

hammerlock

- 犯错误 (fàn cuò wù) make a mistake
 犯规 (fàn guī) foul
 范围 (fàn wéi) range
 方法错误 (fāng fǎ cuò wù) method fault
 方位错误 (fāng wèi cuò wù) wrong court
 “防开!” (fáng kāi) “Parried!”
 防守 (fáng shǒu) Parry, guard
 防守动作 (fáng shǒu dòng zuò) defensive action
 防守还击 (fáng shǒu huán jī) defence and return
 防守练习 (fáng shǒu liàn xí) blocking drill
 防守练习, 以防守为主的拳法 (fáng shǒu liàn xí, yǐ fáng shǒu wéi zhǔ de quán fǎ) defensive boxing
 防守姿势 (fáng shǒu zī shì) defesive (fundamental) position
 防卫者 (fáng wèi zhě) defender
 放弃 (fàng qì) give up
 放松, 缓和 (fàng sōng, huǎn hé) relaxing; loosen
 放松跑 (fàng sōng pǎo) relaxed running
 放松踢 (fàng sōng tī) relaxed kicking
 放在...之间 (fàng zài...zhī jiān) interpose
 飞叉 (fēi chā) flying fork
 飞凤双刀 (fēi fèng shuāng dāo) flying phoenix double broadsword
 飞虹剑 (fēi hóng jiàn) flying-rainbow sword
 非常简单的设备 (fēi cháng jiǎn dān de shè bèi) very simple equipment

- 非持剑手 (fēi chí jiàn shǒu) bare arm
 非持久性平衡 (fēi chí jiǔ xìng píng héng) non-balance last
 费用支付 (fèi yòng zhī fù) reimbursement of expenses
 分 (fēn) P (= points)
 分刀 (fēn dāo) separate broadsword
 分段 (fēn duàn) segment; section; part
 分解与完整法 (fēn jiě yǔ wán zhěng fǎ) teaching methods of resolve and complete
 分开 (fēn kāi) disentanglement
 分类 (fēn lèi) classification; rating
 分数领先 (fēn shù lǐng xiān) outscore
 分腿 (fēn tuǐ) legs apart
 分腿举 (fēn tuǐ jǔ) split lift
 分析 (fēn xī) analysis
 分掌踢腿 (fēn zhǎng tī tuǐ) kick with palms apart
 分值 (fēn zhí) value
 分组 (fēn zǔ) classification
 分组赛, 预赛 (fēn zǔ sài, yù sài) heat
 粉笔 (fēn bǐ) chalk
 丰富多彩 (fēng fù duō cǎi) rich and varid
 风格, 式 (fēng gé, shì) style
 风格高的失败者 (fēng gé gāo de shī bài zhě) good (great) loser
 风格奖 (fēng gé jiǎng) fair play trophy
 风格突出 (fēng gé tū chū) style clear
 凤凰剑 (fèng huáng jiàn) phoenix sword

凤眼拳 (fèng yǎn quán) fist like phoenix's eye
佛家七星拳 (fó jiā qī xīng quán) buddhism seven-star boxing
佛家拳 (fó jiā quán) buddha's warrior boxing
伏地后扫 (fú dì hòu sǎo) sweep backward with hands support on ground
伏鹰拳 (fú yīng quán) subdue hawk boxing
服装不合规定 (fú zhuāng bù hé guī dìng) attire not up to the prescription
服务组 (fú wù zǔ) sever group
服装 (fú zhuāng) apparel
服装和器械 (fú zhuāng hé qì xiè) costumes and apparatus
服装和器械自理 (fú zhuāng hé qì xiè zì lǐ) their own costumes and apparatus
幅度 (fú dù) amplitude
福建南拳 (fú jiàn nán quán) "Fujian"southern style boxing
斧 (fǔ) axe; hatchet
俯卧 (fǔ wò) lying on stomach
俯卧撑 (fǔ wò chēng) push-up; front leaning rest
俯卧的 (fǔ wò de) prone
副主任, 副部长 (fù zhǔ rèn, fù bù zhǎng) vice director
副主席, 副主任 (fù zhǔ xí, fù zhǔ rèn) vice chairman
负 (fù) lose
负责选拔运动员的人 (fù zé xuǎn bá yùn dòng yuán de

选人) relector
败者, 失利者 (fù zhě, shī lì zhě) losing finalist
负重练习 (fù zhòng liàn xí) weight training exercise
负重练习法 (fù zhòng liàn xí fǎ) weight training method
负重训练, 力量练习 (fù zhòng xùn liàn, lì liàng liàn xí) weight training
附加动作 (fù jiā dòng zuò) additional part; additional move
附加支撑 (fù jiā zhī chēng) additional support
富有弹性的, 易弯的 (fù yǒu tán xìng de, yì wān de) whippy

G

改变决定(裁判员) (gǎi biàn jué dìng) reverse a decision
改变速度 (gǎi biàn sù dù) change of pace
改变位置 (gǎi biàn wèi zhì) shift
改判 (gǎi pàn) change of decision
改判权 (gǎi pàn quán) right of overrule decision
盖步 (gài bù) front cross step
盖步跳 (gài bù tiào) cover-step jump
盖棍 (gài gùn) cover with cudgel
干净利落 (gān jìng lì luò) clarity
干净利落的 (gān jìng lì luò de) clean
杠上 (gān shàng) collar

