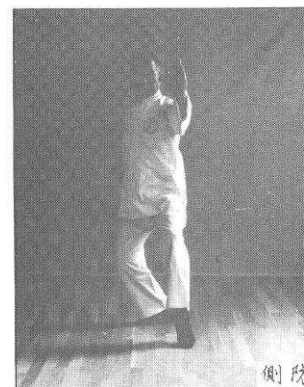
6) Chiudere il collo con le mani

FÈNG HOU CHANG (*fon hòu dgiàn*)



7) Aprire le mani

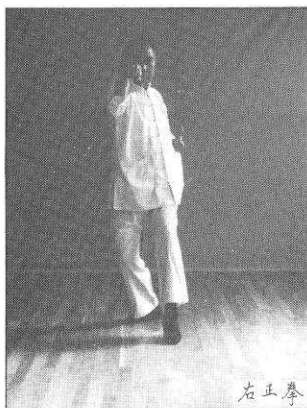
CHAN SHOU (*dgiàn shòu*)



8) Parata laterale

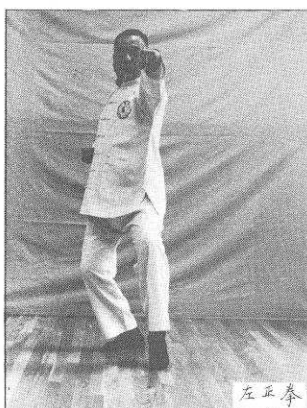
CHAI FANG (*tsê fan*)





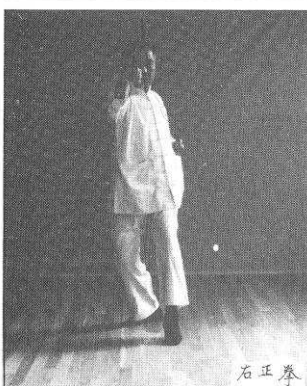
9) Pugno destro dritto

YU CHÊNG CH'ÜAN (*iù dgeon ciüen*)



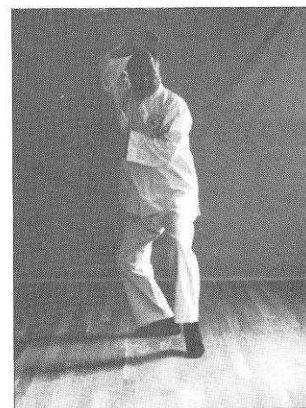
10) Pugno sinistro dritto

TSO CHÊNG CH'ÜAN (*zùo dgeon ciüen*)



11) Pugno destro dritto

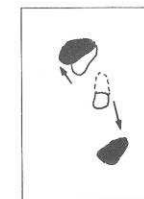
YU CHÊNG CH'ÜAN (*iù dgeon ciüen*)



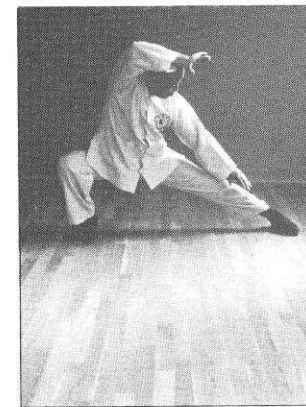
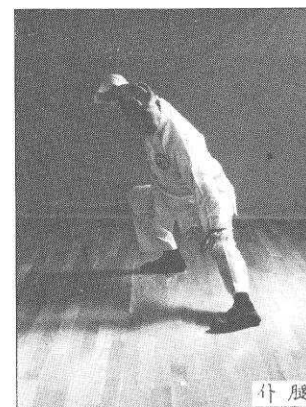
Tecnica di passaggio dalla figura 11 alla 12

12) Abbassare la gamba

PU T'UI (*pū t'ui*)

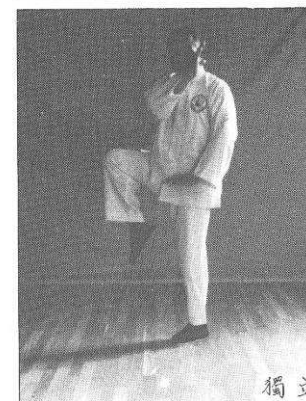


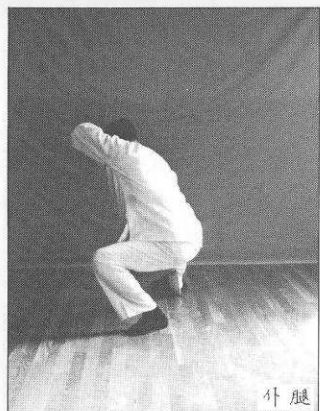
Vista di lato
figura 12



13) Stare su una gamba

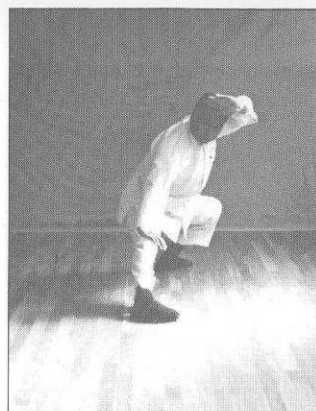
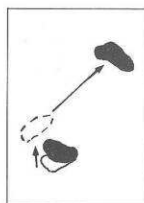
TU LI (*tu li*)



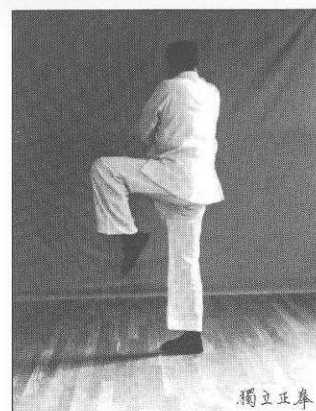


14) Abbassare la gamba

PU T'UI (*pū t'ui*)

