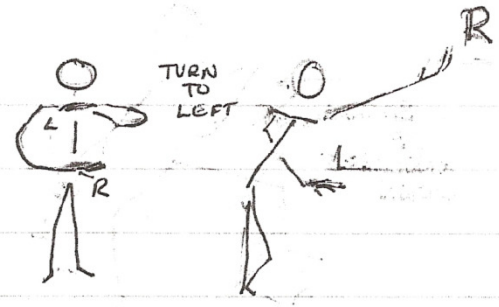
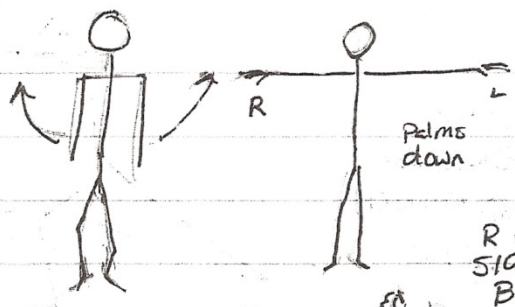
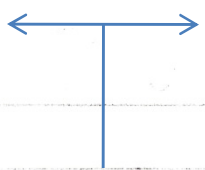


Lin Bu Quan

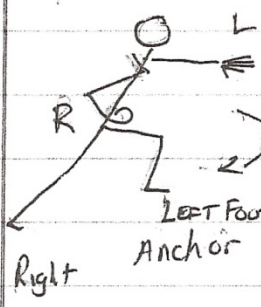
PART ONE



R side Backfist

L Protect Position

DENG SHAN BU



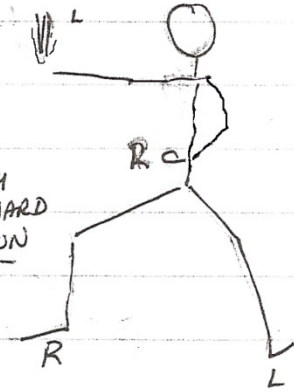
TURN 180° CLOCKWISE

LEFT FOOT Anchor

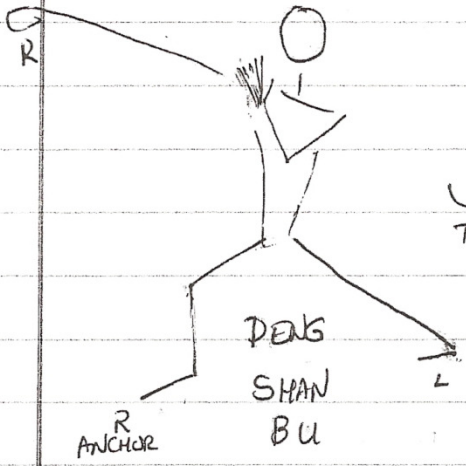
CAT STANCE

R anchor

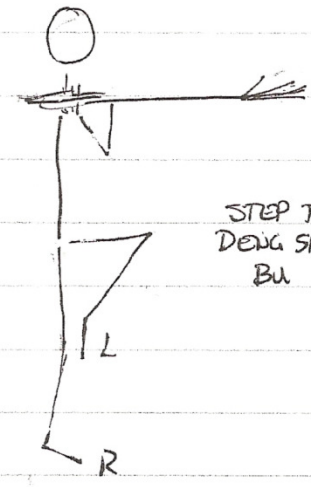
WITH FORWARD MOTION



PUNCH