赶上, 超过 (gǎn shàng, chāo guò) overtake
 敢打敢拼的精神 (gǎn dǎ gǎn pīn de jīng shén) intestinal fortitude
 刚柔相济 (gāng róu xiāng jì) move among force and soft
 钢手[拳] (gāng shǒu) steel hand (boxing)
 高级训练 (gāo jí xùn liàn) advanced training
 高难动作, 特技 (gāo nán dòng zuò, tè jì) stunt
 高难度 (gāo nán dù) superior difficulty
 高探马 (gāo tàn mǎ) high pat on horse
 高虚步 (gāo xū bù) high empty stance
 高虚步亮掌 (gāo xū bù liàng zhǎng) flash palm in high empty stance
 高与肩平 (gāo yǔ jiān píng) shoulder height; up to shoulder level
 高与腰齐 (gāo yǔ yāo qí) waist high
 高原训练, 高山训练 (gāo yuán xùn liàn, gāo shān xùn liàn) altitude training
 戈 (gē) dagger-axe
 格挡, 以手臂挡开来拳 (gé dǎng, yǐ shǒu bèi dǎng kāi lái quán) parry
 格刀 (gé dāo) parry with broadsword
 格斗技术 (gé dòu jì shù) combat skill
 格棍 (gé gùn) parry with cudgel
 格开 (gé kāi) parry
 格开对方的剑 (gé kāi duì fāng de jiàn) divert (deflect) the opponent's sword

个人太极拳 (gè rén tài jí quán) exercises with taijiquan
 个人辅导 (gè rén fǔ dǎo) individual coaching
 个人单项竞赛 (gè rén dān xiàng jìng sài) individual event
 个人单项决赛 (gè rén dān xiàng jué sài) individual event final
 个人风格 (gè rén fēng gé) personal style (expression)
 个人分级 (gè rén fēi jí) individual classification
 个人及团体竞赛 (gè rén jí tuán tǐ jìng sài) individual and team competition
 个人竞赛 (gè rén jìng sài) individual competition
 个人全能比赛 (gè rén quán néng bǐ sài) IAAC (= Individual All-Around Competition)
 个人全能竞赛名次 (gè rén quán néng jìng sài míng cì) placing for the all-around event
 个人全能决赛 (gè rén quán néng jué sài) IAAF (= Individual All-Around Finals)
 个人特色 (gè rén tè sè) personal presentation
 个人项目 (gè rén xiàng mù) individual sport
 小子小的 (gè zǐ xiǎo de) diminutive
 加分 (gē fēn) award
 给予补助[对业余运动员] (gěi yǔ bǔ zhù) subsidize
 跟进击 (gēn jìn jī) follow blow
 跟脚, 跟进 (gēn suí, gēn jìn) tail
 更衣室 (gēng yī shì) dressing room
 工作人员 (gōng zuò rén yuán) official

弓背 (gōng bèi) hollow back

弓背姿势 (gōng bèi zī shì) arched position

弓步 (gōng bù) bow (lunge) step; bow stance

弓步按掌 (gōng bù àn zhǎng) press palm in bow step

弓步抱拳 (gōng bù bào quán) hold fists before chest in bow

弓步冲拳 (gōng bù chōng quán) strike forward in bow stance; thrust fist forward in bow step

弓步架打 (gōng bù jià dǎ) parry and strike in bow stance

弓步劈[剑] (gōng bù pī) cut in bow stance

弓步前刺 (gōng bù qián cì) thrust forward in bow stance

弓箭步刺 (gōng jiàn bù cì) lung

弓腿 (gōng tuǐ) bending of leg

功夫 (gōng fū) kungfu, work

功力拳 (gōng lì quán) power boxing

攻防技术 (gōng fáng jì shù) art of attack and defence

攻击目标 (gōng jī mù biāo) object of attack

攻桥 (gōng qiáo) attack bridge

公报 (gōng bào) bulletin

公布成绩 (gōng bù chéng jī) announcement of results

公告, 布告 (gōng gào, bù gào) announcement

公告牌 (gōng gào pái) bulletin board

公开赛 (gōng kāi sài) open competition; open tournament

公开示分法 (gōng kāi shì fēn fǎ) visual method of judging

gōng

公平的, 光明正大的 (gōng píng de, guāng míng zhèng dà de) fair

躬身动作, 体前倾 (gōng shēn dòng zuò, tǐ qián qīng) bend over; good morning exercise

共同练习[不同队之间] (gòng tóng liàn xí) joint practice

钩 (gōu) hook

钩脚 (gōu jiǎo) hook foot

钩手 (gōu shǒu) hook hand

钩型 (gōu xíng) hook form

钩 (gōu) hook

狗拳 (gǒu quán) dog style boxing

古兵器 (gǔ bīng qì) ancient weapon

故意轻击 (gù yì qīng jī) pull a punch

故意输掉 (gù yì shū diào) go in the tank

故意拖延时间 (gù yì tuō yán shí jiān) stall

顾问 (gù wèn) consultant

顾问委员会 (gù wèn wěi yuán huì) consultative committee

固定设备, (gù dìng shè bèi) fixture

挂刀 (guà dāo) row broadsword

挂棍 (guà gùn) hitch cudgel

挂剑 (guà jiàn) row with sword

拐 (guǎi) crutch

关键时刻 (guān jiàn shí kè) pinch

关节灵活性 (guān jié líng huó xìng) joint mobility

关心武术的 (guān xīn wǔ shù de) wushu-minded

观众 (guān zhòng) spectator
观众人数 (guān zhòng rén shù) attendance
管理席 (guǎn lǐ xí) administration table
管理员 (guǎn lǐ yuán) administrator
冠军 (guān jūn) champion; titlist
贯拳 (guàn quán) punch-crosscut
光明正大的 (guāng míng zhèng dà de) clean
广播太极拳 (guǎng bō tài jí quán) broadcast "taiji" boxing
广播员 (guǎng bō yuán) announcer
广场 (guǎng chǎng) square
广东南拳 (guǎng dōng nán quán) Guangdong southern style boxing
广泛训练 (guāng fàn xùn liàn) extensive training
归纳重复法 (guī nà chóng fù fǎ) inductive-repeat method
规程 (guī chéng) regulation
规定比赛项目 (guī dìng bǐ sài xiàng mù) regular contest of event
规定动作[套路] (guī dìng dòng zuò) required set; required routine
规定拳 (guī dìng quán) compulsory (required) boxing
规定套路 (guī dìng tàò lù) compulsory; required routine
规格 (guī gé) standards
规格化 (guī gé huà) standardization
规则 (guī zé) law; rules

