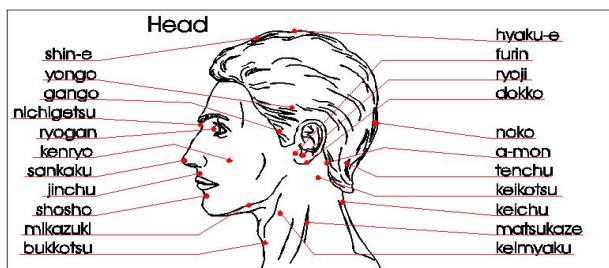


少林寺拳法 / 武术



head, face and neck (22) –

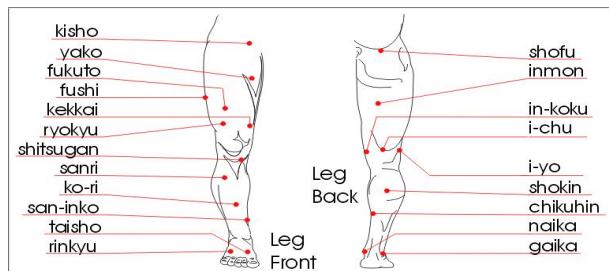
1. hyaku'e (white, meet)
2. shin'e (?meet)
3. nichigetsu (day, moon)
4. sankaku (three,)
5. jinchu
6. shosho
7. ryogan
8. kenryo
9. yongo
10. sango
11. mikazuki
12. furin
13. ryoji
14. noko
15. amon
16. keichu
17. tenchu
18. keikotsu
19. dokko
20. bukkotsu
21. keimyaku
22. matsukaze

4. keikyo

5. taien
6. shinmon
7. shikoku

arm and hand – outside (8/15)

- gori
- churyo
- sanri
- yokei
- yokoku
- gokoku
- chusho
- kokoku

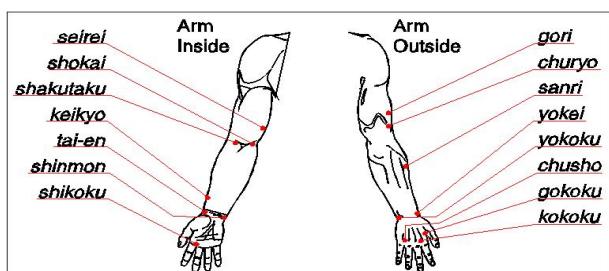


leg and foot – front (12/21)

1. kisho
2. yako
3. fukuto
4. fushi
5. kekrai
6. ryokyu
7. shitsugan
8. sanri
9. kori
10. saninko
11. taisho
12. rinkyu

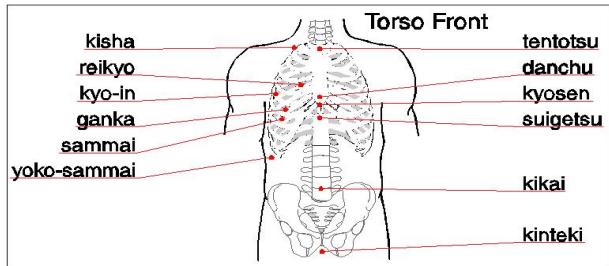
leg and foot – rear (9/21)

1. shofu
2. inmon
3. ichu
4. iyo
5. inkoku
6. shokin
7. chikuhin
8. gaika
9. naika



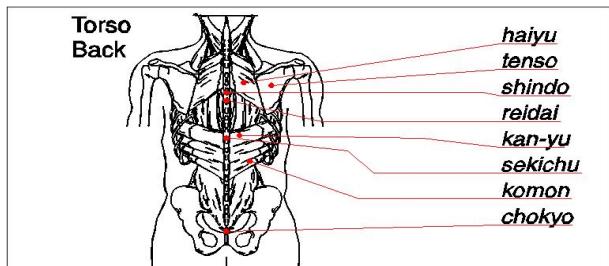
arm and hand – inside (7/15)

1. seirei
2. shokai
3. shakutaku



chest and stomach (12)

1. tentotsu
2. danchu
3. kyosen
4. suigetsu (water, moon)
5. kikai
6. kinteki
7. reikyo
8. ganka
9. sanmai
10. yoko sanmai
11. kyoin
12. kisha



back (8)

1. shindo
2. reidai
3. sekichu
4. chokyo
5. haiyu
6. tensho
7. komon
8. kanyu