

BASIC MOVEMENTS

《JI BEN GONG》

BASICS

Martial Arts = WU SHU	Ready = UPPE	Salute = CHING LI	Hello = NI HAO
Start = KAI SHI	Stop = TING	Thanks = XIE XIE	Goodbye = ZAI JIAN
Wushu Uniform = WUSHU YIFU	Belt = YAO DAI	Training room = WUSHU GUAN	Wushu student = WUJIA
0 = LING	1 = YI	2 = ER	3 = SAN
4 = SI	5 = WU	6 = LIU	7 = QI
8 = BA	9 = JIU	10 = SHI	Energie = QI

HAND TECHNIQUES 手形 SHOUXING

Fist: 拳 (quan)
Palm : 掌 (zhang)
Hook : 勾 (gou)

Direct punch: 冲拳 (chongquan)
Direct palm stroke: 推掌 (tuizhang)

BASIC STANCES 步法 BUFA

Bow and arrow
弓步 (Gongbu)



Horse stance
马步 (Mabu)



Empty stance
虚步 (Xubu)



Twist stance
歇步 (Xiebu)



Flat stance
扑步 (Pubu)



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BASIC KICKS 腿法 TUIFA

A) Stretched legs

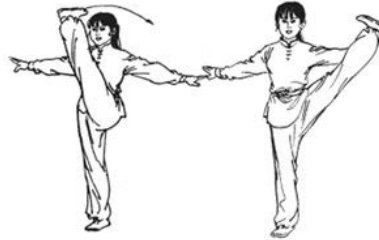
Front Stretch Kick
正踢腿
(Zhengtitui)



Side Stretch Kick
侧踢腿 (Cetitui)



Outside Crescent Kick
外摆腿 (Waibaitui)

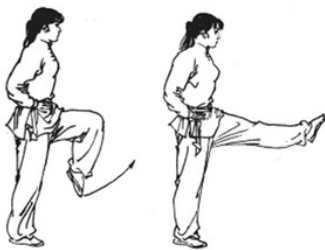


Inside Crescent Kick
里合腿 (Lihetui)



B) Bended legs

Elastic leg
弹腿 (Tantui)



Heel strike
蹬腿 (Dengtui)



Side Kick
侧踹腿 (Cechuaitui)



Kick slammed under the hand
单拍脚
(Danpaijiao)



JUMP KICK 跳跃 TIAOYUE

First level
腾空飞脚
(Tengkongfeijiao)



2nd level (hurricane)
旋风脚 (Xuanfengjiao)



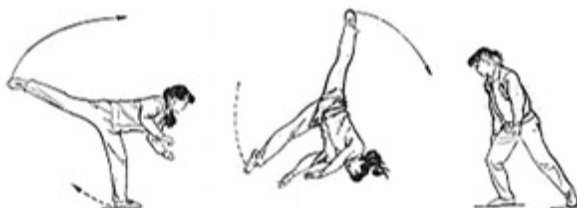
3rd level (lotus)
腾空外摆莲
(Tengkongwaibailian)



Butterfly
旋子 (Xuanzi)



Wheel without hands
侧空翻
(Cekongfan)



Spin
转体
(Zhuanti)

Like a butterfly kick but with
360° spin before landing



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