规律的 (guī zé de) regular
跪 (guì) kneel
跪撑 (guì chōng) knee stand; knee-rest
跪坐 (guì zuò) kneel sitting
跪下 (guì xià) thrust in with the knee
滚 (gǔn) roll
滚桥 (gǔn qiáo) roll bridge
滚球 (gǔn qiú) roll ball
滚翻双刀 (gǔn fān shuāng dāo) roll-floor double broadsword
滚肘 (gǔn zhǒu) roll elbow
棍 (gùn) cudgel; staff
棍把 (gùn bǎ) the handle of a cudgel
棍梢 (gùn shāo) cudgel-tip
棍术 (gùn shù) cudgel play; cudgelplay
国宝 (guó bǎo) national treasure
国粹 (guó cuì) the quintessence of chinese culture
国歌 (guó gē) national anthem
国徽 (guó huī) national emblem
国际比赛 (guó jì bǐ sài) international match
国际规则 (guó jì guī zé) international rules
国际会议 (guó jì huì yì) international conference
国际裁判员 (guó jì jí cái pàn yuán) international referee
国际武术联合会 (guó jì wǔ shù lián hé huì) International Wushu Federation
国际武术邀请赛 (guó jì wǔ shù yāo qǐng sài) international

onal wushu invitational tournament
 国际武术组织 (guó jì wǔ shù zǔ zhī) international wushu organization
 国家队 (guó jiā duì) national team
 国家和地区 (guó jiā hé dì qū) countries and regions
 国家级裁判员 (guó jiā jí cái pàn yuán) country class judge
 国家体育运动委员会 (guó jiā tǐ yù yùn dòng wěi yuán huì) state commission for physical culture and sports
 国立 (guó lì) state-run
 国立大学 (guó lì dà xué) national university
 国旗 (guó qí) national flag
 国术 (guó shù) "guoshu" (Chinese wushu)
 国宴 (guó yàn) state banquet
 裹脑刀 (guǒ nǎo dāo) wrap-head broadsword
 过度动作 (guò dù dòng zuò) transitional movement
 过度紧张 (guò dù jǐn zhāng) overstrain
 过失, 错误 (guò shī, cuò wù) lapse
 过线出界 (guò xiàn chū jiè) run across

H

海底针 (hǎi dǐ zhēn) needle at the bottom of the sea
 好 (hǎo) good
 号码 (hào mǎ) number
 合格, 出线 (hé gé, chū xiàn) qualify

器械的器材设备 (hé gé de qì cái shè bèi) regulation equipment
 合格的运动员, 取得比赛资格的运动员 (hé gé de yùn dòng yuán, qǔ dé bǐ sài zī gé de yùn dòng yuán) qualified
 合格记号 (hé gé jì hào) control mark
 合理 (hé lǐ) rational
 核实 (hé shí) verify
 一致 (hé yī zhì) in line with...
 鼓掌 (hè cǎi, gǔ zhǎng) cheer, applause
 鹤顶拳 (hè dǐng quán) crane's tip fist
 鹤顶手 (hè dǐng shǒu) hand like crane's head
 鹤拳 (hè quán) crane style boxing
 鹤嘴手 (hè zuǐ shǒu) hand like crane's mouth
 黑方 (hēi fāng) black
 黑虎拳 (hēi hǔ quán) black-tiger boxing
 黑打 (hēi dǎ) slug
 黑力 (hēi lì) gruelling
 横步 (héng bù) sidestep
 横叉 (héng chā) parallel-split
 横档步 (héng dǎng bù) horizontal crotch step
 横排 (héng pái) rank
 横切 (héng qiē) crosscut
 横拳 (héng quán) crosscut fist
 横扫 (héng sǎo) sweep sway
 红方 (hóng fāng) red
 红拳 (hóng quán) red boxing

洪门手 (hóng mén shǒu) "hongmen" hand
鸿字门拳 (hóng zì mén quán) "hongzimen" boxing
猴刀 (hóu dāo) monkey broadsword
猴棍 (hóu gùn) monkey-style cudgelplay; monkey cudgel
猴拳 (hóu quán) monkey-style boxing
后抱双腿摔 (hòu bào shuāng tuǐ shuāi) catch of legs with turning down
后摆动动作 (hòu bǎi dòng zuò) swing to the rear
后备力量 (hòu bèi lì liàng) reserve force
后插腿低势平衡 (hòu chā tuǐ dī shì píng héng) low-balance with cross-leg back
后场 (hòu chǎng) backcourt
后撤弓箭步闪躲 (hòu chè gōng jiàn bù shǎn duǒ) backward lunge
后撑 (hòu chēng) support rearways
后穿 (hòu chuān) penetrate back with palm
后倒 (hòu dǎo) fall later
后蹬 (hòu dēng) leg drive
后点步 (hòu diǎn bù) touch toe backward
后交叉 (hòu jiāo chā) reverse scissors
后空翻 (hòu kōng fān) backflip
后撩腿 (hòu liāo tuǐ) cut-circle back with leg
后桥 (hòu qiáo) wrestlers bridge
后软翻 (hòu ruǎn fān) back walkover
后手翻 (hòu shǒu fān) flic-flac; flic-flap; flic-flop
后腿 (hòu tuǐ) draw-leg

