

Chinese Terminology	Putong hua'	- Common Speech -Modern Chinese
Chinese		English
Gai_ Bien'		Change
Tien_ Jr'		Stop
Kai_ shi'		To Start
Herbei'		Ready
Qu'		Go
Hui' Qu'		To Go Back
Hui' Lai' (Lai)		Come Back (to come)
Shangke'		Open Class
(Student) -Laoshi Hao		Teacher Hallo
Xia_ ke'		Close Class
(Student)-Xie'xie Laoshi, Laoshi Za'ijia'n		Thank you Teacher, Teacher Goodbye
Xuesheng		Student
Xian		First
Kuai		Fast
Ma'n		Slow
Zuo		Left
Yo'u		Right
Huan		To Change
yi_, er', san_, si', wu, liu', qi_, ba_, jiu, shi,		1, 2, 3, 4, 5, 6, 7, 8, 9, 10
Shi yi_, shi er, shi san etc.		11, 12, 13, etc....
Xia'		Down
Sang'		Up
1. HAND TECHNIQUES:		
Quan		Fist
Zhang		Palm
Gou		Crane Fist
2. FIST TECHNIQUES:		
Chong Quan		Fist Punching
Pi Quan		Fist Crunching

Zai Quan	Downward Striking
Za Quan	Fist Smashing (Back Fist)
Guan Quan	Transversal Sweeping Strike
Pieng Quan	Fist - palm down facing (horizontal)
Li Quan	Fist - palm inside facing (vertical)
3. PALM TECHNIQUES:	
Tui Zhang	Palm Pushing
Liang Zhang	Palm Showing
Chuan Zhang	Palm Thrusting
Liao Zhang	Palm Pricking
Kan Zhang	Palm Slashing
Tiao Zhang	Palm Up-Swinging
4. ELBOW TECHNIQUES:	
Ding Zhou	Elbow Thrusting
Pan Zhou	Elbow Bending
Jia Zhou	Elbow Setting Up
Ge Zhou	Elbow Blocking
5. STANCES:	
Gong Bu	Bow Step Stance
Ma Bu	Horse Step Stance
Xu Bu	Empty Step Stance
Pu Bu	Slide Step Stance
Xie Bu	Resting Step Stance
6. STEPPING:	
Xing Bu	Walking Step
Ta Bu	Stamping Step
Ji Bu	Hitting Leg Step
Yue Bu	Leaping Step
Cha Bu	Cross Step
Gai Bu	Forward Cross Step
7. LEG TECHNIQUES:	

Zeng Ti Tui	Forward Kick
Ce Ti Tui	Side Kick
Li He Tui	Inward Crescent Kick
Wai Bai Tui	Outward Crescent Kick
Hou Liao Tui	Backward Kick
Tan Tui	Toe Kick
Xue' Tui	45 Degree Turn Foot Stepping
Deng Tui	Heel Kick
Ce Chuai Tui	Side Kick
Chan Tui	Coiling Kick
Qian Sao Tui	Forward Leg Sweep
Hou Sao Tui	Backward Leg Sweep
Pan Pai Jiao	Single Sole Flapping
Li He Pai Jiao	Inward Kicking & Sole Flapping
Bai Lian Pai Jiao	Lotus Sweep & Sole Flapping
8. STRETCHING LEGS:	
Shu Cha	Forward, Backward Leg Splitting
Heng Cha	Sideward Leg Splitting
9. BALANCE MOVEMENT:	
Ti Xi Ping Heng	Raised Knee Balance
Chao Tian Deng	Skykicking Balance
Ce Kong Tui	Side Raised- Leg Balance
Kou Tui Ping	Hooked Leg Balance
Wang Yue Ping Heng	Twisted Body Balance
Yan Shi Ping Heng	Swallow- Style Balance
Yan Sheng Ping Heng	Back Leaning Balance
10. JUMPING MOVMENTS:	
Teng Kong Fei Jiao	Off Air Kicking
Teng Kong Jian Tan	Jumping & Toe Kicking
Teng Kong Shuang Fei Jiao	Off Air Double Kick
Teng Kong Ce Chuai	Jumping & Side Kicking
Teng Kong Bai Lian Jiao	Jumpig Off with Lotus Kick
Xuan Feng Jiao	Wirl Wind Kick

Xuan Zi	Butterfly Kick
Da Yue Bu Qian Chuan	Forward Leaping Kick
Qiang Be	Forward Roll
<i>11. TUMBLING & ROLLING:</i>	
Ce Kong Fan	Sideward Air Spring
Qiang Bei	Forward Rolling
Li Yu Da Ting	Carp Straightening Up
Pan Tui Die	Crossed Leg Falling
Wu Long Jiao Zhu	Coiling Leg