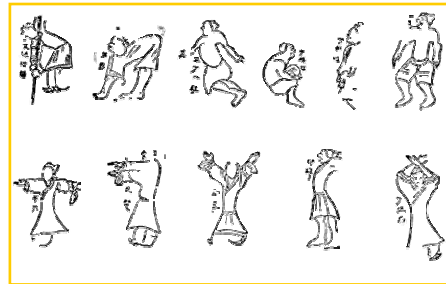


***Pa Tuan Chin***  
***Le otto pezze di tessuto prezioso***  
***(La ginnastica di preparazione)***



*Il Pa Tuan Chin è una forma di “ginnastica” per il riscaldamento e l’ allungamento del corpo tramite il quale ci si prepara all’ allenamento vero e proprio.  
Si compone di due parti di otto movimenti ciascuna ; ogni esercizio viene ripetuto otto volte .  
Al movimento di ogni singolo esercizio va abbinata la giusta fase respiratoria . I movimenti sono eseguiti con una relativa lentezza anche per permettere una respirazione più profonda ed evidenziando lo stiramento e la contrazione muscolare , ma senza eccessiva forzatura . La respirazione è addominale .*



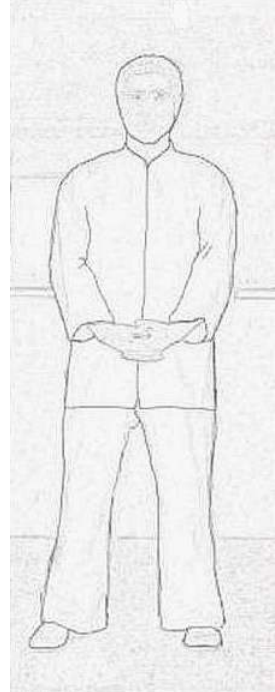
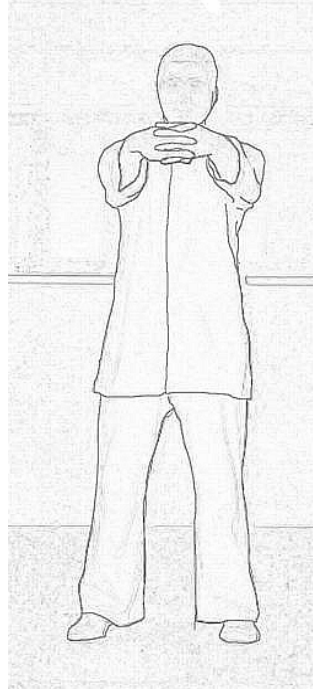
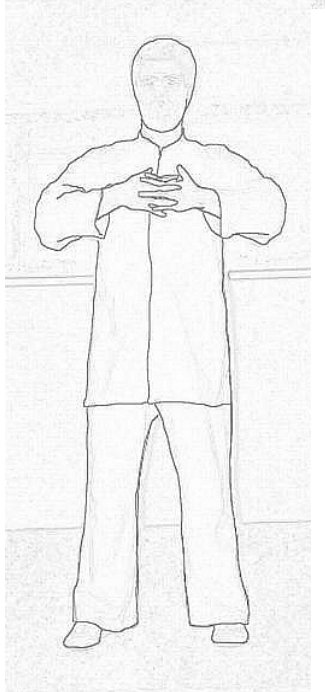
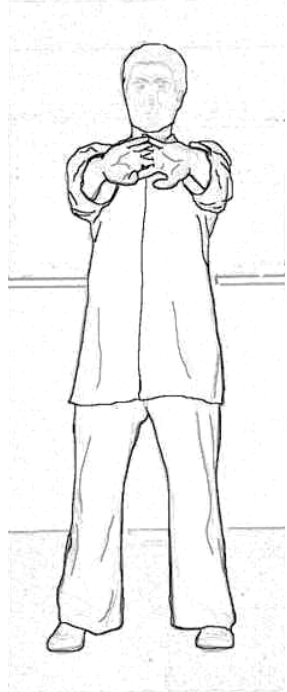
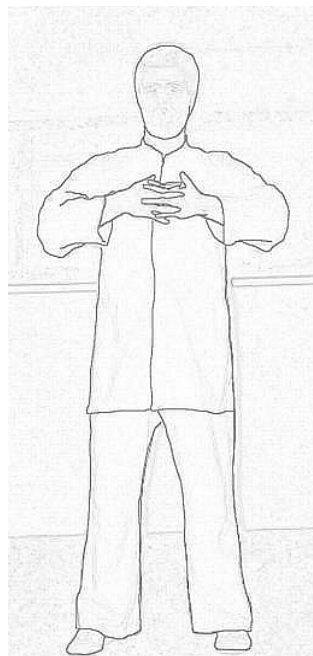
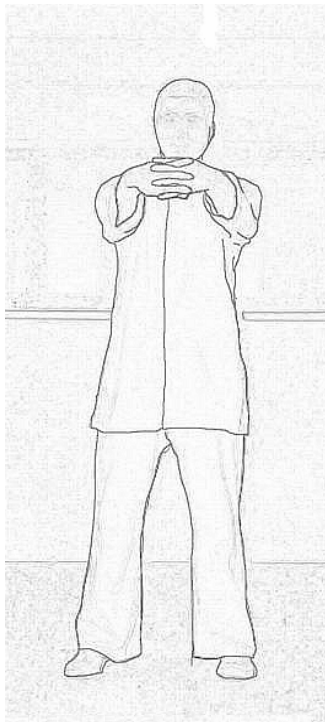
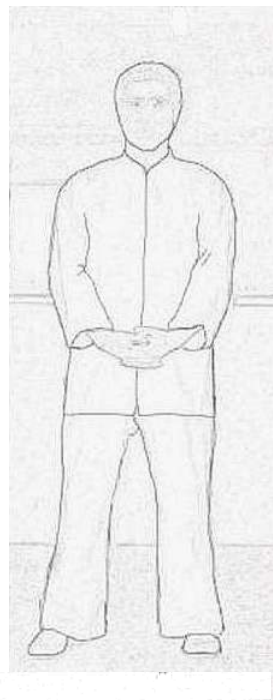
## 八段錦第一路

(一) 雙 手 托 天  
 (二) 左 右 開 弓  