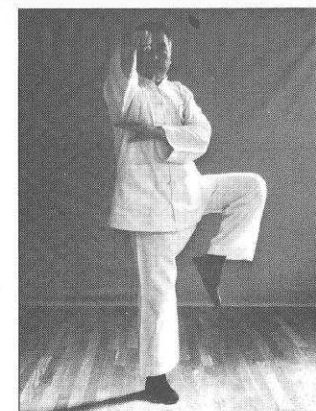
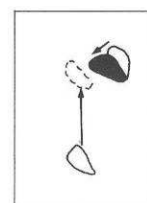


Vista di fronte figura 14

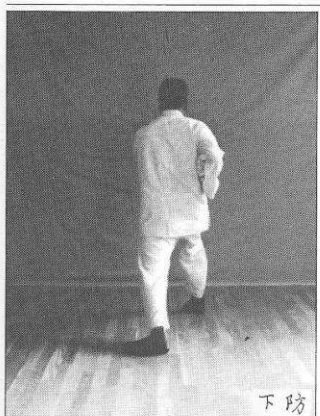


16) Pugno diritto su una gamba

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

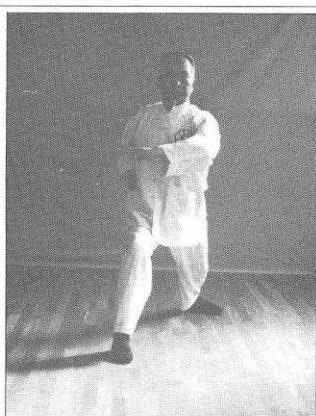
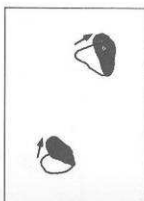


Vista di fronte figura 16

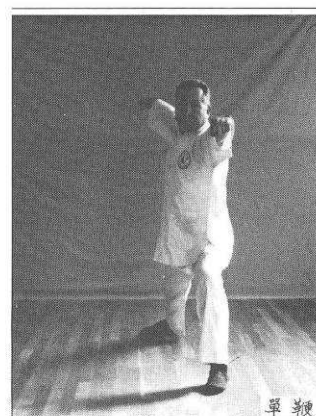


15) Parata media bassa

HSIA FANG (*sià fan*)

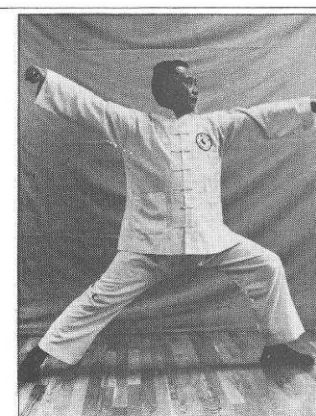
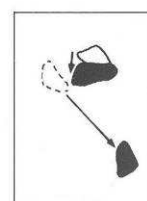


Vista di fronte figura 15

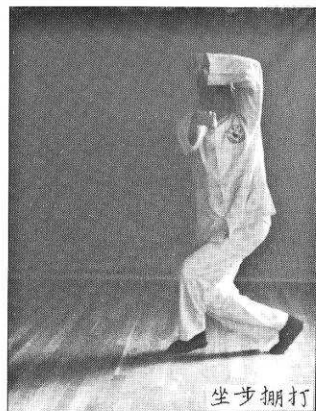


17) Frusta semplice

TAN PIEN (*tan pien*)

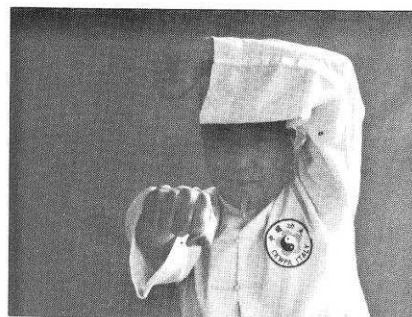
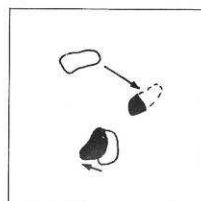


Vista di lato figura 17

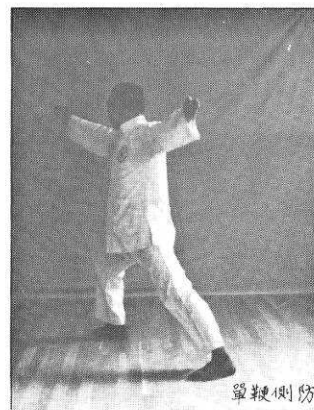


18) Posizione seduta con parata alta

TSO PU PÊNG TA (*zuò pǔ pōng tā*)

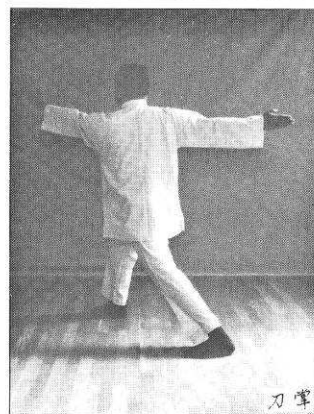
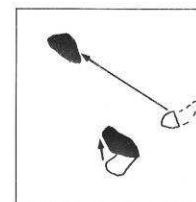


Particolare visto di fronte della figura 18



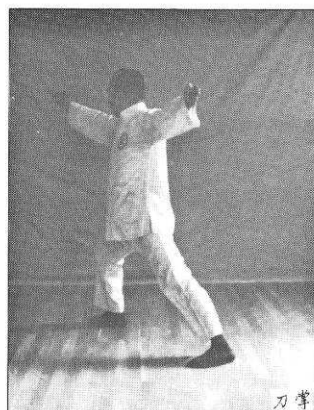
19) Frusta semplice con parata laterale

TAN PIEN CHAI FANG (*tan piēn tsê fān*)



20) Mani come sciabole (sinistra)

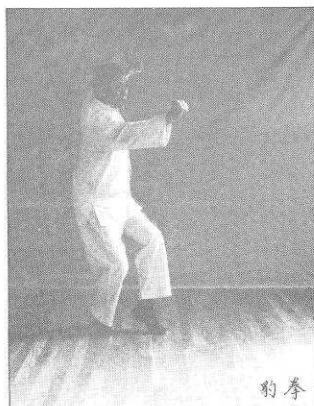
TAO CHANG TSO (*tò dgiān zǔo*)



