

尹氏基本转掌八式

YIN STYLE

FUNDAMENTAL ROTATING PALMS EIGHT FORMS

AS PRESENTED IN

WANG SHANGZHI'S WORKSHOPS

Huan Zhang	换掌	Changing Palm
Kai Zhang	开掌	Opening palm
Pu Zhang	扑掌	Flap Wings Palm, also known as lying on the ground dragon that turns 3 times palm (又称三转身扑地龙)
Dai Shou Zhang	带手掌	Wiping Cloth Palm
Qie Zhang	切掌	Slicing Palm
Ta Zhang	挞掌	Beat with a Whip Palm
Jie Shou Zhang	接手掌	Connecting Palm
Fan Bei Chui	反背捶	Turn the Back and Pound with Fist Palm