后退 (hòu tuì) draw back
后退, 退却 (hòu tuì, tuì què) retire; retreat
后退步 (hòu tuì bù) backstep
后转身 (hòu zhuǎn shēn) rear pivot; reverse pivot
厚运动衫 (hòu yùn dòng shān) sweater
呼气 (hū qì) exhale
呼吸 (hū xī) breathing
呼吸急促 (hū xī jí cù) broken winded
呼吸困难 (hū xī kùn nán) respiratory difficulty; laboured breathing
呼吸深而匀 (hū xī shēn ér yún) breathing deep and even
弧度 (hú dù) arc
弧行步 (hú xíng bù) arc step
蝴蝶穿花拳 (hú dié chuān huā quán) butterfly-passing-flower boxing
虎鹤双形拳 (hǔ hè shuāng xíng quán) tiger-crane-double form boxing
虎拳 (hǔ quán) tiger style boxing
虎跳 (hǔ tiào) tiger jump
虎爪 (hǔ zhǎo) claw of tiger
虎爪拳 (hǔ zhǎo quán) tiger's claw boxing
户外运动 (hù wài yùn dòng) outdoor sport
互击 (hù jī) simultaneous touch; double touch
互中 (hù zhòng) double counter; exchange of blows
护齿〔置口内的〕 (hù chǐ) gum-shield
护裆 (hù dāng) protector

护颈 (hù jǐng) neck guard
护具 (hù jù) protective clothing
护面 (hù miàn) mask
护面, 护罩 (hù miàn, hù zhào) wire-mesh mask
护手绷带 (hù shǒu bēng dài) hand bandages, handwraps
护手盘 (hù shǒu pán) hand guard
护腿 (hù tuǐ) leg protector
护腿〔胫〕 (hù tuǐ) shin guard
护腕 (hù wǎn) cuff
护胸 (hù xiōng) chest protector, chestplate
护胸〔女用〕 (hù xiōng) breast protector
护肘 (hù zhǒu) elbow guard
花拳 (huā quán) flower boxing
华拳 (huá quán) splendid boxing
华拳对打 (huá quán duì dǎ) "huquan" encounter
滑 (huá) slide
滑把 (huá bǎ) slipped handle
滑步 (huá bù) slide step
滑拳 (huá quán) slippery boxing
滑脱 (huá tuō) slip
划, 挂 (huà, guà) row
划线器 (huà xiàn qì) marker
划圆缠绕, 划圆阻挠 (huà yuán chán rǎo huà yuán zǔ rǎo) envelopment
划圆防守还击 (huà yuán fáng shǒu huán jī) flying return
划圆劈 (huà yuán pī) cut with moulinet

化门拳 (huà mén quán) "hua" style boxing
踝关节伸展练习 (huái guān jié shēn zhǎn jiàn xí) ankle flexor lift
欢送宴会 (huān sòng yàn huì) farewell banquet
欢迎宴会 (huān yíng yàn huì) welcoming banquet
还击 (huán jī) counter, return
还击拳 (huán jī quán) counter blow
环, 圈 (huán quān) ring
缓如鹰 (huǎn rú yīng) move as slow as eagle fly
换步 (huàn bù) foot-shift
换其它场地 (huàn qí tā chǎng dì) change to another court
换气 (huàn qì) change breath
换人 (huàn rén) substitution of players
换腿 (huàn tuǐ) change of legs
换握 (huàn wò) change grip
晃 (huǎng) flash
挥臂 (huī bì) swing of the arm
挥动, 摆动 (huī dòng, bǎi dòng) swing
挥舞〔兵器〕 (huī wǔ) brandish
恢复期 (huī fù qī) recovery phase
徽, 徽章 (huī, huī zhāng) emblem
回摆 (huí bǎi) return swing
回合, 局 (huí hé, jú) round, bout
回合之间的休息 (huí hé zhī jiān de xiū xi) intermission
会籍 (huí jí) membership

基本姿势中放在后边的手 (jī běn zī shì zhōng fàng zài hòu biān de shǒu) striking hand
基本姿势中放在前边的手臂 (jī běn zī shì zhōng fàng zài qián biān de shǒu bì) guarding arm
激动得跳起来的观众 (jī dòng dé tiào qǐ lái de guān zhòng) jack-in-the-box spectator
激动人心的比赛 (jī dòng rén xīn de qǐ sài) thriller
激烈[比赛] (jī liè) tooth and nail
及格赛, 预选赛 (jī gé sài, yù xuǎn sài) qualifying event
及时还击 (jí shí huán jī) immediate riposte
及时进攻 (jí shí jìn gōng) counter-time; attack into tempo
极小的差距 (jí xiǎo de chā jù) whisker
集合地点 (jí hé dì diǎn) assembling place; venue
集体剑 (jí tǐ jiàn) group sword play
集体精神 (jí tǐ jīng shén) esprit de corps
集体练习 (jí tǐ liàn xí) group exercises
集体项目 (jí tǐ xiàng mù) group event
集体项目名次 (jí tǐ xiàng mù míng cì) place of team event
集训队 (jí xùn duì) team of athletes in training
级, 组[比赛] (jí, zǔ) division
级别 (jí bié) category
戟 (jǐ) halbert
计分制 (jì fēn zhì) point system
计时 (jì shí) time-keeping