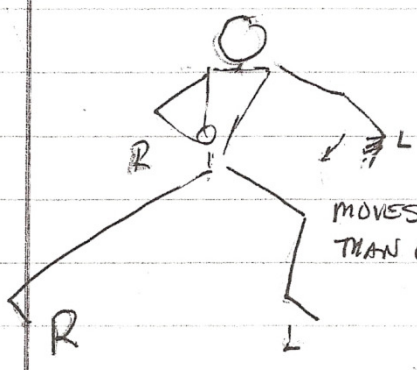
TURN 90°



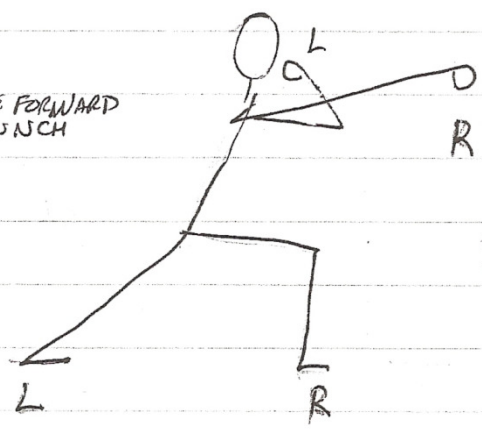
STEP TO DENG SHAN BU

same

MOVE FORWARD TO PUNCH



NOW STEP BACK

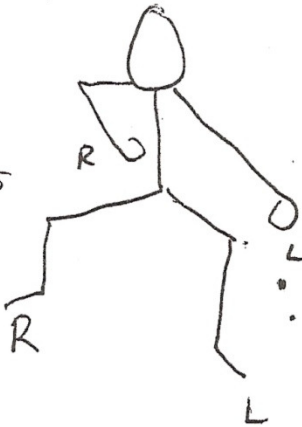


1 LIN BU QUAN

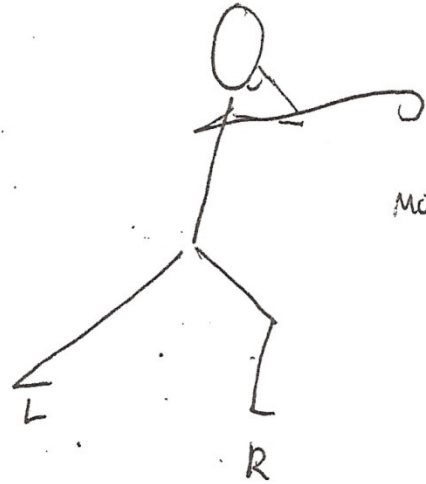
PART ONE

PAGE 2

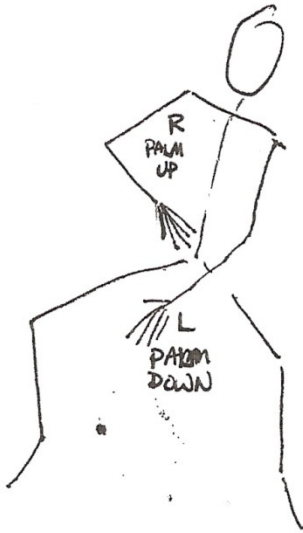
PULLING
BACK
KNUCKLES
DOWN



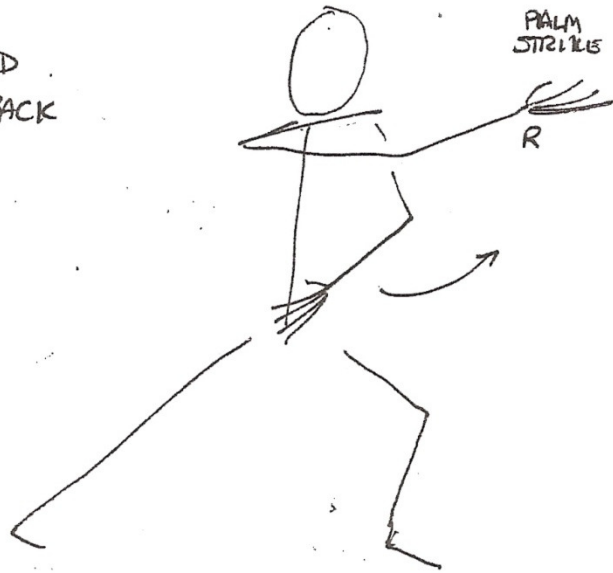
COME
FORWARD
AND PUNCH
AGAIN



MOVE TO



RIGHT HAND
CHAMBER BACK



STRIKE
THAN
CHAMBER

