

大家好。

今天给大家介绍中国武术之一，五步拳。

五步拳包含了武术中的弓、马、仆、虚、歇五种步型和拳、掌、勾三种手型。

五步拳可以增进身体的协调能力，掌握动作与动作之间的衔接要领，提高动作质量。

„Five-step boxing”

Hello everyone.

Today I will introduce five-step boxing which is a part of the Chinese Kungu-fu.

It includes the five steps of gong(弓), ma(马), pu(仆), xu(虚) and xie (歇) in martial arts and three hand types of quan(拳), zhang(掌) and gou(勾).

Exercises improve coordination and flexibility of your body that will strengthen your core.

The detailed actions:

- Hold fists
- Lunge punch
- Squatting step punch
- Rise knee and palm out
- Horse step fighting
- Turn and punch
- Break step punch
- Palm up
- The last withdrawal punch
- Hold fist salute
- Show respect

Thank you!