计时测验 (jì shí cè yàn) time trial
计算时间 (jì suàn shí jiān) time beating
记分板 (jì fēn bǎn) marking board
记分表 (jì fēn biǎo) scoring paper
记分卡 (jì fēn kǎ) score record card
记分牌 (jì fēn pái) scoreboard
记分员 (jì fēn yuán) scorekeeper
记录 (jì lù) record
记录标志 (jì lù biāo zhì) record marker
记录台 (jì lù tái) scoring table
记录员 (jì lù yuán) scorekeeper
记时记分员 (jì shí jì fēn yuán) timer and scorer
记时员 (jì shí yuán) timekeeper
记者席 (jì zhě xí) press box
纪律 (jì lǜ) discipline
纪律措施 (jì lǜ cuò shī) disciplinary measure
纪念品 (jì niàn pǐn) trophy
纪念章 (jì niàn zhāng) badge
技击技术 (jì jī jì shù) fighting skills
技击术 (jì jī shù) actual combat
技术, 技巧 (jì shù, jì qiǎo) technique
技术标准 (jì shù biāo zhǔn) technical standard
技术差的运动员, 弱手 (jì shù chā de yùn dòng yuán, ruò shǒu) palooka; "kroavney"
技术得胜 (jì shù dé shèng) TKO (= technical knock-out)
技术方法 (jì shù fāng fǎ) technical method

会员 (huí yuán) affiliate
混乱 (hùn luàn) topsy-turvy
混乱, 秩序混乱 (hùn luàn, zhì xù hùn luàn) free-for-all
活动范围 (huó dòng fàn wéi) sphere of activity
火龙拳 (huǒ lóng quán) fire-dragon boxing
获得[奖品等] (huò dé) carry off
获胜 (huò shèng) notch a victory
获胜[裁判员举起胜方拳头] (huò shèng) get the duke (fist)
击 (jī) stroke
击败对方, 取胜 (jī bài duì fāng) outclass; outbox
击步 (jī bù) hit step
击打 (jī dǎ) beat; striking; striking
击打防守 (jī dǎ fáng shǒu) slinging parry; beat parry
击打肝部的拳 (jī dǎ gān bù de quán) liver punch
击打练习[如击打陪练人的手掌] (jī dǎ liàn xí) hitting drill
击倒 (jī dǎo) knock down
击倒对方的一拳 (jī dǎo duì fāng de yī quán) knockout blow
击棍 (jī gùn) side strick cudgel
击头部的拳 (jī tóu bù de quán) nobber

击退 (jī tuì) repulsion
击响腿法 (jī xiǎng tuǐ fǎ) hit sound leg position
击腰带以下部位的拳 (jī yāo dài yǐ xià bù wèi de quán) deep hit
击腰部以下的拳 (jī yāo bù yǐ xià de quán) low blow
击掌 (jī zhǎng) hand clap; blow with the palm
击中胃部的拳 (jī zhòng wèi bù de quán) solar plexus blow
击中无效部位 (jī zhòng wú xiào bù wèi) foul touch
肌肉放松 (jī ròu fàng sōng) muscular relaxation
肌肉紧张 (jī ròu jǐn zhāng) muscular tension
肌肉控制 (jī ròu kòng zhì) muscle control
肌肉力量 (jī ròu lì liàng) muscular strength
肌肉收缩 (jī ròu shōu suō) contraction of muscle
肌肉运动的感觉 (jī ròu yùn dòng de gǎn jué) kinesthetic sensations
机智的 (jī zhì de) heads-up
基本方法 (jī běn fāng fǎ) basic method
基本分 (jī běn fēn) base score
基本功 (jī běn gōng) fundamentals
基本原则 (jī běn yuán zé) basic rules
基本站立姿势, 平行步 (jī běn zhàn lì zī shì píng xíng bù) basic stance
基本战术 (jī běn zhàn shù) elementary tactics
基本姿势 (jī běn zī shì) basic position
基本姿势中摆在前边的手臂 (jī běn zī shì zhōng bǎi zài qián biān de shǒu bì) leading arm

技术风格 (jì shù fēng gé) technical style
技术顾问 (jì shù gù wèn) technical consultant (adviser)
技术全面的 (jì shù quán miàn de) well-rounded
技术水平 (jì shù shuǐ pín) standard of play; technical merit
技术训练 (jì shù xùn liàn) technical training
技术委员会 (jì shù wěi yuán huì) technical committee
技艺, 功夫 (jì yì, gōng fū) feat
技术、战术讲解 (jì shù, zhàn shù jiǎng jiě) chalk talk
加分 (jiā fēn) bonus point
加入 (jiā rù) enter
加速 (jiā sù) acceleration
加速度 (jiā sù dù) acceleration
夹臂 (jiá bì) arm lock
夹棍 (jiá gùn) press cudgel from both sides
夹头 (jiá tóu) head lock; chancery
夹腿 (jiá tuǐ) leg lock
夹腕 (jiá wàn) wrist lock
夹住对方双手 (jiá zhù duì fāng shuāng shǒu) double lock
甲级 (jiǎ jí) first division
甲组拳 (jiǎ zǔ quán) high class boxing
甲组套路 (jiǎ zǔ tàò lù) high class routine
假刺 (jiǎ cì) feint point
假动作 (jiǎ dòng zuò) feint
假攻击 (jiǎ gōng jī) bluff
假进攻接防守和还击 (jiǎ jìn gōng jiē fáng shǒu hé huán

jī) contretemps
假名〔运动员〕 (jiǎ míng) assumed name (of player)
假人〔练习用〕 (jiǎ rén) puppet
架打 (jiǎ dǎ) parry and strike
架刀 (jiǎ dāo) raise broadsword
架棍 (jiǎ gùn) raise cudgel
架剑 (jiǎ jiàn) raise sword
架桥 (jiǎ qiáo) raise bridge
架掌 (jiǎ zhǎng) parry obliquely overhead with palm
架肘 (jiǎ zhǒu) parry with elbow
尖 (jiān) tip; top
肩胛骨 (jiān jiǎ gǔ) shoulder blade
肩摔 (jiān shuāi) shoulder throw
肩轴, 横轴 (jiān zhóu, héng zhóu) shoulder-to-shoulder axis
肩肘的姿势 (jiān zhǒu de zī shì) shoulder and elbow position
坚持下去 (jiān chí xià qù) plug away
检查员 (jiǎn chá yuán) inspector; controller
检录 (jiǎn lù) record
检录处 (jiǎn lù chù) record place
检录员 (jiǎn lù yuán) recorder
检录长 (jiǎn lù zhǎng) chief recorder
检录组 (jiǎn lù zǔ) registration group
检验剑的重量 (jiǎn yàn jiàn de zhòng liàng) test weight
剪 (jiǎn) scissors
剪腿 (jiǎn tuǐ) leg scissors

