

《武松脱铐拳》

书籍信息

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武松脱铐拳相传为明清时的武术家依据小说《水浒传》中“武松大闹飞云浦”的故事情节，并通过形象思维，模仿武松在披枷戴铐的情况下，运用武术的攻防技术，战胜敌人的形象而编创的拳术套路。

脱铐拳法以腿法为主，手法为辅，结构清晰，技法独特，突出实战，是一套带有情节的别具一格的拳术套路。

本书采用图文教材与影视教材相结合的立体教学手段，并邀请此拳法权威人士进行技术表演和教学示范，保证学习者获取原汁原味的技法传承。

Wu Song Cast-off-handcuffs Boxing, based on the legend of “Wu Song kills bully in Feiyun Pu” of the Outlaws of the Marsh. Martial experts of Ming dynasty imitated Wu Song handcuffed and flailed with the circumstances, by using offensive and defensive martial arts techniques to defeat the enemy, created the boxing routine create this boxing.

Boxing is mainly legs law, supplemented by practices, structural clarity, the unique technique, highlighted by the elbow. Is is the unique set of circ-umstances with the Chinese Boxing routines.

This book adopts the three-dimensional teaching method of diagram, words and video. The authoritat-ive are invited for technical performance and teaching demonstrations, guaranteeing the learners to gain the real technical method transmission.

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