

# 《少林大洪拳》

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## 编辑推荐

大洪拳是少林拳法的代表性套路，少林寺僧人入门必修之拳法。此拳法结构严谨，攻防分明，架势矮小，起落稳健，出手即到，一招制敌，其中绝招多多，被视为中国武术的精华。

Dahong Quan is a representative form in Shaolin Quan. It is a required course for any freshman at Shaolin Temple. This form is famous for compact structure, distinct attacking and defending, and moderate raising and falling. It boasts of unexpected tricky moves, and is therefore regarded as distillation in Chinese Wushu. This program is based on the principles of higher starting-point, authentic theories, and excellent works. Hearty and generous impartation here is aimed at quick and effective acquirement by any learner.

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