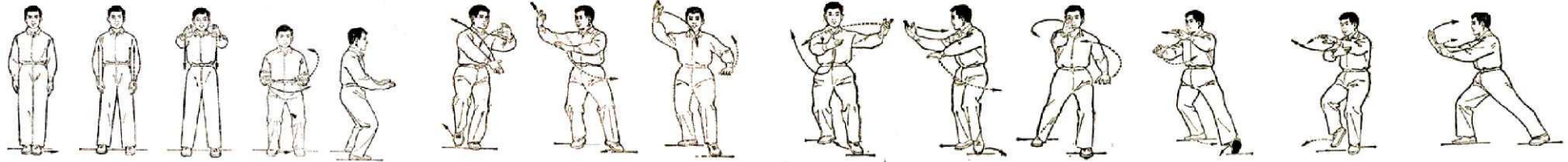




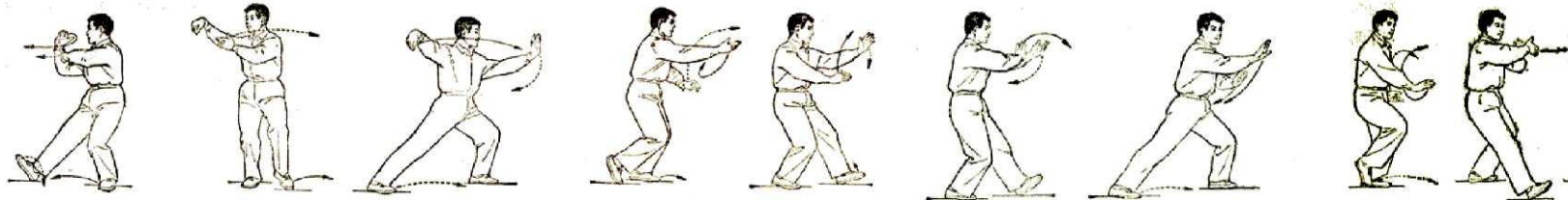
Tai Ji Quan – 48 formes
Extrait de « enchaînement de wu shu traditionnel »



