



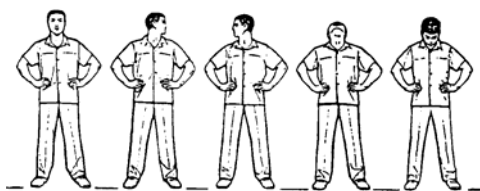
巴黎精武学校



练功十八法

动作名称

Lian gōng shí bā fǎ dòng zuò míng chēng
18 exercices de santé



颈项争力

Jǐng xiàng zhēng lì



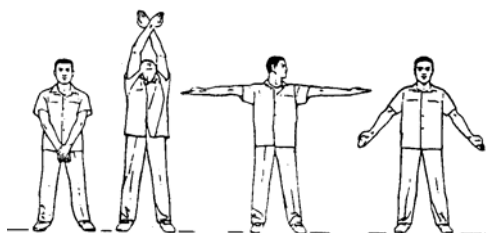
左右开弓

Zuǒ yòu kāi gōng



双手伸展

Shuāng shǒu shēn zhǎn



开阔胸怀

Kāi kuò xiōng huái



展翅飞翔

Zhǎn chì fēi xiáng



铁臂单提

Tiě bì dān tí



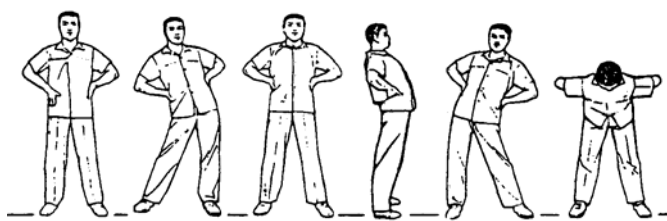
双手托天

Shuāng shǒu tuō tiān



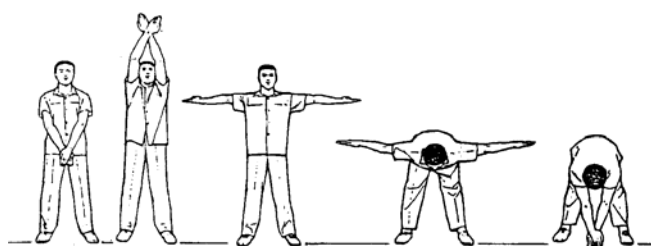
转腰推掌

Zhuǎn yāo tuī zhǎng



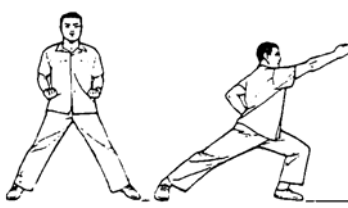
叉腰旋转

Cā yāo xuán zhuǎn



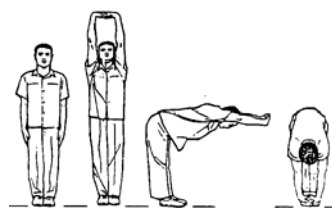
展臂弯腰

Zhǎn bì wān yāo



弓步插掌

Gōng bù chā zhǎng



双手攀足

Shuāng shǒu pān zú



左右转膝
Zuǒ yòu zhuǎn xī



仆步转体
Pú bù zhuǎn tǐ



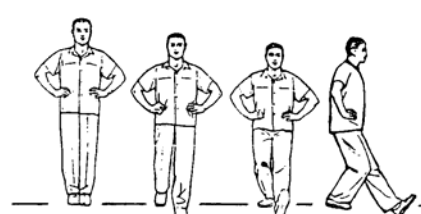
俯蹲伸腿
Fǔ dūn shēn tuǐ



扶膝托掌
Fú xī tuō zhǎng



胸前抱膝
Xīōng qián bào xī



雄关漫步
Xīōng guān màn bù