剪腕刀花 (jiǎn wǎn dāo huā) cut wrist and waving-circle broadsword
剪腕剑花 (jiǎn wǎn jiàn huā) cut wrist and waving-circle sword
简单的直接还击 (jiǎn dān de zhí jiē huán jī) simple direct riposte
简单防守 (jiǎn dān fáng shǒu) simple parry
简单还击 (jiǎn dān huán jī) simple return(riposte)
简单进攻 (jiǎn dān jìn gōng) simple attack
简化 (jiǎn huà) simplify
简化太极拳 (jiǎn huà tài jí quán) simplified taijiquan
减轻体重以达到下一级标准 (jiǎn qīng tǐ zhòng yǐ dá dào xià yī jí biāo zhǔn) make weight
钐 (jiǎn) mace
剑 (jiàn) sword; rapier; sabre
剑柄 (jiàn bǐng) the handle of a sword
剑脊 (jiàn jí) two sides of a sword
剑尖 (jiàn jiān) sword-tip
剑鞘 (jiàn qiào) scabbard
剑拳 (jiàn quán) "sword" boxing
剑刃 (jiàn rèn) side edges of a sword
剑身 (jiàn shēn) sword-blade
剑术 (jiàn shù) swordplay; sword play
剑穗 (jiàn suì) sword-tassel
剑指 (jiàn zhǐ) sword-fingers
间接进攻 (jiàn jiē jìn gōng) indirect attack
间歇[训练] (jiàn xiē) rest interval

间歇性冲刺跑 (jiàn xiē xìng chōng cì pǎo) interval dash
间歇训练 (jiàn xiē xùn liàn) intermittent (interval) training
间歇训练法 (jiàn xiē xùn liàn fǎ) intermittent training method
健康 (jiàn kāng) physical fitness
健美的姿势 (jiàn měi de zī shì) posture of callisthenic beauty
健全的[体格] (jiàn quán de) sound
健身 (jiàn shēn) health-building
健身, 身体训练 (jiàn shēn, shēn tǐ xùn liàn) body building
健身房 (jiàn shēn fáng) gymnasium
健身和自卫 (jiàn shēn hé zì wèi) fitness training and self-defence
鞭子 (jiàn zǐ) Arab spring
将对方脖子夹在腋下 (jiāng duì fāng bó zǐ jiá zài yè xià) chancery
将武术推向世界 (jiāng wǔ shù tuī xiàng shì jiè) bringing wushu to the world
讲解与示范法 (jiǎng jiě yǔ shì fàn fǎ) explain and demonstration methods
讲习班 (jiǎng xí bān) clinic
讲座, 演讲 (jiǎng zuò, yǎn jiǎng) lecture
奖杯 (jiǎng bēi) cup
奖品 (jiǎng pǐn) prize
奖品, 授奖[奖励] (jiǎng pǐn, shòu jiǎng) award

赏, 奖金 (jiǎng shǎng, jiǎng jīn) prize
奖章 (jiǎng zhāng) medal
奖章获得者 (jiǎng zhāng huò dé zhě) medal (1) list
奖状 (jiǎng zhuàng) diploma
降级 (jiàng jí) relegation
交臂 (jiāo bì) cross over
交叉 (jiāo chā) cross
交叉步 (jiāo chā bù) cross feet (step); cross-over step
交锋 (jiāo fēng) meet
交换步 (jiāo huàn bù) change grip
交换场地 (jiāo huàn chǎng dì) change of ends(courts)
交换队旗 (jiāo huàn duì qí) exchange of pennants
交流会 (jiāo liú huì) meet of exchange
交流经验 (jiāo liú jīng yàn) compare notes
交替训练法 (jiāo tì xùn liàn fǎ) change training method
角垫 (jiǎo diàn) corner pad
角速度 (jiǎo sù dù) angular velocity
侥幸取胜 (jiǎo xìng qǔ shèng) fluke
矫正过正(训练) (jiǎo zhèng guò zhèng) over=correction
槌把 (jiǎo bǎ) twist handle of cudgel
槌棍 (jiǎo gùn) twist cudgel
剑刃 (jiǎo jiàn) twist sword
脚步错误 (jiǎo bù cuò wù) foot fault
脚跟转向里 (jiǎo gēn zhuǎn xiàng lǐ) move heel inward
脚尖里扣 (jiǎo jiǎn lǐ kòu) toes inward
脚尖伸直 (jiǎo jiǎn shēn zhí) pointed toes
脚尖外撇 (jiǎo jiǎn wài piě) toes out ward

