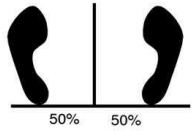
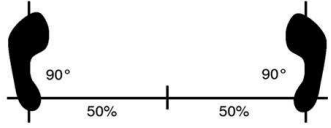


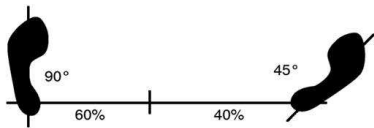
Positions des jambes



0) Ho Chio

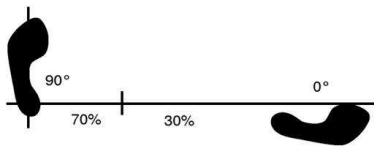


1) Ma pu



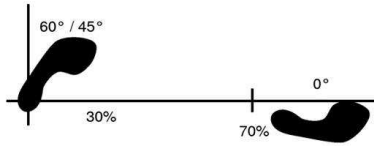
2) Pan ma pu

Arretrer



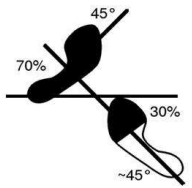
3) San chi pu

Defence



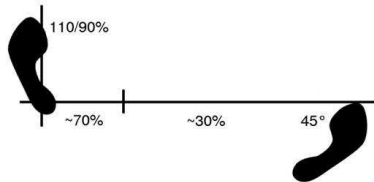
4) Kung chien pu

Attaque/Avancer



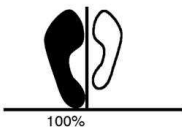
5) Tzo pu

Position assiee



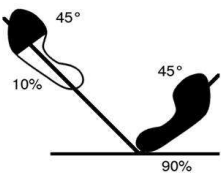
6) Pu Tui

Position bas

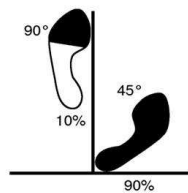


7) Tu li

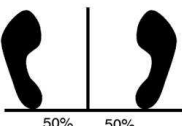
Une sol jambe



8) Ting pu



9) Tse ting pu



10) Ho Chio

Position naturelle