



# 八段锦第二路

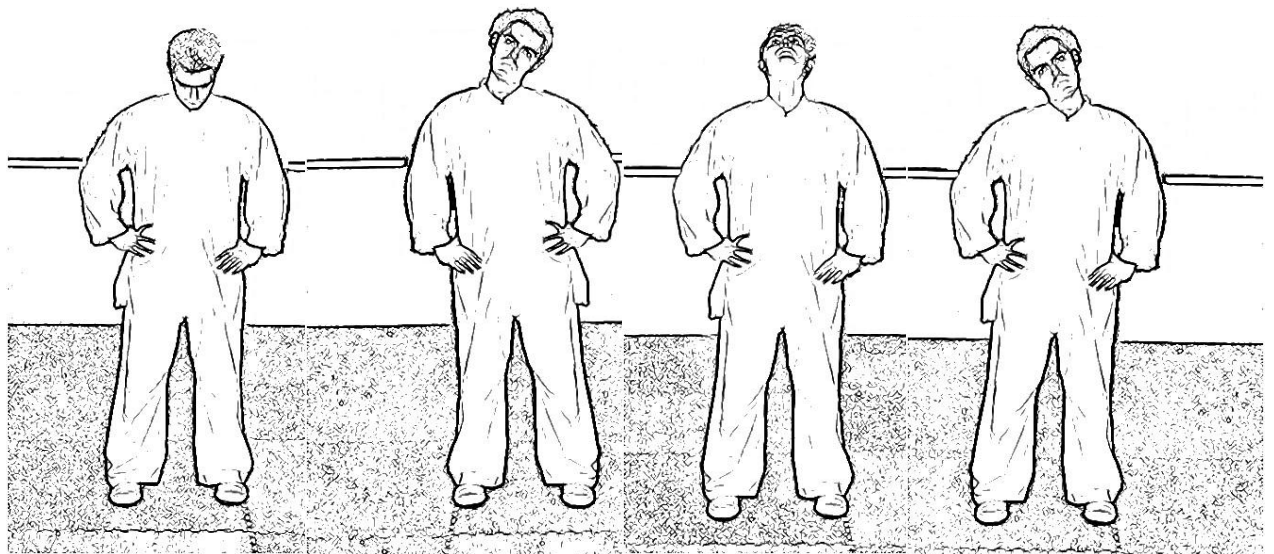
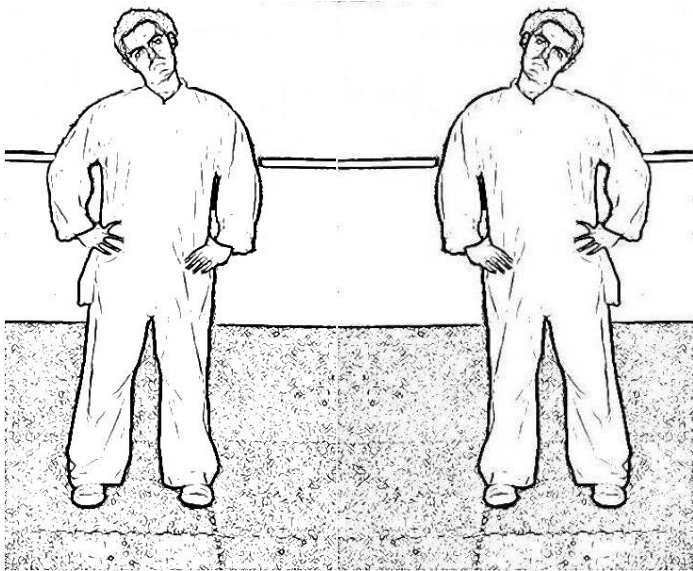
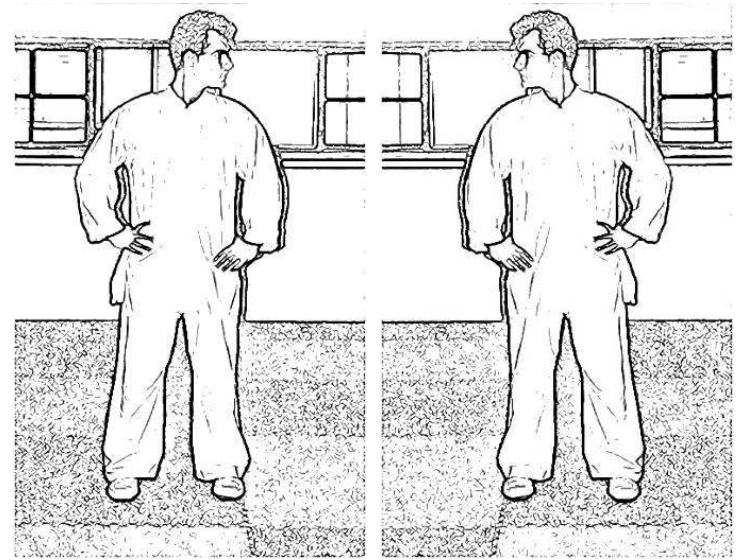
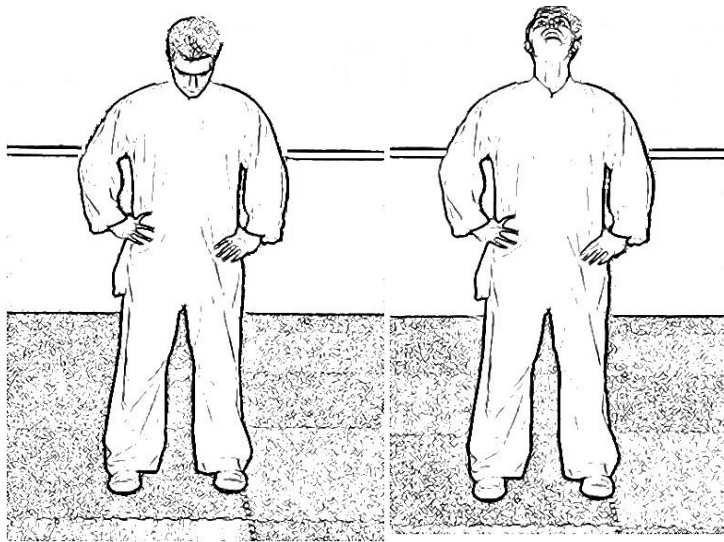
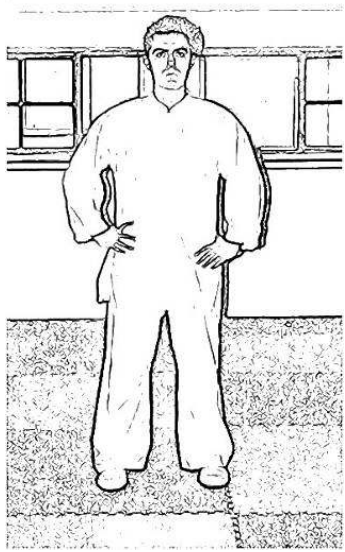
Ba Duan Jin Di Er Lu



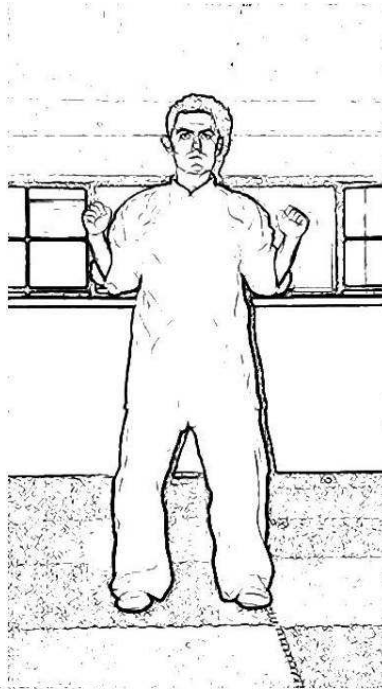


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|-------------------------------------|---|
