

尹氏养生转掌八式

YIN STYLE

YANGSHENG ROTATING PALMS EIGHT FORMS

AS PRESENTED IN

WANG SHANGZHI'S WORKSHOPS

AN ZHANG	按掌	Pushing Down Palms
SHUANG TUO ZHANG	双托掌	Double Upward Supporting Palms
SHUANG ZHUANG ZHANG	双撞掌	Double Colliding/Striking Palms
JI ZHANG	挤掌	Squeezing/Pressing Palms
YIN YANG ZHANG	阴阳掌	Yin/Yang Palms
ZHI TIAN CHA DI	指天插地掌	Pointing Skyward Inserting the Earth Palms
YAO SHEN ZHANG	摇身掌	Body Shaking/Body Waving Palms
JIN GANG ROU ZHANG	金刚揉球	Rubbing/Kneading the Firm Metal Ball Palm, Jingang (Buddha's Warrior Attendant) Rubbing/Kneading Ball Palms