ouverture

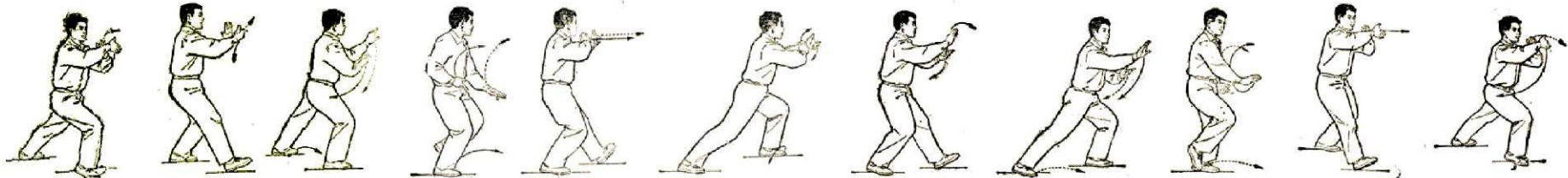
La grue blanche déploie ses ailes 1

2 Brosse le genou gauche



Saisir l'oiseau par la queue 3

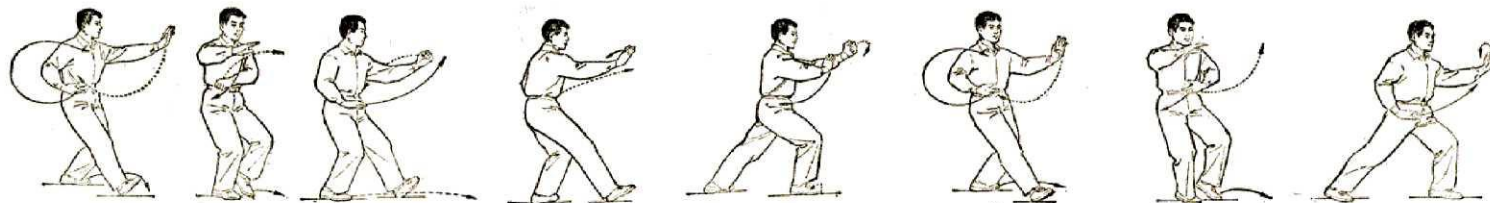
4 Joueur de Pipa



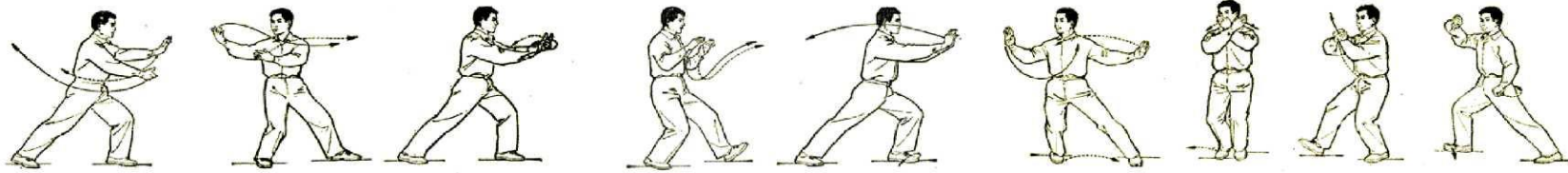
5-1 Repousser la montagne

5-2

5-3

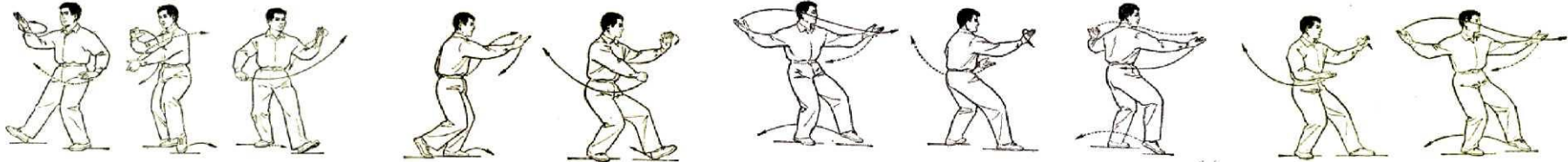


Coup de poing à gauche 6



Repousser l'adversaire 7

Coup d'épaule diagonal 8

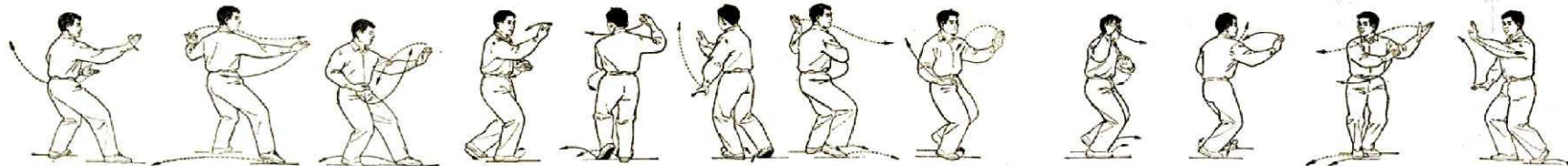


Poing sous le coude 9

9

Repousser le singe 10-1

10-2



10-3

10-4

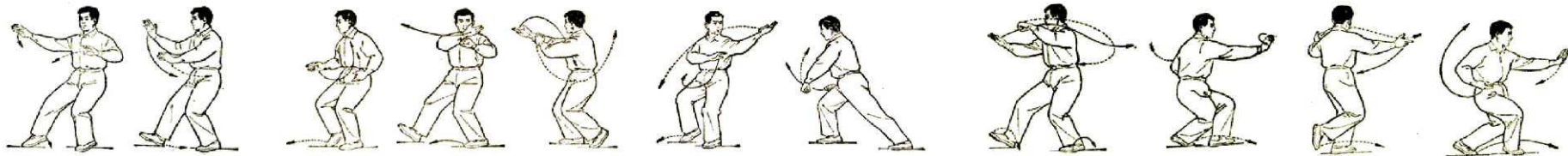
4 directions

11-1

11-2

11-3

11-4



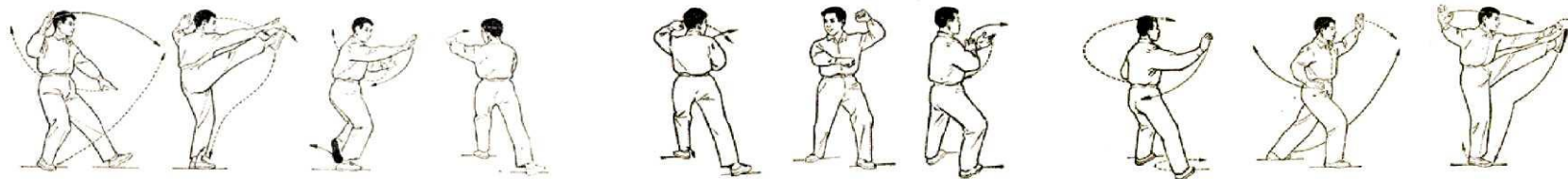
Joueur pipa à droite 12

Brosser le genou – coup de poing vers le bas 13

13