脚趾内旋 (jiǎo zhǐ nèi xuǎn) toes turned inward
教材 (jiào cái) teaching material
教练 (jiào liàn) coach
教练会 (jiào liàn huì) meet of coach
教练委员会 (jiào liàn wěi yuán huì) coach committee
教练员, 教员 (jiào liàn yuán, jiào yuán) instructor
教学训练 (jiào xué xùn liàn) teaching and training
阶梯试验 (jiē tī shì yàn) step test
接触 (jiē chù) touch
接待部 (jiē dài bù) reception department
接近绝对失败 (jiē jìn jué duì shī bài) near fall
接近战 (jiē jìn zhàn) infighting
接近最大的努力 (jiē jìn zuì dà de nǚ lì) near-maximum effort
节奏 (jié zóu) rhythm
节奏分明[明显] (jié zòu fēn míng) rhythm clear
节奏美感缺乏 (jié zòu měi gǎn quē fá) lack of rhythm and elegance
节奏明显 (jié zòu míng xiǎn) clear-cut rhythm
节奏清楚 (jié zòu qīng chǔ) clear rhythm
结构 (jié gòu) combination; structure
结构和风格 (jié gòu hé fēng gé) structure and style
结果[比赛] (jié guǒ) outcome
结业 (jié yè) complete a course
结业证 (jié yè zhèng) certificate
截刀 (jié dāo) cut oblique with broadsword-edge
截击, 阻止 (jié jī, zǔ zhǐ) intercept

截剑 (jié jiàn) intercept with sword; block sword
截桥 (jié qiáo) intercept with bridge
解说 (jiě shuō) demonstration
解脱 (jiě tuō) loosen a grip; break off a hold
界内 (jiè nèi) in bounde
界外 (jiè wài) out side
界线 (jiè xiàn) limit; inside
金刚伏虎势〔披身伏虎〕(jīn gāng fú hǔ shì) Vajra Sub-
due tiger style
金刚拳 (jīn gāng quán) Vajra boxing
金鸡独立 (jīn jī dú lì) golden rooster Stands on one
leg
金属器械 (jīn shǔ qì xiè) metallic weapon
金质奖章 (jīn zhì jiǎng zhāng) gold medal
金质奖章获得者, 冠军 (jīn zhì jiǎng zhāng huò de zhě,
guān jūn) gold medallist
锦标主义 (jīn biāo zhǔ yì) championitis
近侧 (jìn cè) near side
近端 (jìn duān) near end
近距离 (jìn jù lí) short distance
近战 (jìn zhàn) infighting
进步刺剑 (jìn bù cì jiàn) Step forward to thrust
进步后刺 (jìn bù hòu cì) step forward and plunge back-
ward
进步砍掌 (jìn bù kǎn zhǎng) step forward and cut
palm
进步撩掌 (jìn bù liāo zhǎng) step forward and circle

palm
进场, 入场, 上场 (jìn chǎng, rù chǎng, shàng chǎng)
entry
进攻 (jìn gōng) attack
进攻行动 (jìn gōng xíng dòng) offensive action
进攻者 (jìn gōng zhě) assailant
进攻姿势 (jìn gōng zī shì) attack preceded by a feint
进入决赛, 取得决赛权 (jìn rù jué sài, qǔ dé jué sài
quán) reach the final
进入前列 (jìn rù qián liè) come to the fore
进行抽签 (jìn xíng chōu qiān) conduct of draw
劲敌 (jìng dí) challenger
劲力 (jìng lì) strength; power;
禁击部位 (jìn jī bù wèi) no hitting-part
禁止 (jìn zhǐ) forbid
经过思考的动作 (jīng guò sī kǎo de dòng zuò) thought
action
经验和才智 (jīng yàn hé cái zhì) savvy
精彩的表演 (jīng cǎi de biǎo yǎn) wonderful exhibition
精神 (jīng shén) spirit
精神饱满 (jīng shén bǎo mǎn) high spirit
精神表现 (jīng shén biǎo xiàn) spiritual expression
精神高度集中 (jīng shén gāo dù jí zhōng) intensive co-
ncentration
精神集中 (jīng shén jí zhōng) concentration
精神集中, 全神贯注 (jīng shén jí zhōng, quán shén gu-
àn zhù) concentration

精神气力功(jīng shén qì lì gōng) spirit, willpower, vital energy and strength

精神文明奖(jīng shén wén míng jiǎng) spirit-civilization trophy

精武体育会(jīng wǔ tǐ yù huì) "jingwu" sports society

颈部运动(jǐng bù yùn dòng) trunk neck

警告线(jǐng gào xiàn) warning line

警告一次(jǐng gào yī cì) warn one

竞技状态(jìng jì zhuàng tài) playing condition

竞技状态不好,失常(jìng jì zhuàng tài bù hǎo, shī cháng) off form

竞技状态良好(jìng jì zhuàng tài liáng hǎo) in good form

竞技状态失常(jìng jì zhuàng tài shī cháng) out of shape

竞赛办法(jìng sài bàn fá) method of competition

竞赛办公室(jìng sài bàn gōng shì) competition office

竞赛部(jìng sài bù) competition department

竞赛裁判(jìng sài cái pàn) competition and judge

竞赛分组(jìng sài fēn zǔ) divide into groups for competition

竞赛规程(jìng sài guī chéng) competition regulations

竞赛季节(jìng sài jì jié) competition season

竞赛名称(jìng sài míng chēng) name of competition

竞赛内容(jìng sài nèi róng) competition's contents

竞赛日程(jìng sài rì chéng) competition schedule

竞赛时间(jìng sài shí jiān) competition time

竞赛性质(jìng sài xìng zhì) competition character

竞赛组(jìng sài zǔ) competition group

敬礼(jìng lǐ) salute

静(jìng) clamness

静力训练(jìng lì xùn liàn) isometrical training

静如岳(jìng rú yuè) hold as calm as high mountain

静止(jìng zhǐ) cease; hold

静止动作(jìng zhǐ dòng zuò) hold part (position)

静止姿势(jìng zhǐ zī shì) static position

九步推(jiǔ bù tuī) nine steps pushing

九节鞭(jiǔ jié biān) nine-section whip; nine-segmented whip

九米直径划圆(jiǔ mǐ zhí jìng huà yuán) circle with diameter of 9m.