20) Mani come sciabole (destra)

TAO CHANG YU (*tò dgiān iù*)





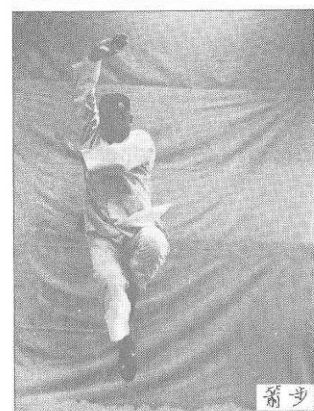
21) Parata e pugno assieme (posizione del leopardo)

PAO CH'ÜAN (*pò ciüen*)



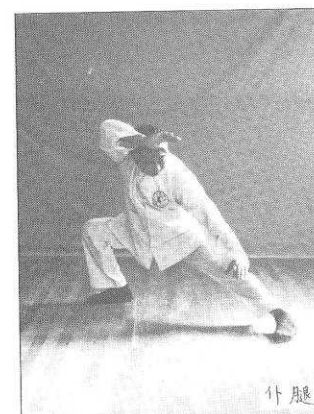
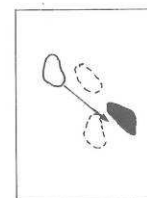
22) Parata e pugno assieme su una gamba

TU LI PAO CH'ÜAN (*tu lì pò ciüen*)



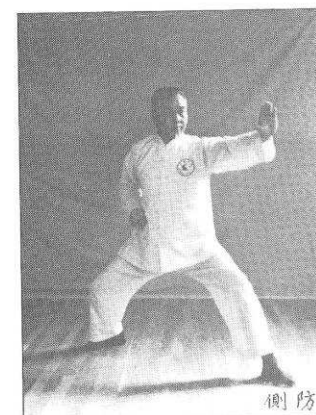
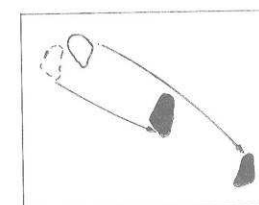
23) Freccia posizione

CHIEN PU (*gièn pù*)



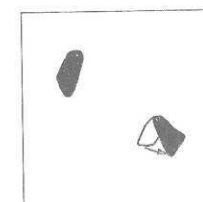
24) Abbassare la gamba

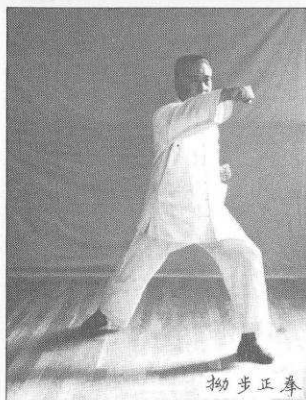
PU T'UI (*pū t'ui*)



25) Parata laterale

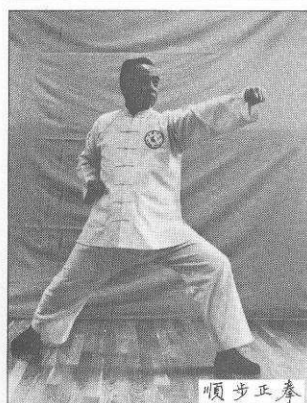
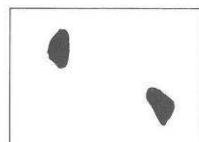
CHAI FANG (*tsê fan*)





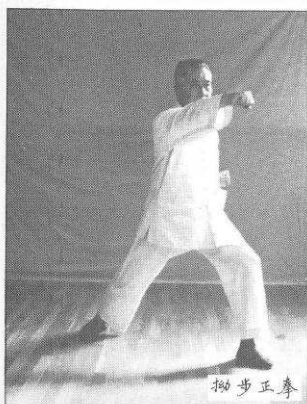
26) Posizione contraria con pugno diritto

YAU PU CHÈNG CH'ÜAN (*iao pù dgeon ciüen*)



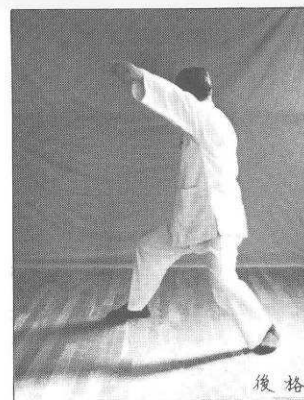
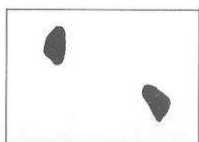
27) Posizione dalla stessa parte con pugno diritto

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



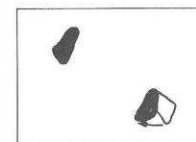
28) Posizione contraria con pugno diritto

YAU PU CHÈNG CH'ÜAN (*iao pù dgeon ciüen*)

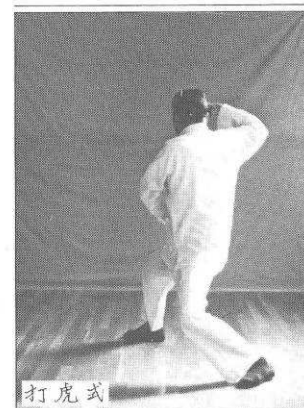
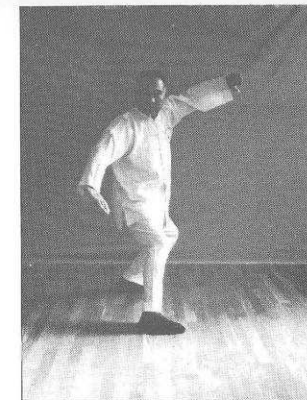


29) Parata bassa verso il dietro

HOU KO (*hòu kē*)

