

**Cha chuan - Fundamental exercises**  
zhā quán jī běn gōng - 查拳 基本功

**Stretches**

**1- splits ; pī chǎ, 劈叉**

- a) front splits ; shù chǎ, 竖叉
- b) side splits ; héng chǎ, 横叉

**2- leg press ; yā tuǐ, 压腿**

- a) front press ; zhèng yā, 正压
- b) side press ; cè yā, 侧压

**3- squatting stretch ; wò tuǐ, 卧腿**

- a) front stretch ; zhèng wò, 正卧
- b) side stretch ; cè wò, 侧卧

**Kicking techniques - tī tuǐ, 踢腿**

1-springing kick ; tán tuǐ, 弹腿

2-thrusting heel kick ; dèng tuǐ, 蹬腿

3-front leg swing ; zhèng tī, 正踢

4-side leg swing ; cè tī, 侧踢

5-outside crescent kick (lotus kick) ; wài bǎi lián, 外摆莲

6-inside crescent kick ; lǐ hé tuǐ, 里合腿

**Kicking with hand slaps - pāi jiǎo, 拍脚**

7-front flying kick ; èr qǐ tuǐ, 二起腿

8-inside crescent kick ; lǐ hé pāi jiǎo, 里合拍脚

9-outside crescent kick (lotus kick) ; wài bǎi pāi jiǎo, 外摆拍脚

**Jumping kicks - tiào tuǐ, 跳腿**

10-front flying kick ; èr qǐ tuǐ, 二起腿

11-tornado kick ; xúan fēng tuǐ, 旋风腿

12-flying outside crescent kick (lotus kick) ; téng kōng wài bǎi lián, 腾空 外摆莲

**Low sweeps - xià sǎo tuǐ, 下扫腿**

13-front sweep ; qián sǎo tuǐ, 前扫腿

14-back sweep ; hòu sǎo tuǐ, 后扫腿