 (三) 舉 臂 獨 立  
 (四) 左 右 後 照  
 (五) 搖 頭 擺 尾  
 (六) 前 後 彎 腰  
 (七) 左 右 防 打  
 (八) 玉 柱 七 顛

## *PaTuanChin Ti I Lu*

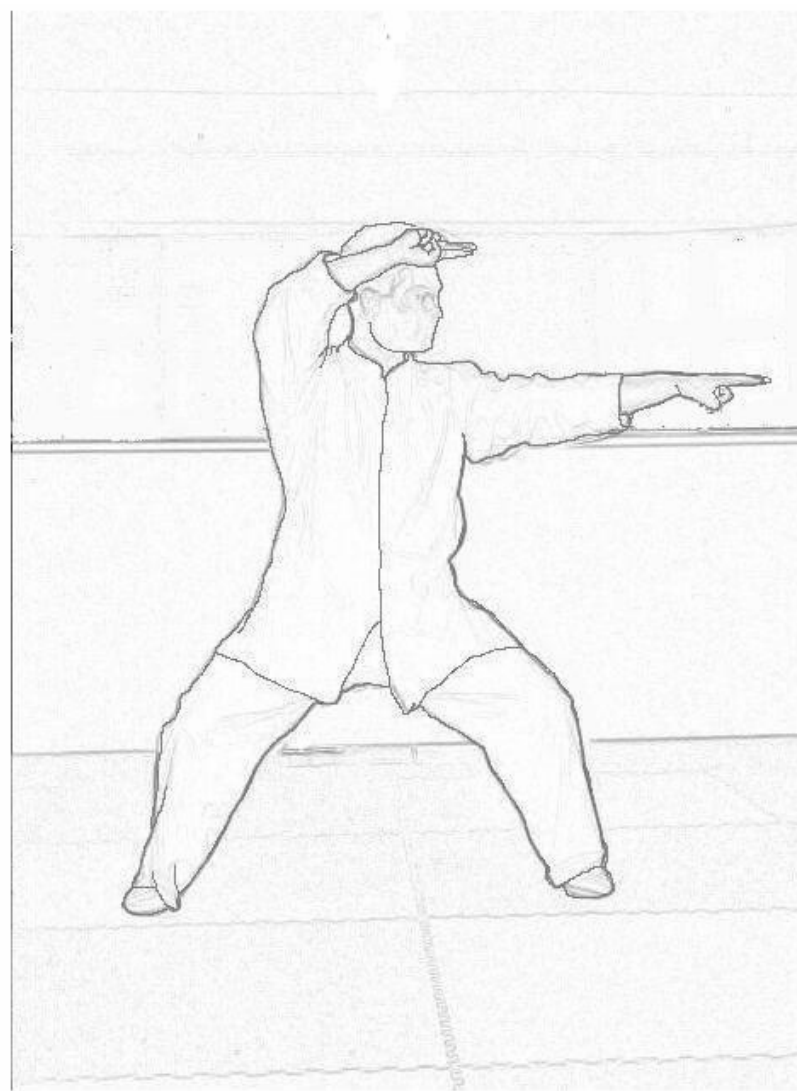
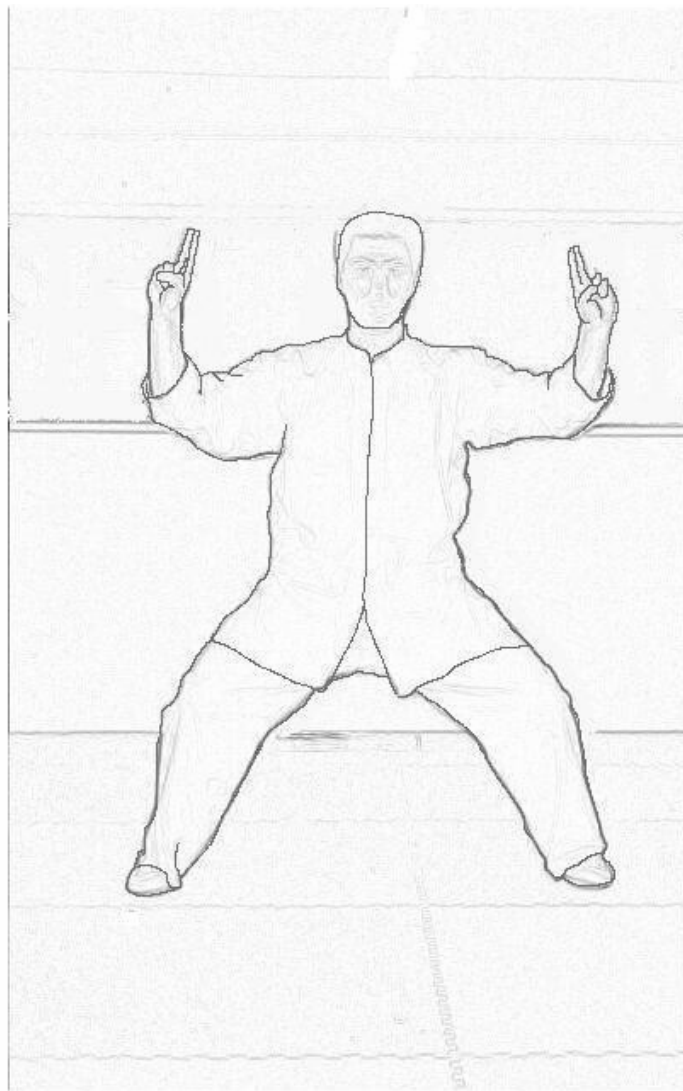
- 1 - *Shuang Shou To Tien* :  
*reggere il cielo con le mani ;*
- 2 - *Tso Yu K'ai Kung* :  
*tirare con l'arco a sinistra e a destra ;*
