

Ward off
棚



Roll back
捋



Press
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Push
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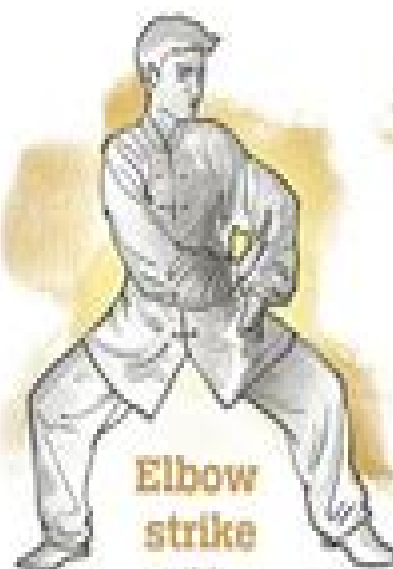
Pull down
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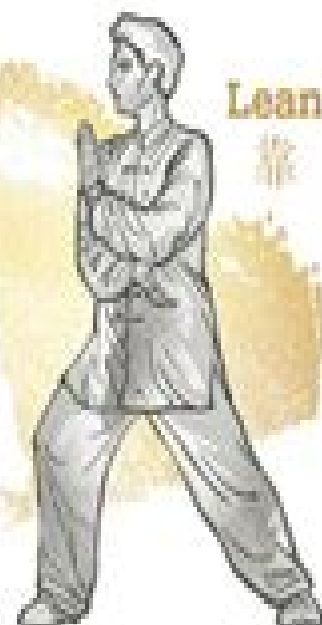
Split
捌



Elbow strike
肘



Lean
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Martial Arts Manual Quick Start

Debra M. Fritsch, Ruth S. Hunter

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