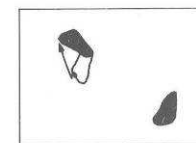


Vista di fronte figura 29

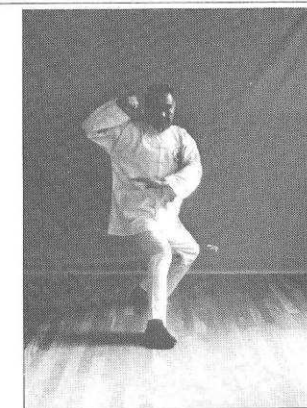


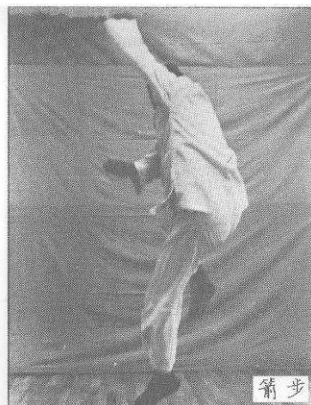
30) Posizione per colpire la tigre

TA HU SHIH (*tā hū shè*)



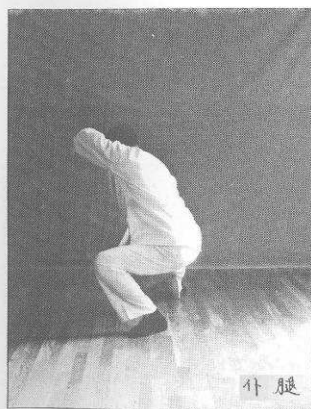
Vista di fronte figura 30





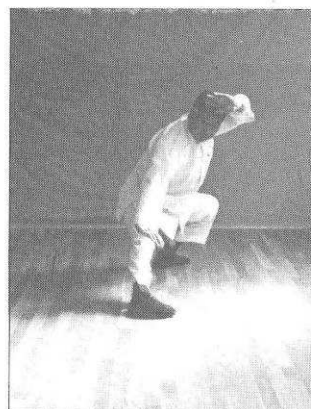
31) Freccia posizione

CHIEN PU (*gien più*)

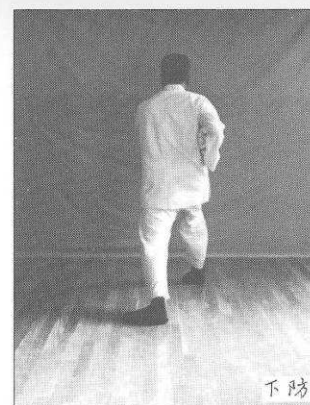
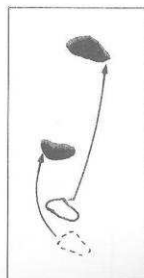


32) Abbassare la gamba

PU T'UI (*pū t'ui*)

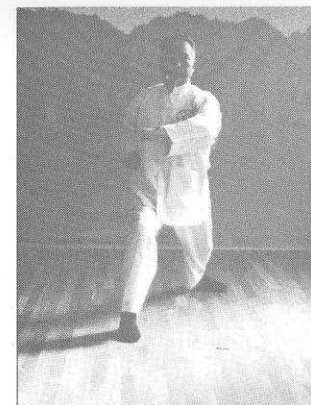
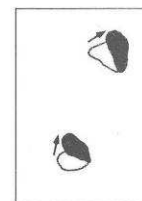


Vista di fronte figura 32

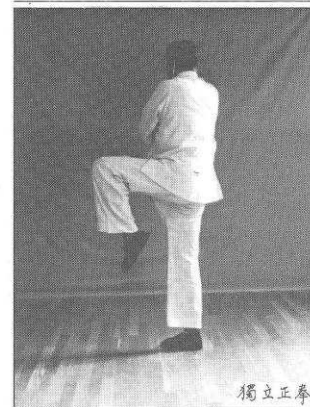


33) Parata media bassa

HSIA FANG (*sià fan*)

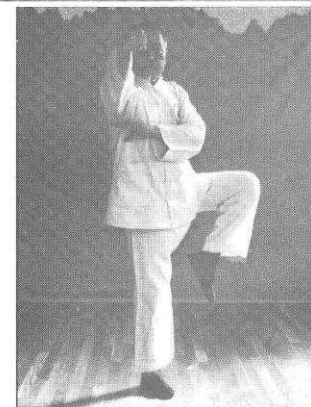
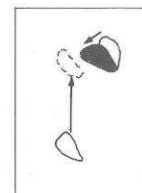


Vista di fronte figura 33

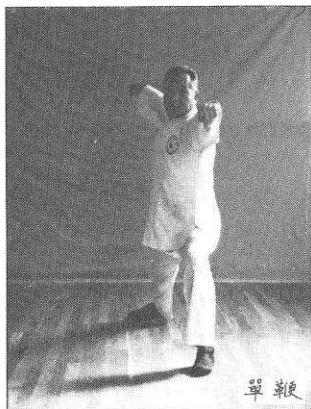


34) Pugno diritto su una gamba

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

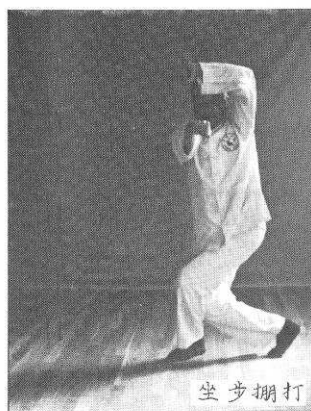
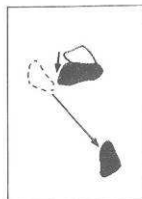


Vista di fronte figura 34



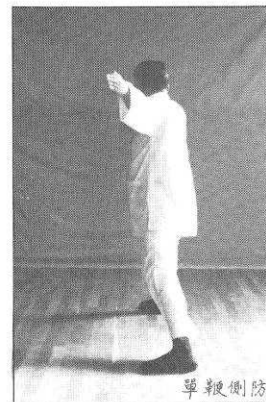
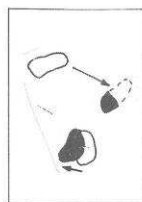
35) Frusta semplice

