

# 少林木人桩第一练法

SHAO LIN MU ZHEN CHUANG TI IE LIAN FA

SHI TRAINING TO THE SHAO LIN WOODMAN.

1. 童子拜佛 THE LAD SOLUTES BUDDHA.  
TUNG TZE PAI HU
2. 刁手击胸 KNIFE HAND (BLOCK), STRIKE THE CHEST.  
KOU SOU SI SIUNG
3. 格击劈打 BLOCK STRIKE, CHOPPING STRIKE  
KE SI PI TA
4. 压臂卡喉 PRESS OPPONENT ARM DOWN  
SLASS HIS THROAT  
YA PI KA HOU
5. 格拦击裆 BLOCK & PERCH, STRIKE OPPONENT'S GROIN  
KE LAN SI TANG
6. 拿拉松击 PULL IN & STRIKE  
CHHEN LA PAI SI
7. 搂抓山击 GRAB PULL & BITE FIST IN.  
LOU CHUA PENG SI
8. 按压击掌 PRESS DOWN & STRIKE PALM OUT  
AN YA SI CHANG
9. 搭手勾踢 PULL HAND (BLOCK <sup>FIRST</sup> ~~FIST~~)  
THEN SWEEP  
TA SOU KOU TI
10. 搬肘顶踢 ANKER THE ELBOW & BACK FIST IN  
PAN CHUAN PENG CHHEN
11. 扣抓顶膝 CLIP GRAB & KNEE IN  
KOU CHUAN TING KAI
12. 推按扣打 TAKE PUSH (BLOCK), BACK PALM SMACK

13. 推手推掌 RAKE HAND & PUSH PALM  
HUA SOU TUE CHANG
14. 穿心脚 LEG THAT PENETRATES THE HEART  
CHUAN SIN CHIAO
15. 虎尾脚 TIGER TAIL LEG  
HU WEI CHIAO
16. 揪裆击胸 GRAB THE GROIN, STRIKE THE CHEST.  
CHUA TANG SI SIUNG
17. 左右勾击 LEFT & RIGHT HOOK STRIKE  
CHUO YU KOU SI
18. 左右击头 LEFT & RIGHT STRIKE THE HEAD  
CHUO YU SI TOU
19. 鸳鸯脚 LOVE BIRDS DOUBLE FLY OUT LEG  
YING YANG CHIAO
20. 左右盖打 LEFT & RIGHT CAP HIT  
CHUO YU KAI TA
21. 阴阳掌 YIN & YANG PALM  
YIN YANG CHANG
22. 左右扇掌 LEFT & RIGHT FANS YOUR PALMS  
CHUO YU SAN CHANG
23. 双锁手 DOUBLE LOCK THE ARMS  
SHUANG SHOU SOU
24. 双推掌 DOUBLE STRIKE THE PALMS OUT  
SHUANG CHUANG CHANG
25. 双推掌 DOUBLE STRIKE THE PALMS OUT  
SHUANG CHUANG CHANG