局[比赛](jú) set

举办武术讲习班(jǔ bàn wǔ shù jiǎng xí bān) run wushu alinic

举棍(jǔ gùn) raise cudgel

举手(jǔ shǒu) raise hand

举手过肩(jǔ shǒu guò jiān) overhand

具有世界最高水平的队或选手(jù yǒu shì jiè zuì gāo shuǐ píng de duì huò xuǎn shǒu) world-beater

俱乐部(jù lè bù) club

距离(jù lí) distance

绝对胜利(jué duì shèng lì) win by a fall

绝对失败 (jué duì shī bài) loss on fall
绝招 (jué zhāo) tour de force
决定性打击 (jué dìng xìng dǎ jī) decisive blow
决斗 (jué dòu) single combat

K

开表, 按动秒表 (kāi biǎo, àn dòng miǎo biǎo) start the watch
开除, 取消比赛资格 (kāi chú, qǔ xiāo bǐ sài zī gé) heave -ho
开脚, 分腿 (kāi jiǎo, fēn tuǐ) split
开幕式 (kāi mù shì) opening ceremony
开山耙 (kāi shān bà) cut-mountain rake
开山斧 (kāi shān fǔ) cut-mountain axe
“开始!” (kāi shǐ) “play”
开始拳 (kāi shǐ quán) leading-off blow
开始姿势 (kāi shǐ zī shì) starting position
砍刀 (kǎn dāo) cut oblique with broadsword
看技术录像 (kàn jì shù lù xiàng) video showing
看台 (kàn tái) spectator's stand
看台〔一般有遮盖〕 (kàn tái) grandstand
抗议 (kàng yì) squawk
抗阻力跑 (kàng zǔ lì pǎo) harness run against resistance

靠后的名次 (kào hòu de míng cì) minor placings
靠近擂台的观察席位 (kào jìn lèi tái de guān chá xí wèi) ringside seat
客队 (kè duì) guest team
客方赛场 (kè fāng sài chǎng) away ground
空翻 (kōng fān) flip; salto; airspring
空手对…… (kōng shǒu duì) empty hands against; bare-handed fight against...
空手对刀枪 (kōng shǒu duì dāo qiāng) bare-handed against broadsword and spear
空手夺匕首 (kōng shǒu duó bǐ shǒu) empty hands against dagger
空手夺刀 (kōng shǒu duó dāo) empty hands against broadsword
空手夺棍盾牌刀 (kōng shǒu duó gùn dùn pái dāo) bare-handed against cudgel, shield and broadsword
空手夺枪 (kōng shǒu duó qiāng) empty hands against spear
空手破双枪 (kōng shǒu pò shuāng qiāng) empty hands against double spear
空中动作 (kōng zhōng dòng zuò) action in the air
空中换腿 (kōng zhōng huàn tuǐ) flying change of leg
孔门拳 (kǒng mén quán) Kong style boxing
孔门软拳 (kǒng mén ruǎn quán) Kong style soft boxing
控诉 (kòng sù) complain

控制, 掌握 (kòng zhì, zhǎng wò) control
控制呼吸 (kòng zhì hū xī) breath control
控制设备 (kòng zhì shè bèi) control equipment
扣步 (kòu bù) buckle step
扣分 (kòu fēn) deduct marks; score deducting
扣0.1~0.5分 (kòu líng diǎn yī zhì líng diǎn wǔ fēn)
deduct 0.1—0.5 points
拥腿平衡 (kòu tuǐ píng héng) buckle-leg balance foot
behind knee of opposite leg
胯部, 大腿根处 (kuà bù, dà tuǐ gēn chù) crotch
跨步 (kuà bù) stride; strip; walking step
跨跳步 (kuà tiào bù) stride=leap step
快攻 (kuài gōng) quick break
快跑步 (kuài pǎo bù) running with spring steps
快频率动作 (kuài pín lǜ dòng zuò) racing stroke
快如风 (kuài rú fēng) move as fast as wind blows
宽 (kuān) wide
宽8米 (kuān bā mǐ) wide 8 metres
扩胸 (kuò xiōng) expand chest

L

拉臂 (lā bì) arm drag
拉臂抱大腿 (lā bì bào dà tuǐ) single arm-drag with cr-
otch-hold
拉臂里钩腿 (lā bì lǐ gōu tuǐ) single arm-drag with

inside back heel
拉开 (lā kāi) clear-out
拉开打法 (lā kāi dǎ fǎ) spread offence
拉枪 (lā qiāng) pull spear in hands
拉腿翻身跳 (lā tuǐ fān shēn tiào) turn over jump and
drawing leg
来劲儿 (lái jìn ér) get hot
拦接 (lán jiē) intercept
拦拿扎枪 (lán ná zā qiāng) block-hold-thrust with sp-
ear
拦手 (lán shǒu) parrying hand
揽雀尾 (lǎn què wěi) grasp the birds tail
懒扎衣 (lǎn zā yī) "lan za yi"
老练的 (lǎo liàn de) season
老拳师 (lǎo quán shī) old wushu master
老手 (lǎo shǒu) old timer; expert; veteran
擂 (lèi) beat (a drum)
擂台 (lèi tái) ring (for martial contests); boxing on
the platform; fighting on the platform
类别 (lèi bié) kind; category; classification
离会 (lí huì) departure
离心力 (lí xīn lì) centrifugal force
礼节 (lǐ jié) protocol; etiquette
里合拍脚 (lǐ hé pāi jiǎo) kick-circle inward with tap
foot
里合腿 (lǐ hé tuǐ) kick-circle inward
理论 (lǐ lùn) theory