TAN PIEN (*tan pien*)



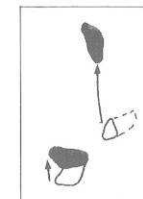
36) Posizione seduta con parata alta

TSO PU PÊNG TA (*zùo pù pon tǎ*)

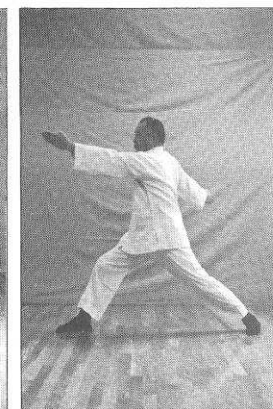
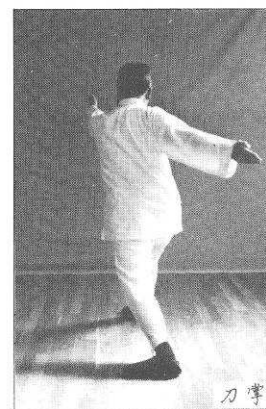


37) Frusta semplice con parata laterale

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



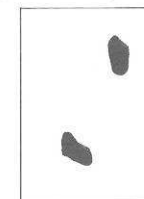
Vista di lato figura 37

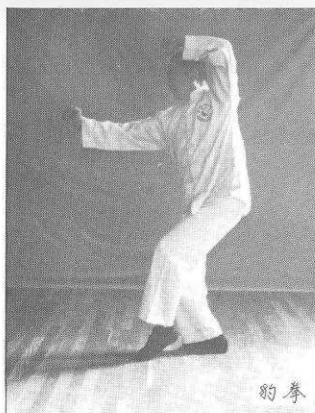


Vista di lato figura 38

38) Mani come sciabole

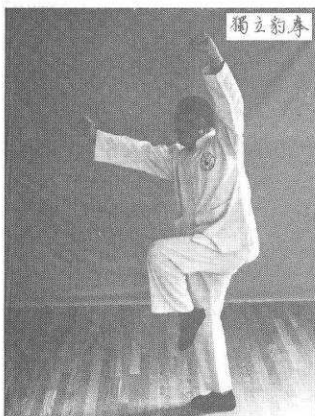
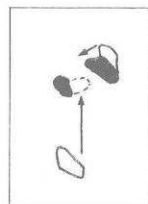
TAO CHANG (*tò dǎng*)





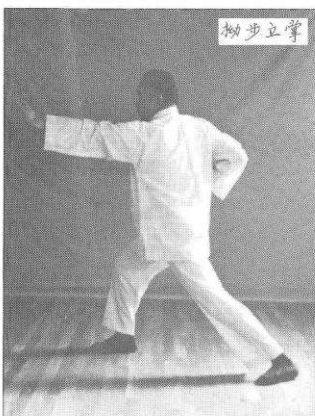
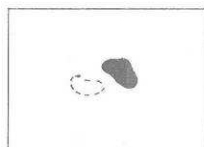
39) Parata e pugno assieme (posizione del leopardo)

PAO CHÜAN (*pò ciüen*)



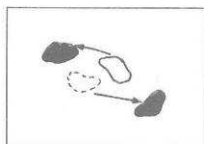
40) Parata e pugno assieme su una gamba

TU LI PAO CH'ÜAN (*tu lì pò ciüen*)

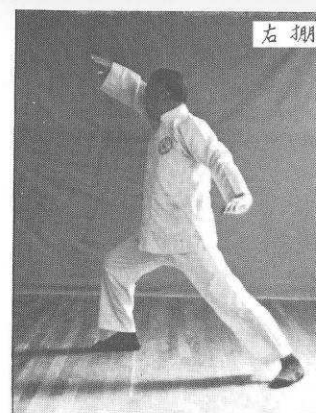


41) Posizione contraria con spinta verticale

YAU PU LI CHANG (*iao pù lì dgian*)

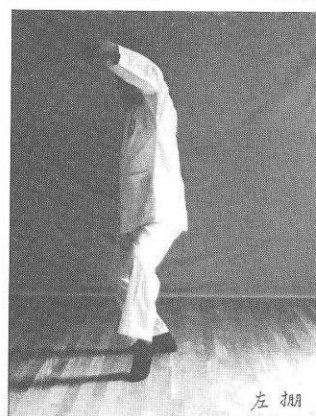
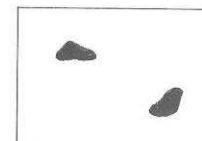


* FASHENG N° 3



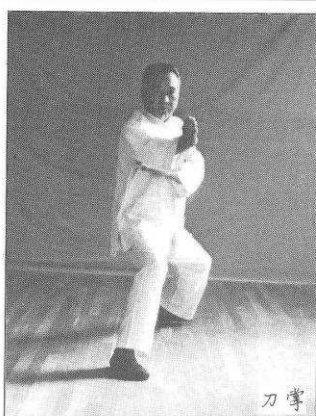
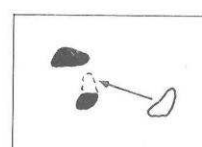
42) Parata alta destra

YU PÊNG (*iù pon*)



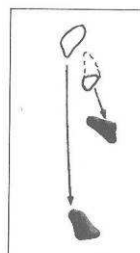
43) Parata alta sinistra

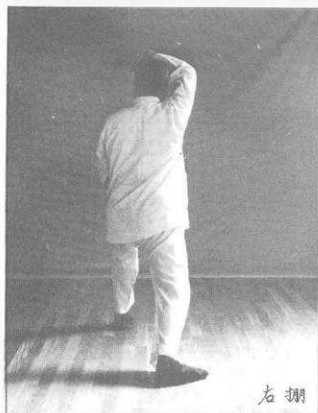
TSO PÊNG (*zũo pon*)