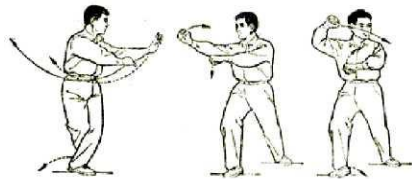
Le serpent darde sa langue 14-1

14-2

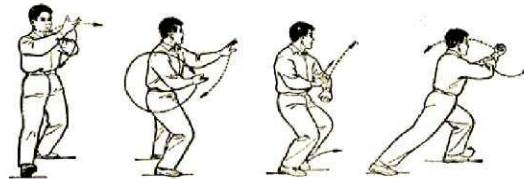


Attraper le tigre à droite- à gauche

15-1



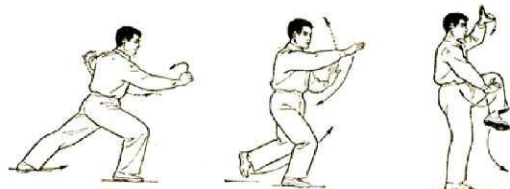
15-2



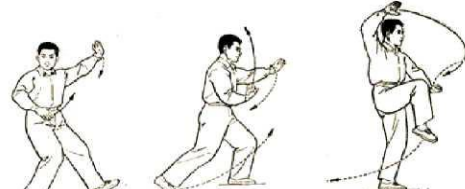
Revers de poing gauche 16



Traverser le poing en bas 17



Sur un pied pousser en haut – en bas 18-1



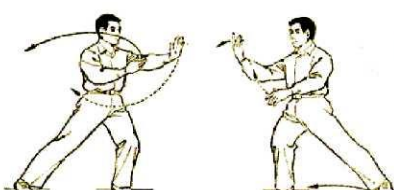
18-2



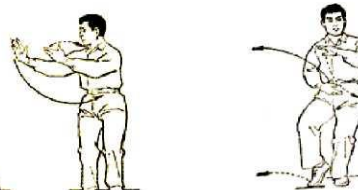
Simple fouet à droite 19



Mouvoir les mains comme des nuages à droite 20-1



20-2



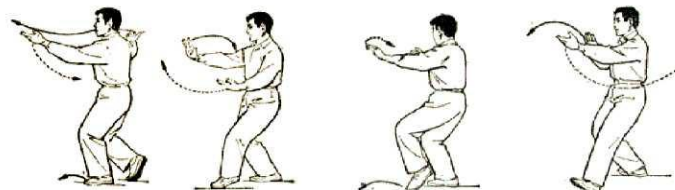
20-3



Séparer crinière cheval – à droite à gauche 21-1



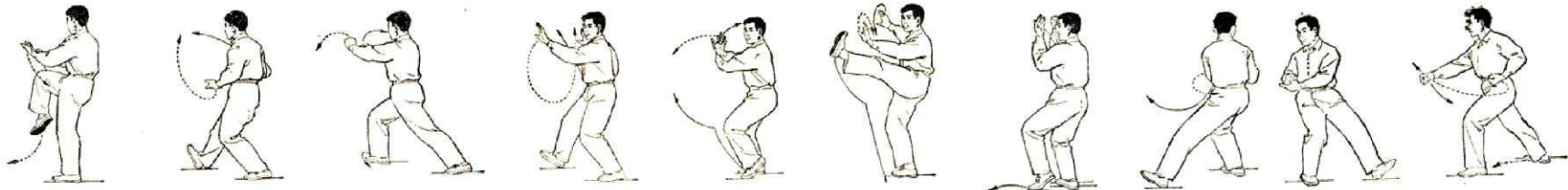
21-2



Flatter encolure cheval 22



Coup de pied droit 23



24