- 3 - *Chu Pei Tu Li* :  
*alzare un braccio in equilibrio su una gamba ;*
- 4 - *Tso Yu Hou Ch'iao* :  
*guardare a sinistra , a destra e indietro ;*
- 5 - *Yao T'ou Pai Wei* :  
*oscillare la testa e far ondeggiare la parte dietro del corpo ;*
- 6 - *Ch'ien Hou Wan Yao* : *piegare la vita avanti e indietro ;*
- 7 - *Tso Yu Fang Ta* :  
*parare e colpire a sinistra e a destra ;*
- 8 - *Yu Chu Ch'i Tien* :  
*con la colonna vertebrale diritta( Yu Chu=pilastro di giada ) battere il piede sette (nel senso di "alcune") volte .*

1

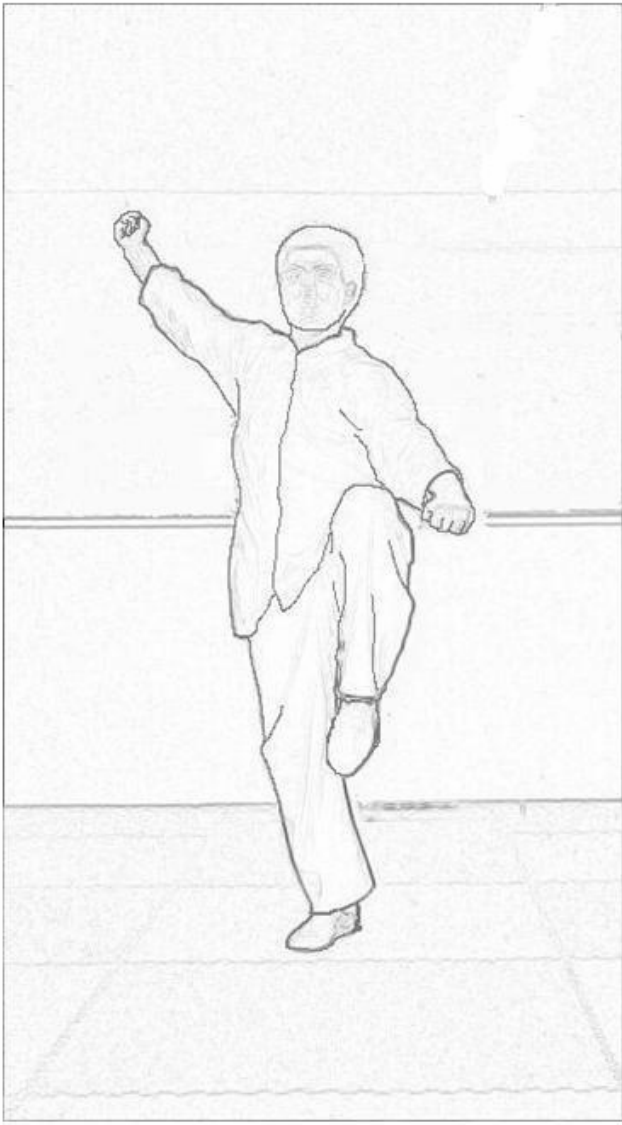
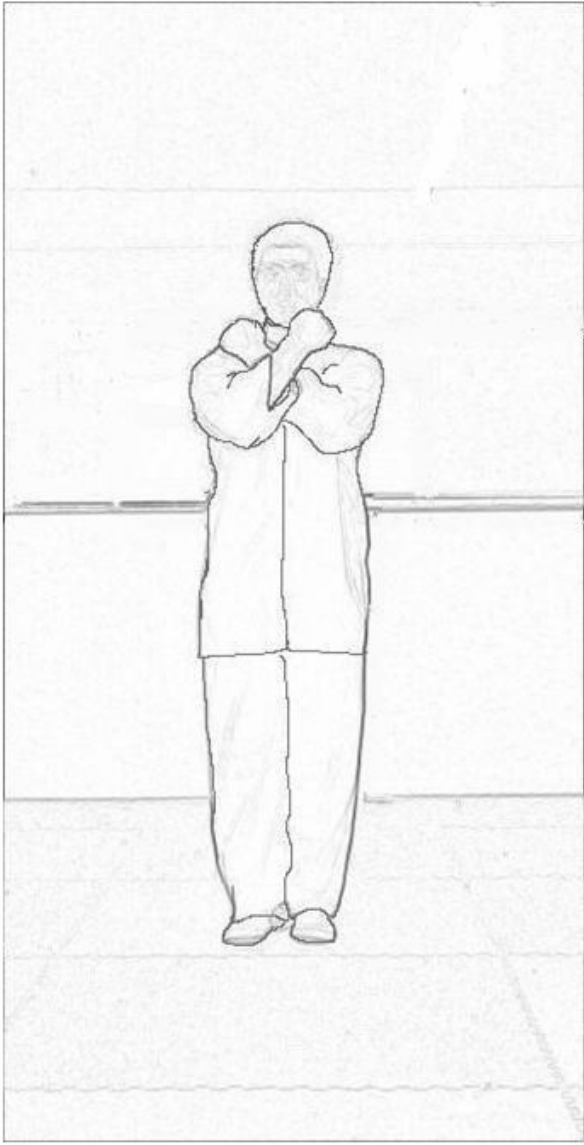


*Procedura :  
da sinistra a destra,  
alto, basso*

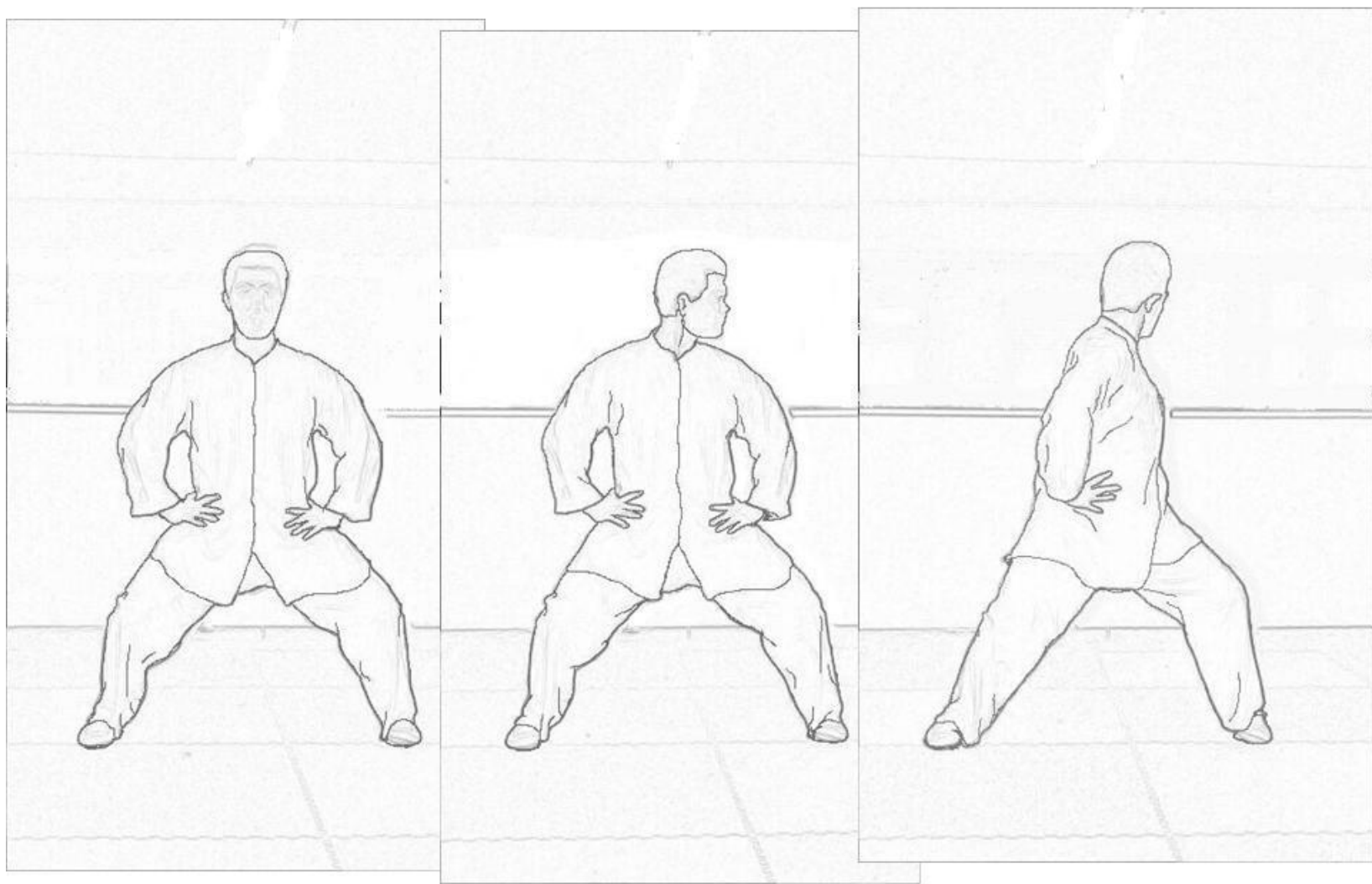