44) Mani come sciabole

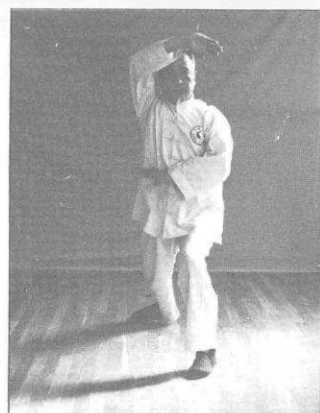
TAO CHANG (*tò dgian*)



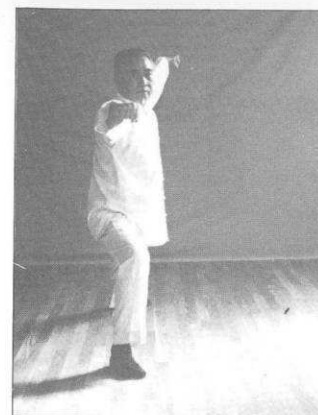
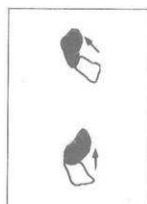


45) Parata alta destra

YU PÊNG (iù pon)

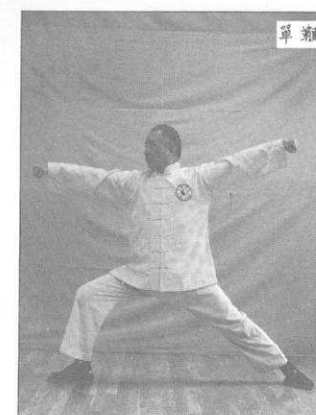


Vista di fronte figura 45

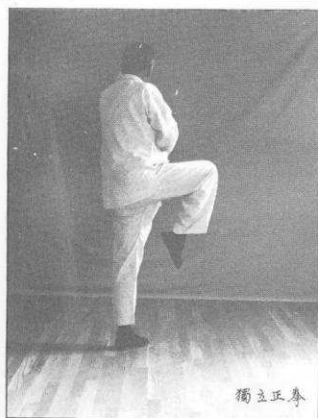
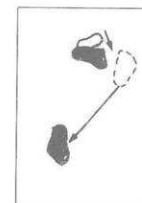


47) Frustra semplice

TAN PIEN (tan pien)

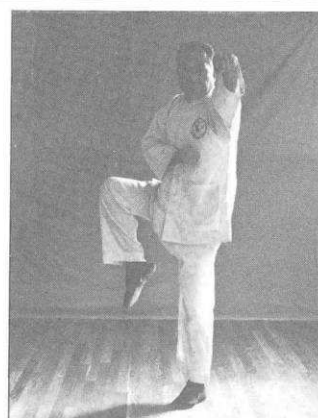


Vista di lato figura 47

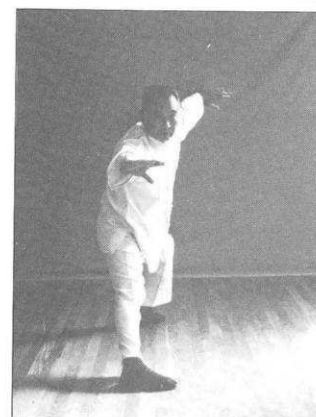
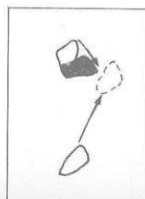


46) Pugno diritto su una gamba

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

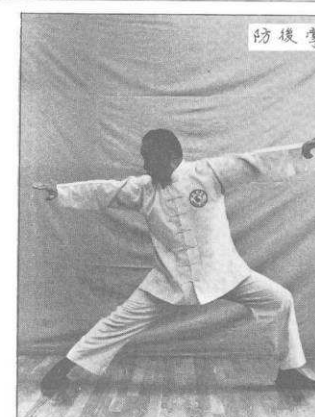


Vista di fronte figura 46

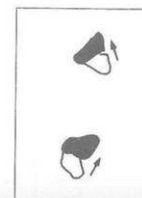


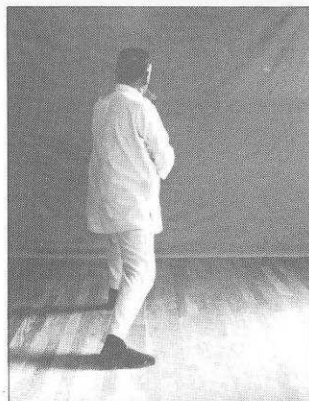
48) Parata media con spinta

FANG HOU CHANG
(fan hòu dgian)



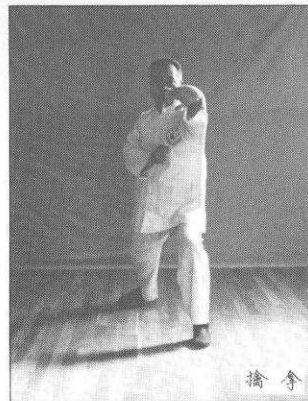
Vista di lato figura 48



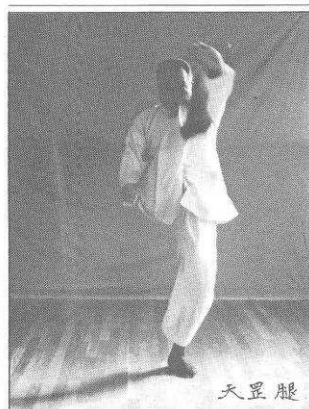
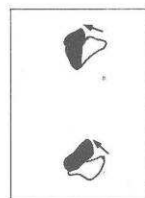


49) Leva

CH'IN NA (*cín nǎ*)



Vista di fronte figura 49

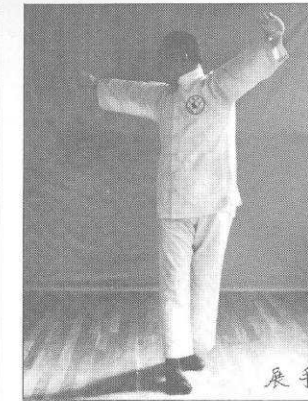
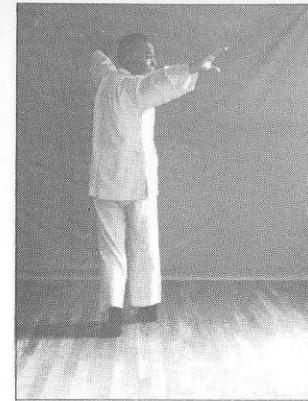