Coup de pied gauche

25

Coup de poing fouetté

26



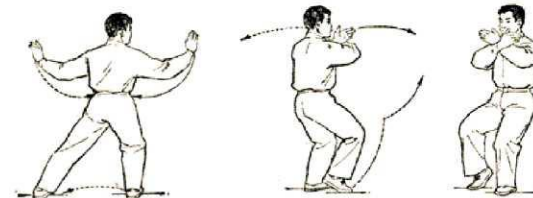
L'aiguille au fond de la mer

27



Comme un éventail

28

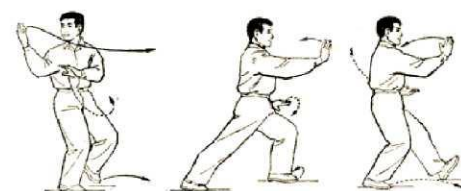


Séparer les pieds droit - gauche

29-1

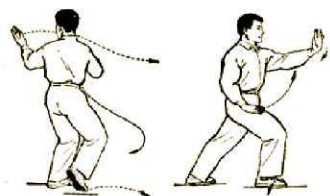


29-2

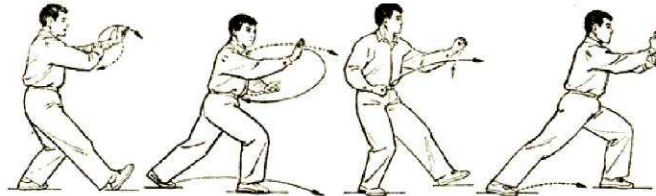


Brosser le genou

30-1

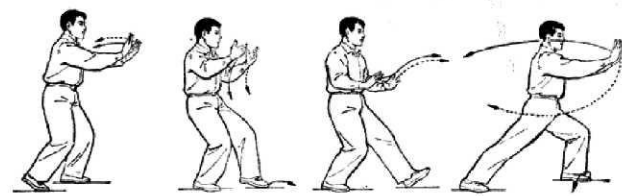


30-2



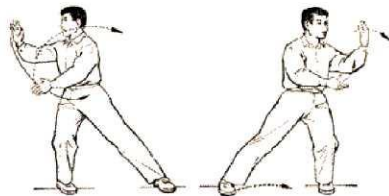
Avancer - saisie - coup de poing

31



Fermeture apparente

32

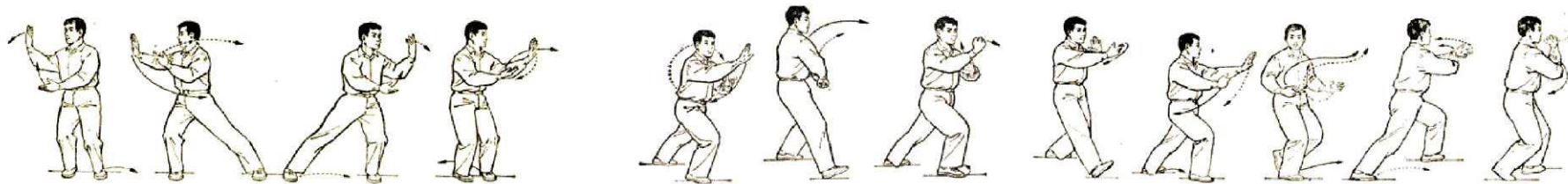


Mouvoir les mains comme des nuages - à gauche

33-1

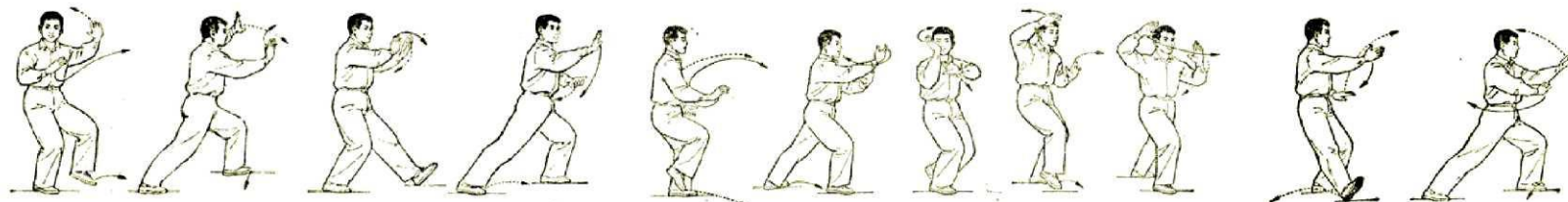


33-2



33-3

Revers de poing à droite 34

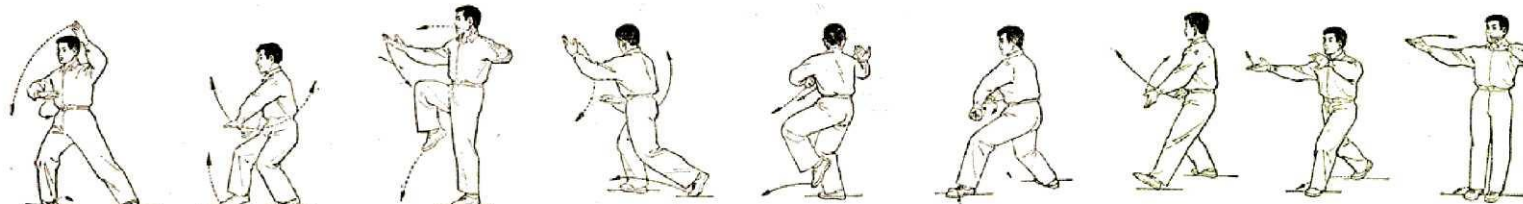


35-1

