

霍元甲迷踪练步拳

HUO YUAN JIA MI ZONG LIAN BU QUAN

HUO YUAN JIA STYLE ESOTERIC PRACTICE STANCE FIGHTING SYSTEM

- 马步扫腿 **MA BU SAO TUI**
HORSE STANCE - LEG SWEEP
- 弓步穿心 **GONG BU CHUAN XIN**
BOW STANCE - CUT THROUGH HEART
- 弧步拦月 **HU BU LAN YUE**
ARC STANCE - BLOCK THE MOON
- 转步轮劈 **ZHUAN BU LUN PI**
ROTATION STANCE - MOVE LIKE WHEEL AND SPLIT
- 回步滚龙 **HUI BU GUN LONG**
RETURN STANCE - FLOW LIKE DRAGON
- 奔步双格 **BEN BU SHUANG GE**
RUN STANCE - DOUBLE ARM PATTERN
- 坐步截腿 **ZUO BU JIE TUI**
RIDE STANCE - LEG BLOCK
- 拖步双推 **TUO BU SHUANG TUI**
DRAG STANCE - DOUBLE PALM PUSH
- 跪步靠打 **GUI BU KAO DA**
KNEEL STANCE - LEAN ON AND HIT
- 扑步单鞭 **PU BU DAN BIAN**
STRIKE STANCE - SINGLE WHIP
- 颠步闪掌 **DIAN BU SHAN ZHANG**
INCOHERENT (DRUNKEN) STANCE - FLASH SLAP
- 插步云手 **CHA BU YUN SHOU**
INSERT STANCE - CLOUD HAND

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