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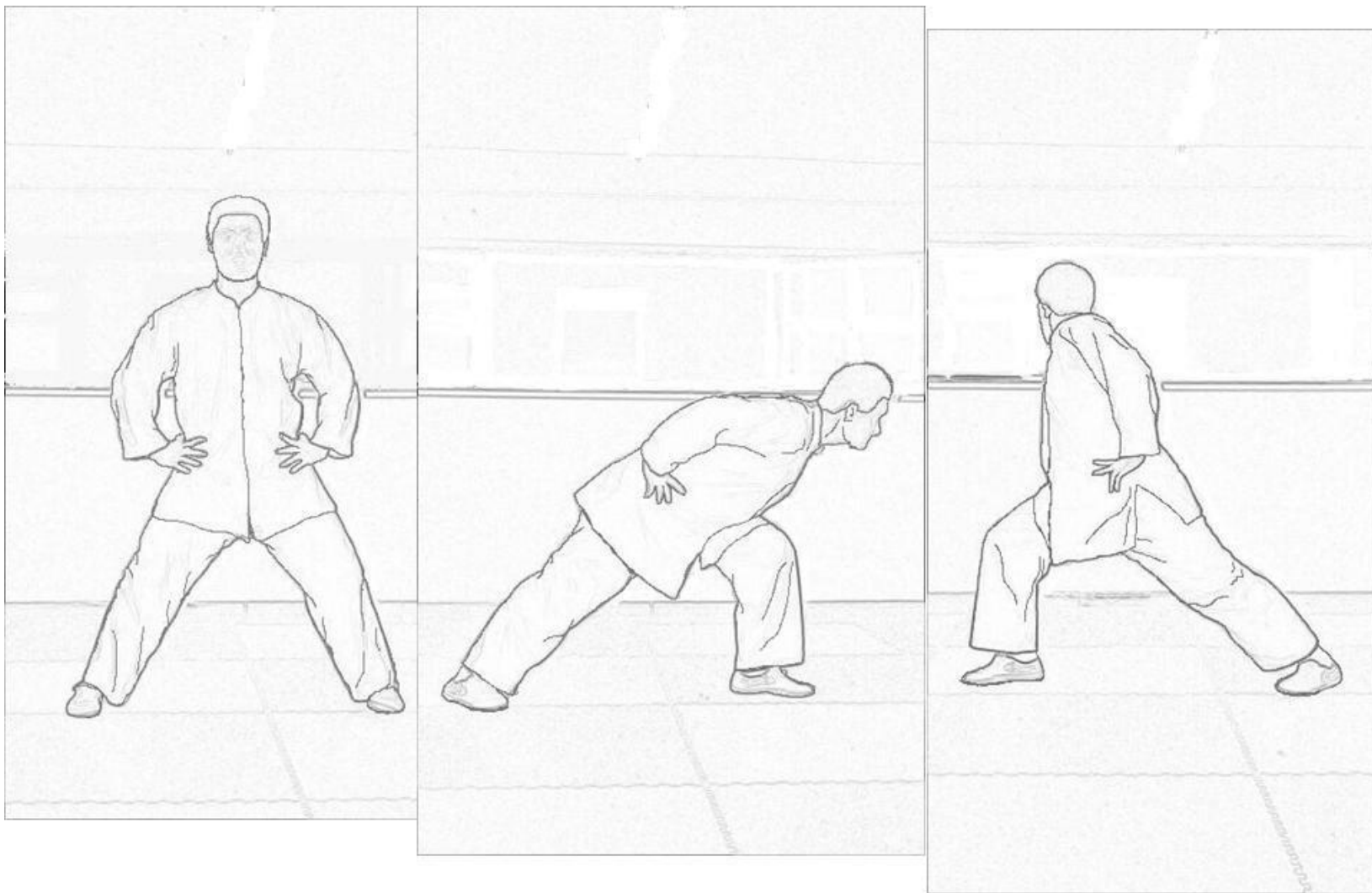
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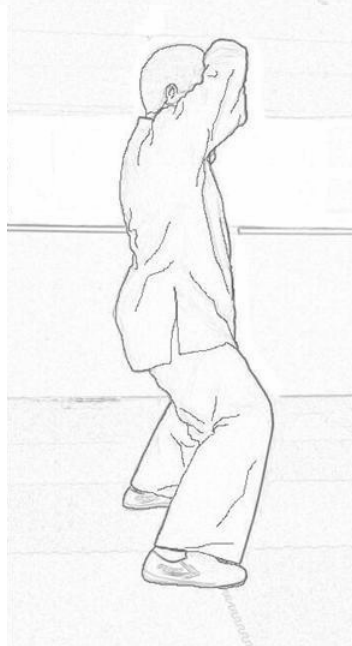
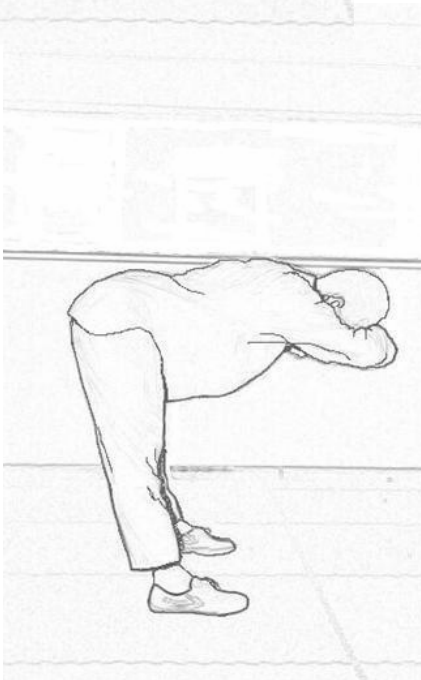
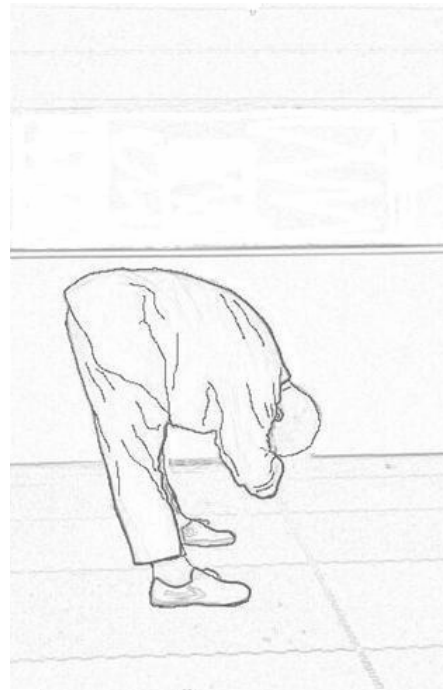
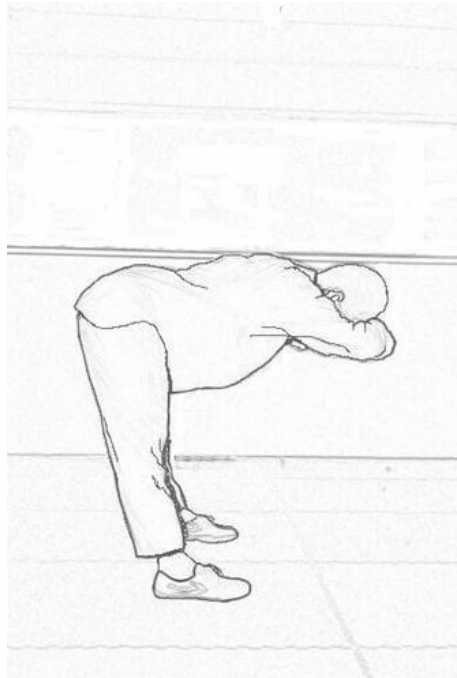
