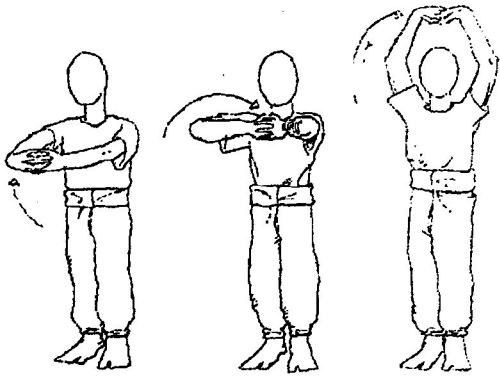
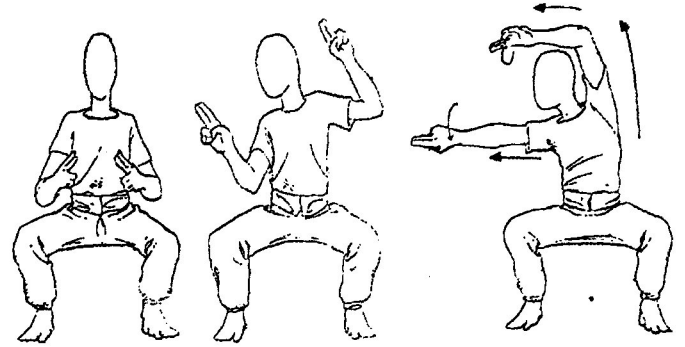


Pa Tuan Chin

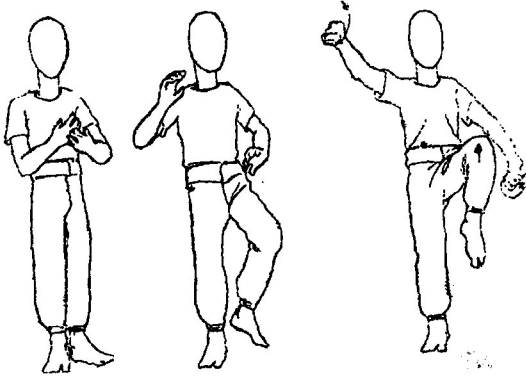
les huit pièces de brocart - (Ba Duan Jin)



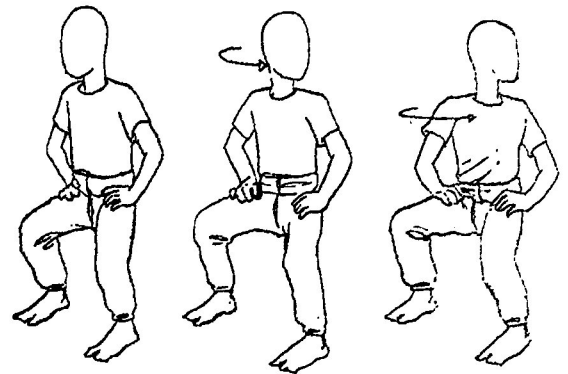
1 - Soutenir le ciel avec deux mains



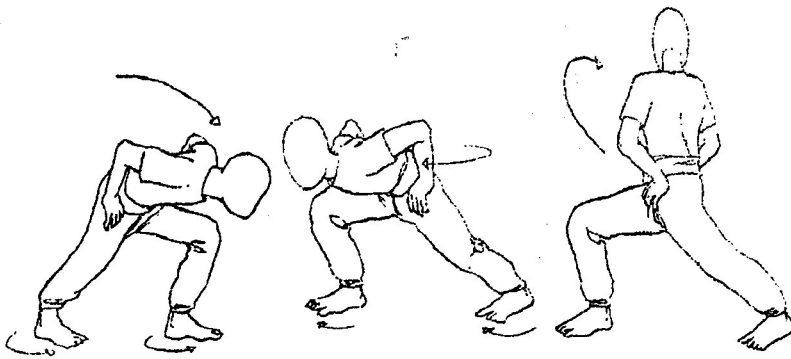
2 - Tirer l'arc et la flèche



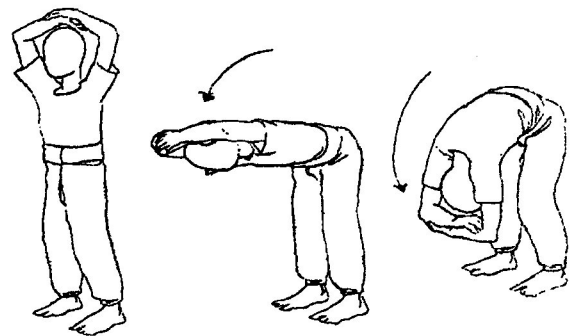
3 - Pousser le ciel et la terre



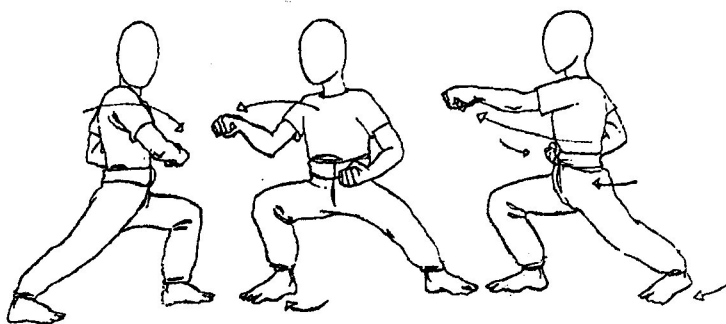
4 - Regarder derrière



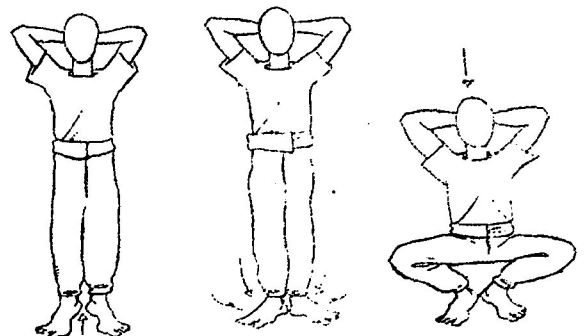
5 - Balancer la crinière



6 - Inclination en avant



7 - Jeux de poing et regard sévère



8 - Lever les talons