50) Alzare la gamba al cielo

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

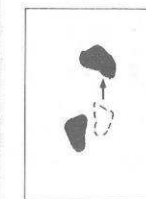


Vista di fronte figura 50



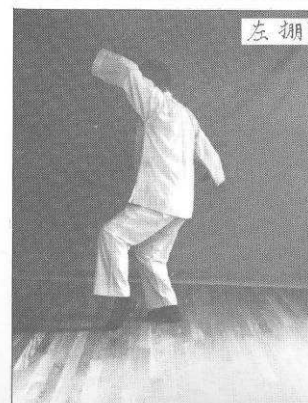
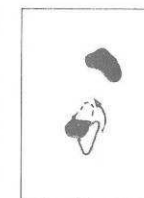
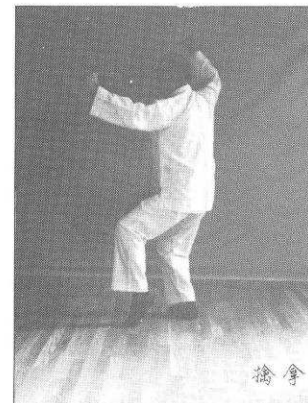
51) Aprire le mani

CHAN SHOU
(*dgian shòu*)



52) Leva

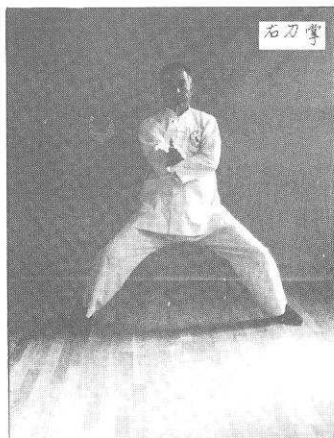
CH'IN NA (*cín nǎ*)



53) Parata alta sinistra

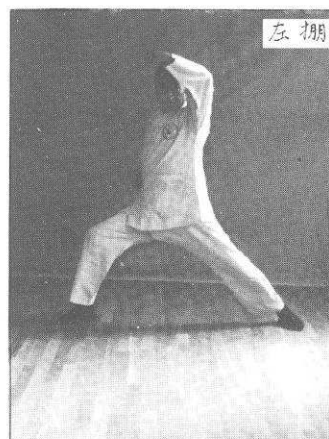
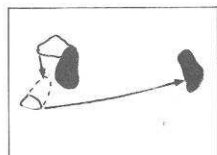
TSO PÊNG (*zǎo pon*)





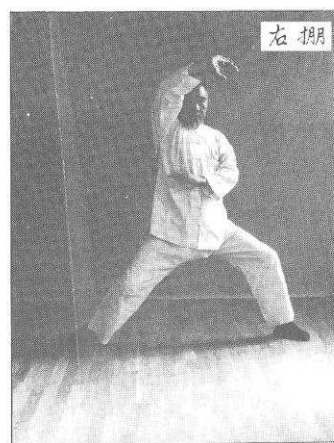
54) Mani come sciabole (destra)

YU TAO CHANG (*iù tò dgian*)



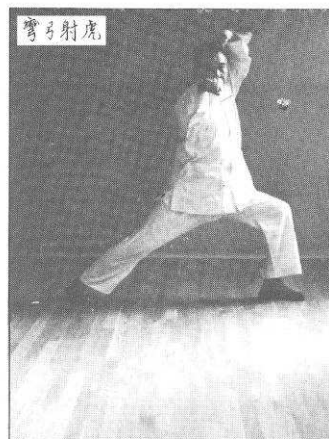
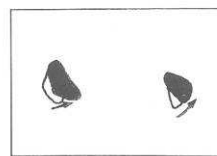
56) Parata alta sinistra

TSO PÊNG (*zǔo pon*)



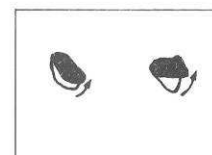
55) Parata alta destra

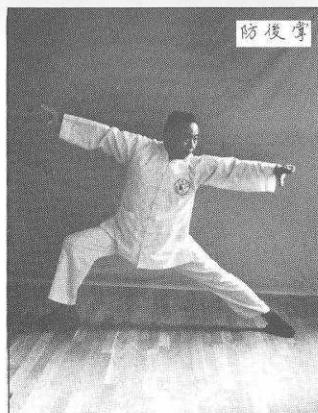
YU PÊNG (*iù pon*)



57) Curvare l'arco e colpire la tigre

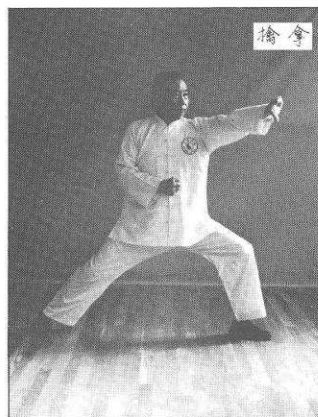
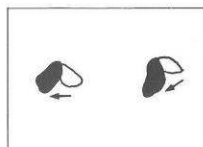
WAN KUNG SĤE HU (*wān kūn scē hū*)





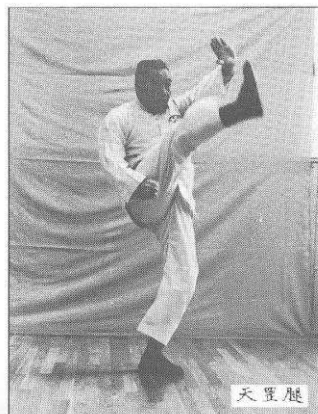
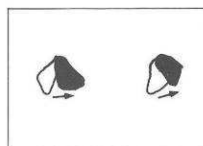
58) Parata media con spinta

