



## **SHAO-LIN CENTER FOR MARTIAL ARTS – NORTH OLMSTED**

26406 Lorain Road – 440-716-5425

Sifu Frank Versagi, 5<sup>th</sup> Degree Black Sash

EMAIL [sifufrank@shao-lin.net](mailto:sifufrank@shao-lin.net)

Website: [www.shao-lin.net](http://www.shao-lin.net)

### **Yi Ba Ji Ben Gong**

#### ***18 BASIC MOVEMENTS***

1. DOUBLE SIDE FISTS
2. DOUBLE LONG FISTS
3. PU BU STRIKE
4. KUNG-FU TRIANGLE
5. ALTERNATING XIE BU'S
6. DRAGON STEP
7. ALTERNATING ELBOW STRIKES/HIGH KICK
8. SIDE KICK/DOWN BLOCK
9. BACK KICK
10. FRONT KICK
11. MONKEY TAIL LEG SWEEP
12. KICK TO THE HAND
13. LOTUS KICK
14. INSIDE CRESCENT/DOWN BLOCK
15. HIGH JUMPING KICK
16. SWEEPING BACK KICK
17. TURNING JUMP KICK FORWARD
18. DRAGON WHIPS ITS TAIL LEG SWEEP