| <b>1 - To Pu Yu Tung :</b>          | <i>ginnastica per la testa (quattro movimenti);</i> |
| <b>2 - Pei Pu Yu Tung :</b>         | <i>ginnastica per le braccia ;</i>                  |
| <b>3 - Pei Yao Cuan Tung :</b>      | <i>muovere e girare braccia e anche ;</i>           |
| <b>4 - Ch'uan Shen Chuan Tung :</b> | <i>muovere e girare tutto il corpo ;</i>            |
| <b>5 - Tso Yu Wan Shen :</b>        | <i>piegare il corpo a sinistra e a destra ;</i>     |
| <b>6 - Ya T'ui Tan Ch'a :</b>       | <i>scendere basso con una gamba aperta ;</i>        |
| <b>7 - Ya T'ui Shang Ch'a :</b>     | <i>scendere basso con due gambe aperte ;</i>        |
| <b>8 - Ta T'ui Ch'i Lo :</b>        | <i>salire e scendere con una gamba .</i>            |

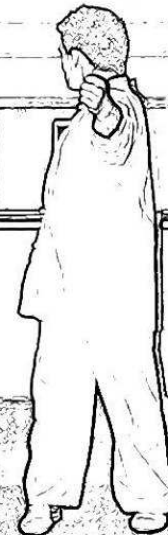
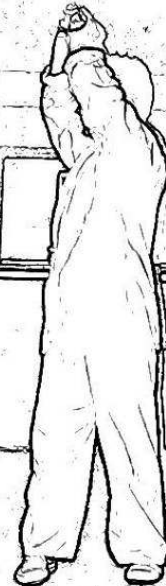
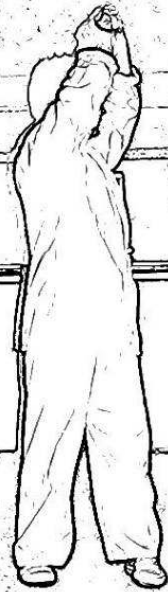
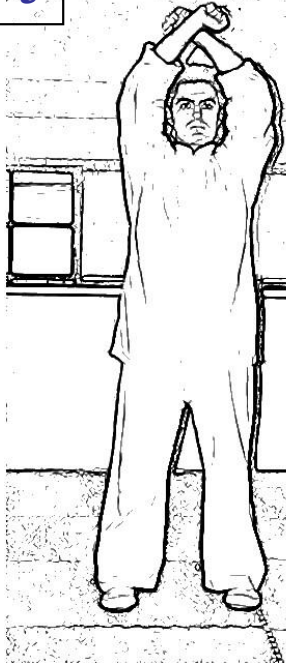
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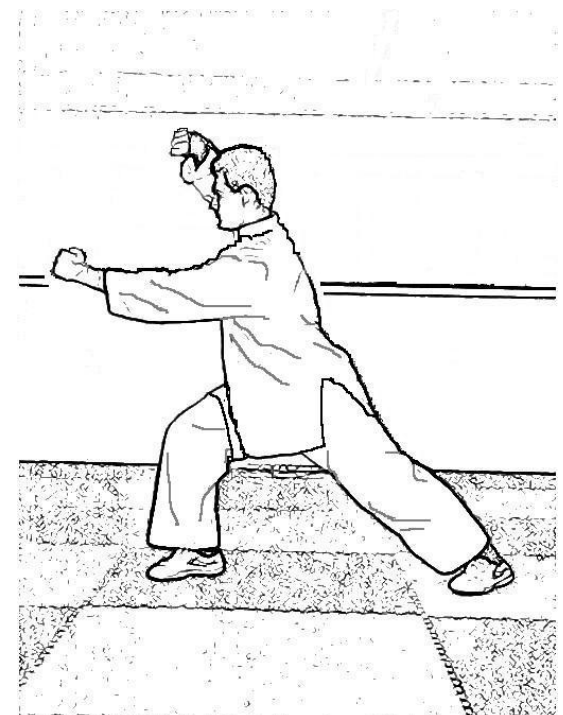
