



Wushu Glossary of Chinese terms

Chang Chuan, Quan:	Long Fist
San He Fa:	3 Combination Method
Tong Long Quan:	Praying Mantis Fist
Chuan Fa Wushu:	Fist Method Martial Technique
Wushu:	Martial Technique
Chuan, Quan:	Fist
Bon Quan:	Back Fist
Zhang:	Palm
Chin Na, Qin Na:	Seize and Control
Jing:	External power from muscle “Li”
Kung Fu, Gong Fu:	Time and Energy
Ma Bu:	Horse Stance
Gong Bu:	Bow Stance
Pu Bu:	Drop Stance
Xi Bu:	False Stance
Su Liu Bu:	6-4 Stance
Sher Bu:	Cross stance
Chi Lin Bu:	Unicorn Stance
Gin Gi Duli:	Roster Stances on one leg
Ton Toi:	Springy Leg
Fu Gin	Crop kick
Wie Bye:	Outside Crescent
Nei Bye:	Inside Crescent
Ti Twe:	Toe Kick
Chi, Qi:	Breathe, Internal Energy
Chi Gong, Qi Gong:	Breathing Energy
Sifu, Shrfu:	Teacher or Father
Si Gong:	Master Teacher or Grand Father
Si Bok:	Head Instructor
ShaoLin:	Little Forest
San Da:	Three Hit (Sparring)