FANG HOU CHANG (*fan hòu dgian*)



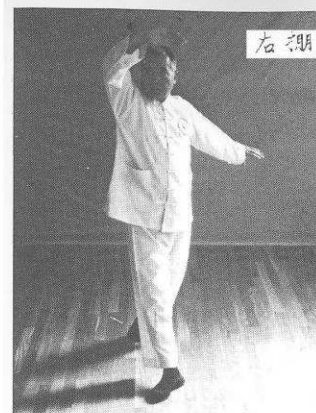
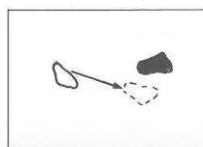
59) Leva

CH'IN NA (*cìn-ná*)



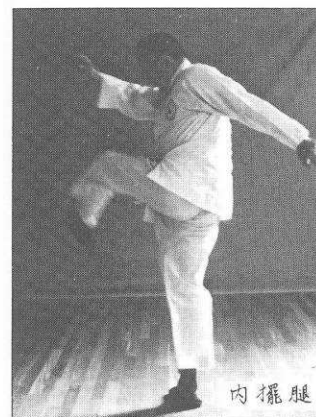
60) Alzare la gamba al cielo

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



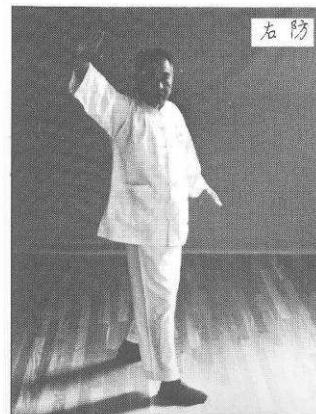
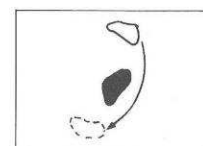
61) Parata alta destra

YU PÊNG (*iù pon*)



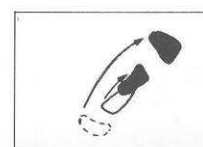
62) Calcio circolare interno

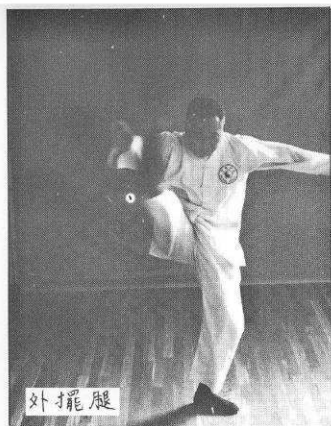
NEI PAI T'UI (*nèi pae t'ui*)



63) Parata media destra

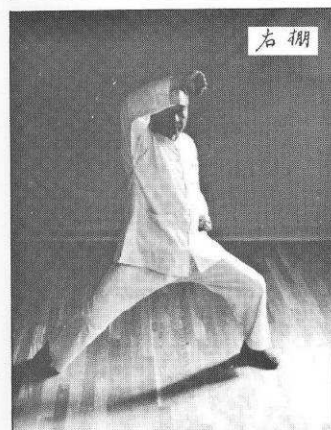
YU FANG (*iù fan*)





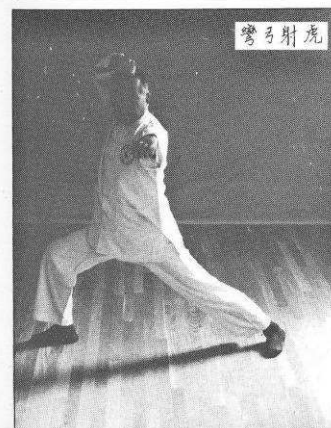
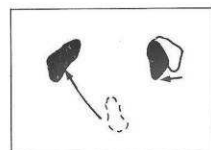
64) Calcio circolare esterno

WAI PAI T'UI (*vaè pae t'ui*)



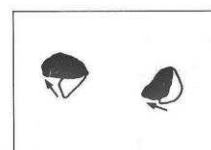
65) Parata alta destra

YU PÊNG (*iù pon*)

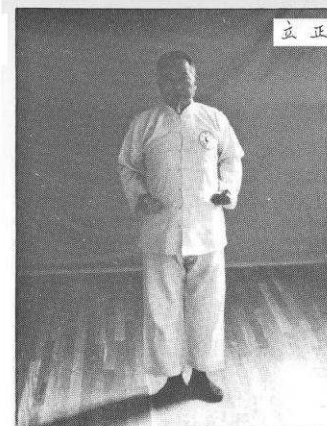


66) Curvare l'arco e colpire la tigre

WAN KUNG SHÊ HU (*wæn kūn scê hū*)

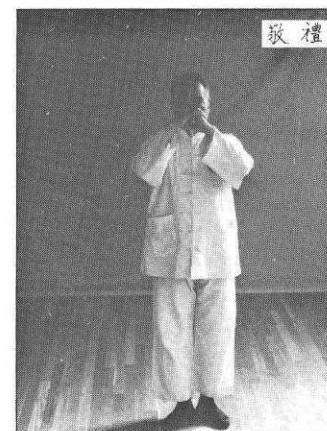
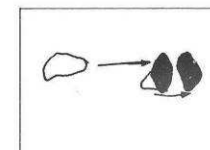


* FASHENG N° 4



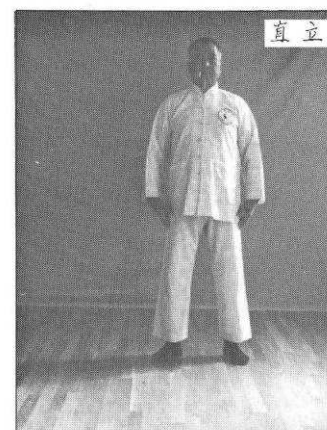
67) Fine dell'esercizio

LI CHÊNG (*li dgeon*)



68) Saluto

CHING LI (*ging li*)



69) In piedi diritto

CHIH LI (*dgé li*)