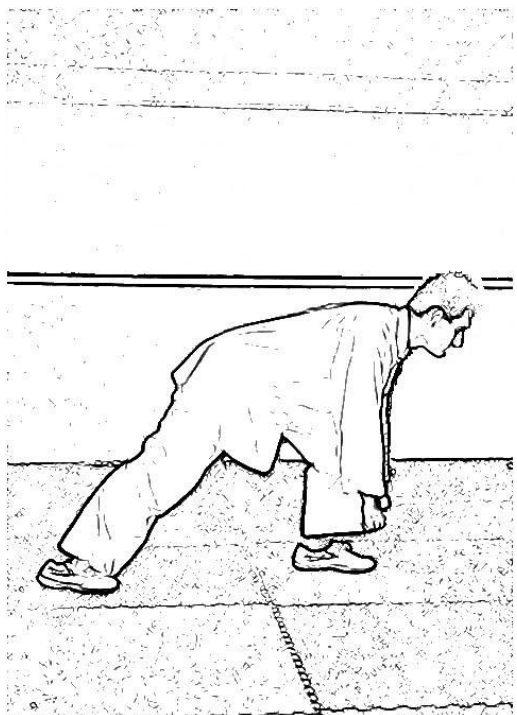
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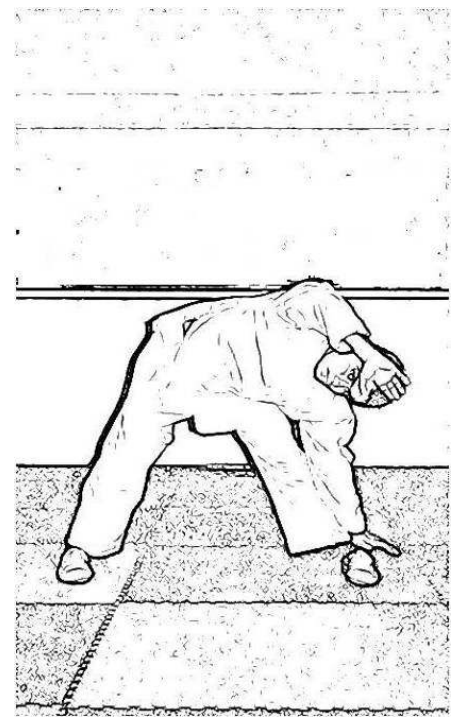
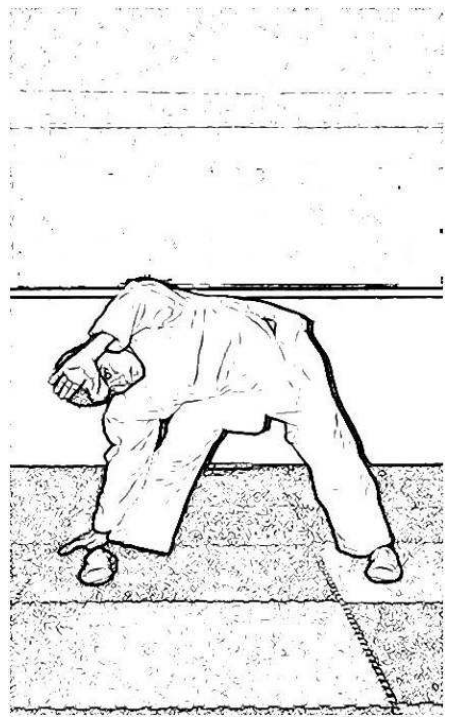
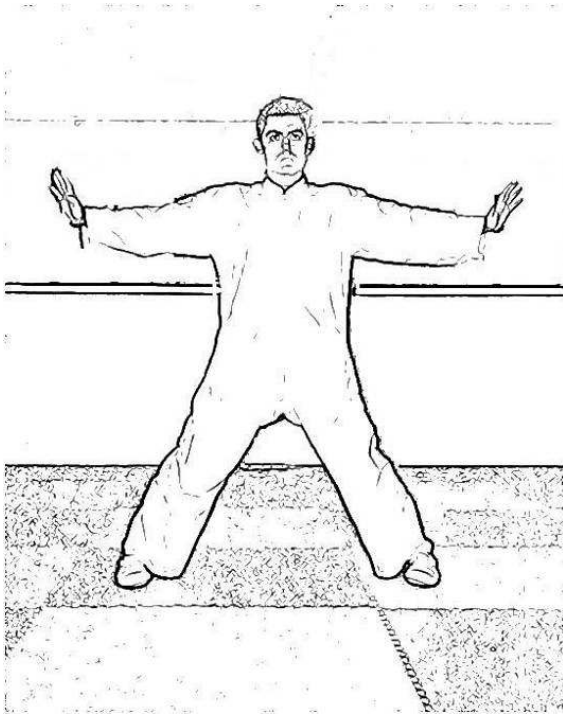
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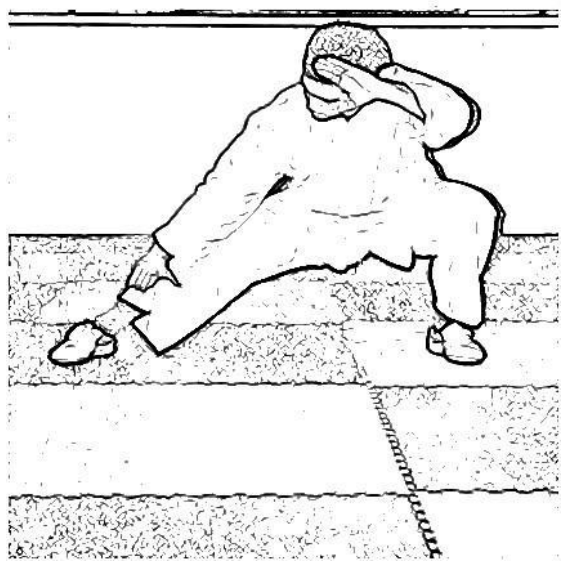