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5

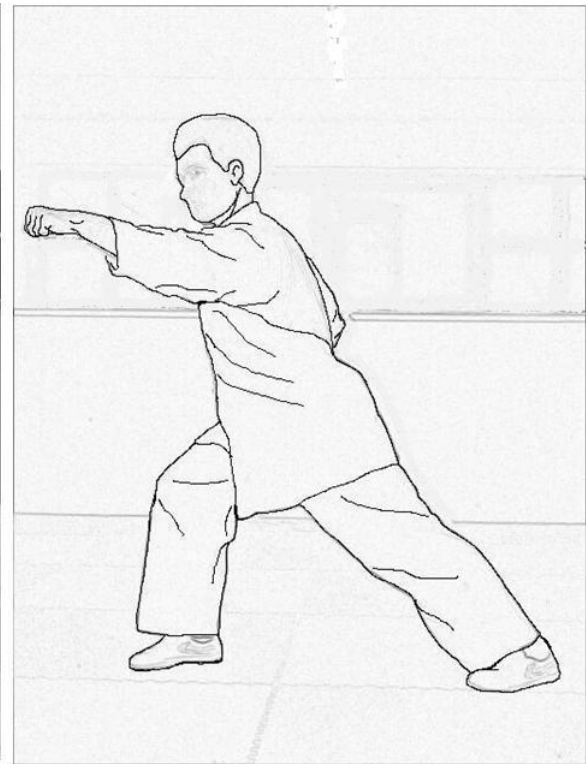
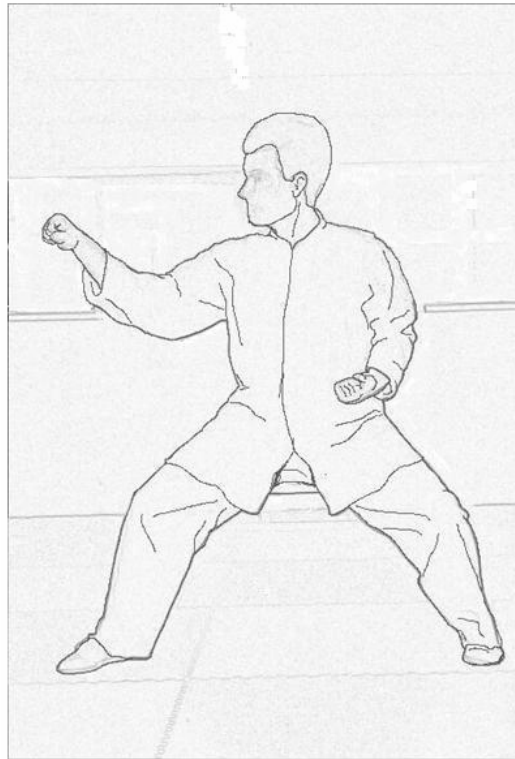
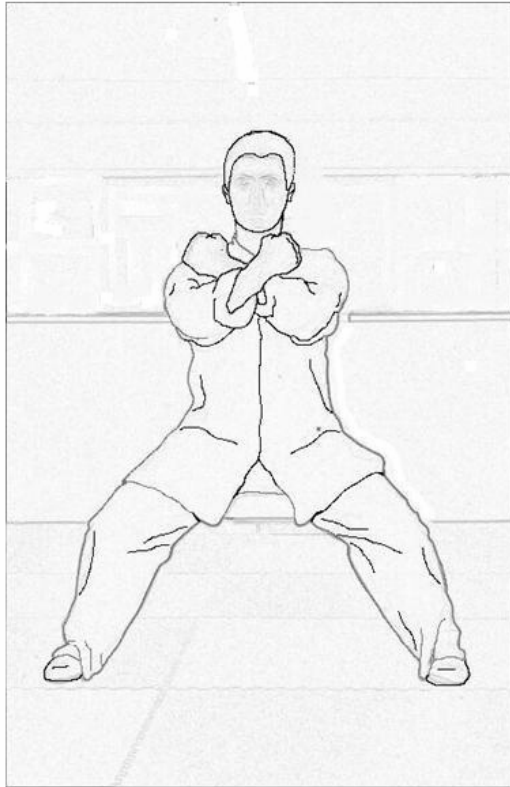


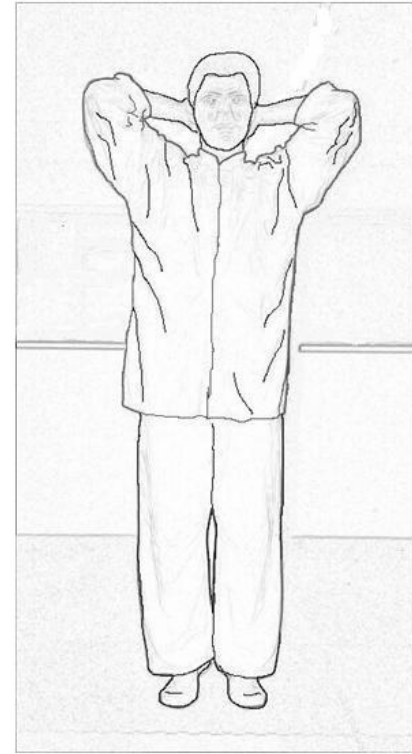
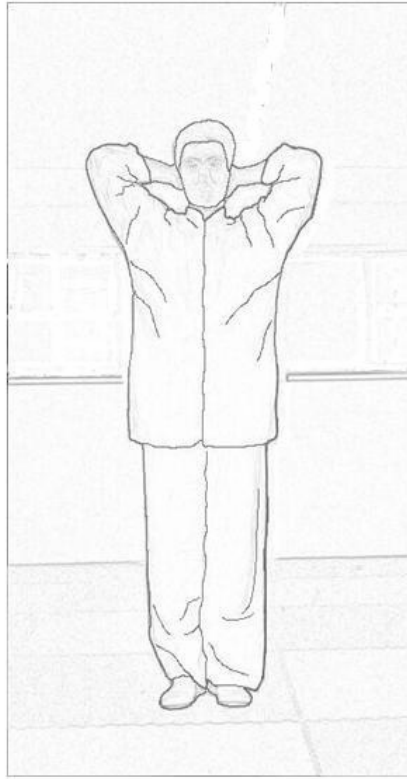
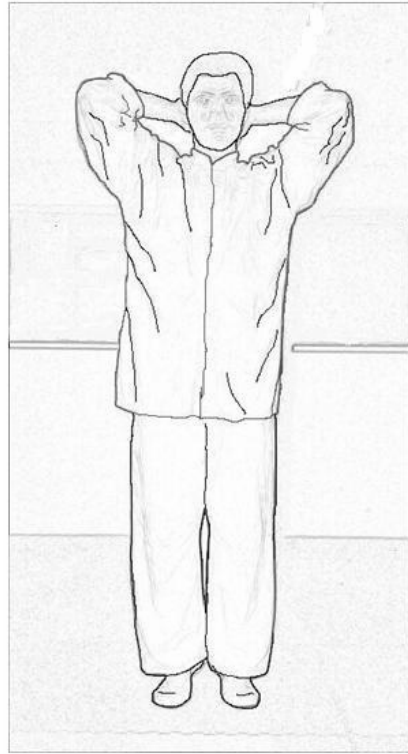
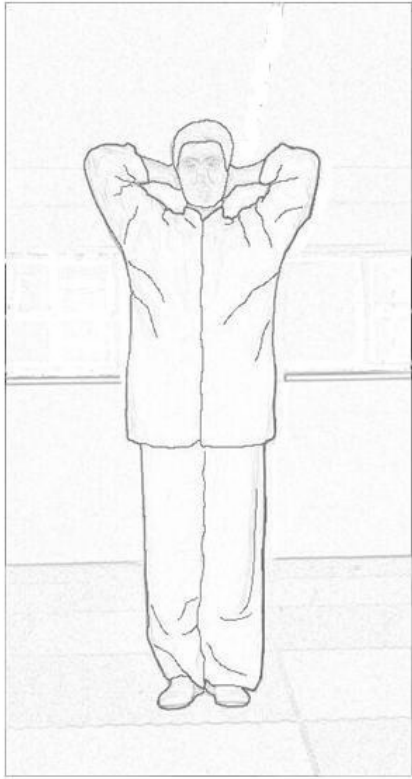
6





7





8