La fille de Jade tisse et lance la navette à gauche – à droite

35-2

Reculer la main qui transperce 36



Pas vide – écraser avec la main

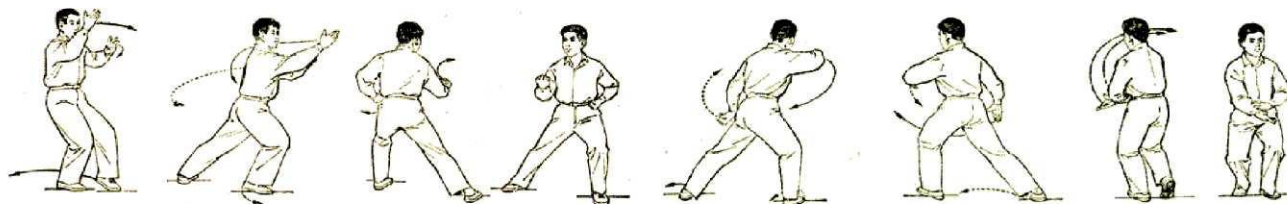
37

38

Sur un pied – parer vers le haut

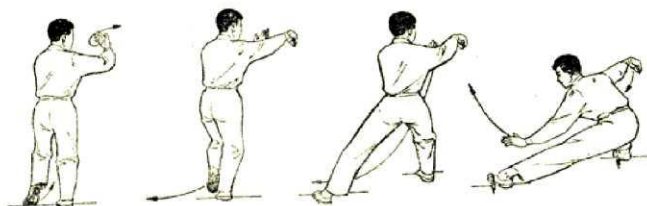
39

Cavalier coup d'épaule



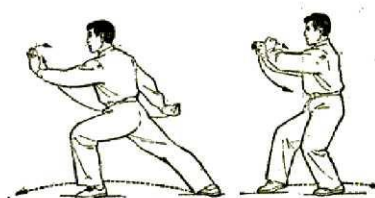
Tourner – bloquer vers le bas

40



Frapper avec les mains – le serpent qui rampe

41



Avancer – poings serrés

42



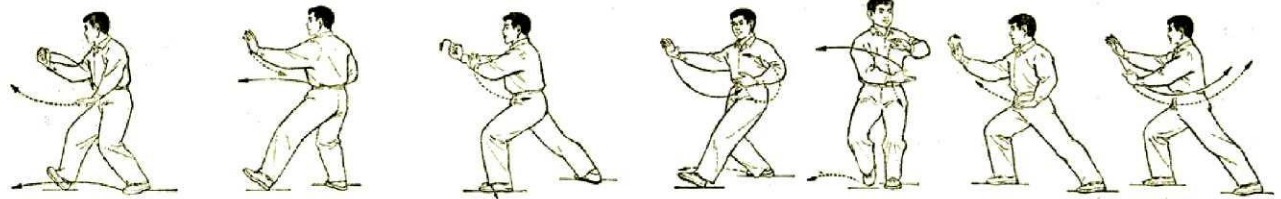
Sur un pied – chevaucher le tigre

43



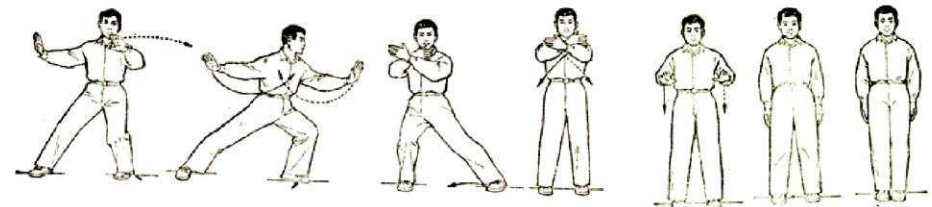
Tourner – balayer le lotus 44

Tirer à l'arc sur le tigre 45



Coup de poing droit 46

Saisir la queue de l'oiseau à droite 47



Croiser les mains 48

fermeture