

www.dongfang.be

dongfangleuven@gmail.com – <http://blog.dongfang.be>

推手十三种基本手法

The Thirteen Basic Manipulations

1.	上盘 --- 缠头式 Upper Rotation Procedure: The Method of Winding as High as the Top of the Head
2.	上盘 --- 裹头式 Upper Rotation Procedure: The Method of Binding over the Top of the Head
3.	中盘 --- 中平肘 Middle Level Rotation Procedure: The Method of the Middle Flat-Elbow
4.	中盘 --- 立肘 Middle Level Rotation Procedure: The Method of the Erect Elbow
5.	下盘 --- 十字手 Lower Level Rotation Procedure: The Method of Cross-Hands
6.	下盘 --- 搂膝式 Lower Level Rotation Procedure: The Method of the Brush Knee Style
7.	短手 --- 裹粘肘 Short Distance Arm Procedure: The Method of Internal Adhesion of the Elbows
8.	短手 --- 外粘肘 Short Distance Arm Procedure: The Method of External Adhering Elbows
9.	短手 --- 倒提壶 Short Distance Arm Procedure: The Method of Lifting the Handle of a Kettle
10.	长手 --- 小缠腕 Long Distance Arm Procedure: The Method of Minor Entwining of the Waist
11.	长手 --- 大缠腕 Long Distance Arm Procedure: The Method of Major Entwining of the Waist
12.	长手 --- 穿手靠 Long Distance Arm Procedure: The Method of Crossing Over the Elbow and Leaning
13.	长手 --- 通天手 Long Distance Arm Procedure: The Method of the “Up and Down” Hands