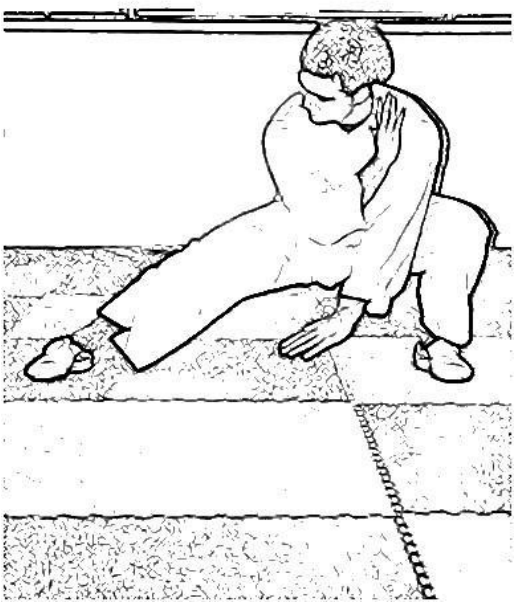
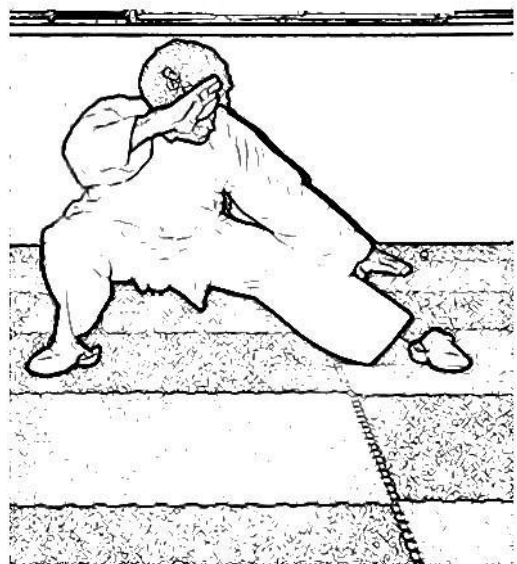
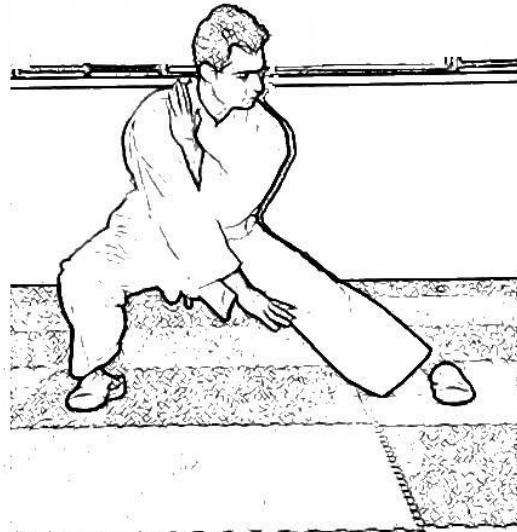
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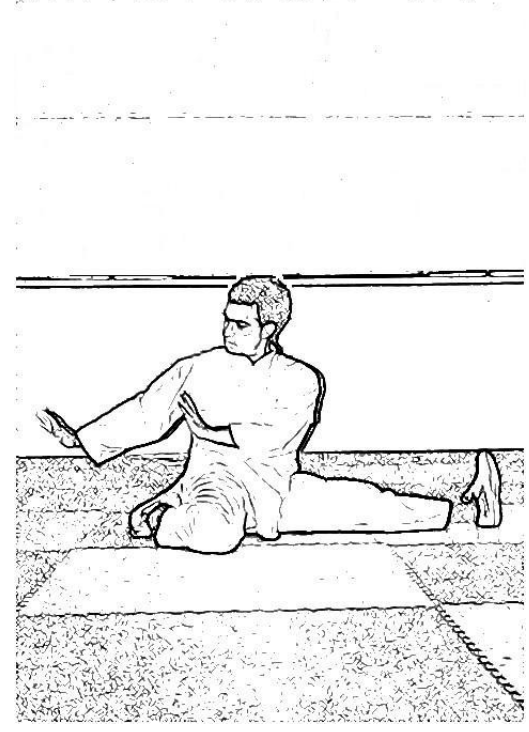
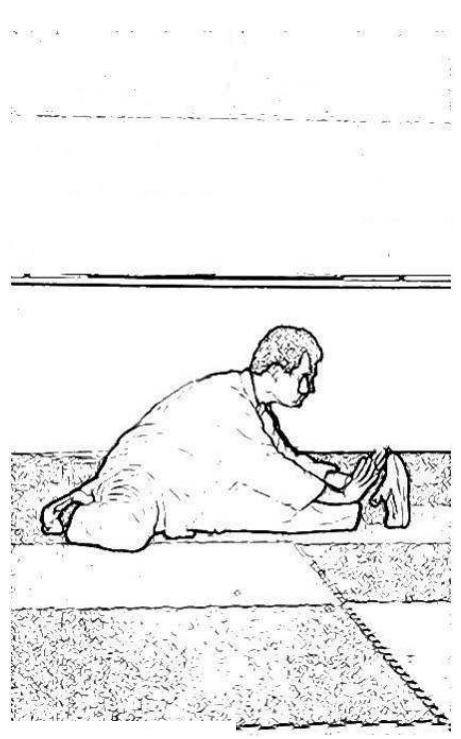
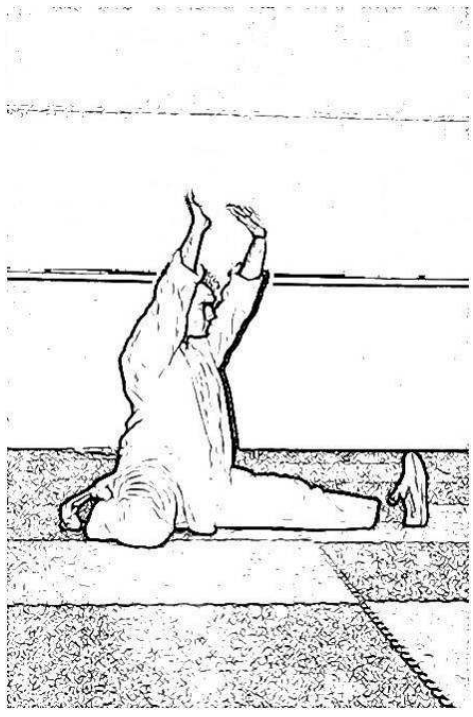
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