

武术家 (wǔ shù jiā) martial artist  
武术健身 (wǔ shù jiàn shēn) body building of wushu  
武术教学组 (wǔ shù jiào xué zǔ) wushu teaching group  
武术结业证 (wǔ shù jié yè zhèng) wushu certificate  
武术界 (wǔ shù jiè) wushu circles  
武术进修班 (wǔ shù jìn xiū bān) heighten wushu class  
武术竞赛内容 (wǔ shù jìng sài nèi róng) wushu competition's contents  
武术联合会 (wǔ shù lián hé huì) wushu federation  
武术迷 (wǔ shù mí) wushu fan  
武术器械 (wǔ shù qì xiè) weapon  
武术史简介 (wǔ shù shǐ jiǎn jiè) wushu historical sketch  
武术书籍 (wǔ shù shū jí) wushu books  
武术套路 (wǔ shù tàò lù) wushu routine  
武术特刊 (wǔ shù tè kān) wushu special  
武术团体 (wǔ shù tuán tǐ) wushu community  
武术系 (wǔ shù xì) wushu department  
武术鞋 (wǔ shù xié) wushu shoes  
武术协会 (wǔ shù xié huì) wushu association  
武术学习班 (wǔ shù xué xí bān) wushu class  
武术学校 (wǔ shù xué xiào) wushu school  
武术学院 (wǔ shù xué yuàn) wushu institute  
武术研究院 (wǔ shù yán jiū yuàn) wushu research institute  
武术运动 (wǔ shù yùn dòng) wushu sport  
武术杂志 (wǔ shù zá zhì) wushu magazine  
武术专稿 (wǔ shù zhuān gǎo) wushu write-up

武术专家 (wǔ shù zhuān jiā) wushu expert  
武术专栏 (wǔ shù zhuān lán) wushu section  
武术专业 (wǔ shù zhuān yè) wushu speciality  
武童级 (wǔ tóng jí) class of warrior-children  
武艺 (wǔ yì) skill in wushu  
武英级 (wǔ yīng jí) class of warrior-head

## X

吸气 (xī qì) inhale  
侠家拳 (xiá jiā quán) "Xiajia" boxing  
下冲 (xià chōng) strike downward  
下蹲 (xià dūn) crouch  
下蹲后伸腿 (xià dūn hòu shēn tuǐ) squat thrust  
下蹲扫剑 (xià dūn sǎo jiàn) sweep in crouch with sword  
下蹲闪躲 (xià dūn shǎn duǒ) ducking  
下蹲走 (xià dūn zǒu) low walk  
下颏里收 (xià kē lǐ shōu) pull in the chin  
下潜避开来拳 (xià qián bì kāi lái quán) ducking  
下势 (xià shì) push down  
下午 (xià wǔ) P.M.  
下旋 (xià xuán) underspin  
下腰 (xià yāo) back bend  
先分解后完整练习法 (xiān fēn jiě hòu wán zhèng liàn xí fǎ) part-whole method  
先用脚掌后用脚跟落地 (xiān yòng jiǎo zhǎng hòu yòng



险胜 (xiǎn shèng) nose out  
显出绝招 (xiǎn chū jué zhāo) strut one's stuff  
显著不符〔与动作规格〕 (xiǎn zhù bù fú) considerable fault  
限制动作 (xiàn zhì dòng zuó) limit movement  
线 (xiàn) line  
线宽 5 公分 (xiàn kuān wǔ gōng fēn) wide 5 cm of line;  
line-wide 5 centimetre  
线路 (xiàn lù) route; course  
线路图 (xiàn lù tú) course pattern  
镶花地板 (xiāng huā dì bǎn) parquet floor  
相抱 (xiāng bào) embrace  
相持姿势 (xiāng chí zī shì) neutral position  
相似动作 (xiāng sì dòng zuò) similar movement  
想象拳, 空拳〔练习时的〕 (xiǎng xiàng quán, kōng quán)  
shadow boxing  
向裁判长报告 (xiàng cái pàn zhǎng bào gào) report to  
chief judge  
向侧 (xiàng cè) sideward  
向后 (xiàng hòu) backward  
向后摆动 (xiàng hòu bǎi dòng) back swing  
向后绊摔 (xiàng hòu bàn shuāi) back heel; topple over  
backwards  
向后倒, 背摔 (xiàng hòu dǎo, bèi shuāi) fall backward  
向后一步 (xiàng hòu yī bù) step backward  
向后移步 (xiàng hòu yí bù) back step; back-peddalling

向后跃步 (xiàng hòu yuè bù) jump backward  
向内 (xiàng nèi) inward  
向旁闪躲 (xiàng páng shǎn duǒ) side-stepping  
向前 (xiàng qián) forward  
向前交叉步 (xiàng qián jiāo chā bù) pasado  
向前平看 (xiàng qián píng kàn) look forward  
向前下潜 (xiàng qián xià qiǎn) fold  
向前一步 (xiàng qián yī bù) step forward  
向前移步 (xiàng qián yí bù) advance  
向前移步刺 (xiàng qián yí bù cì) advance lunge  
向前鱼跃 (xiàng qián yú yuè) dive forward  
向前跃步 (xiàng qián yuè bù) jump forward  
向上 (xiàng shàng) upward  
向上格挡 (xiàng shàng gé dǎng) parry upward  
向外 (xiàng wài) outward  
向下 (xiàng xià) downward  
向下击的拳 (xiàng xià jī de quán) chop  
向右移步 (xiàng yòu yí bù) right step  
向左移步 (xiàng zuǒ yí bù) left step  
项目 (xiàng mù) event  
象漂动的云彩 (xiàng piāo dòng de yún cǎi) like flying  
cloud  
象形拳 (xiàng xíng quán) pictographic boxing  
消耗战 (xiāo hào zhàn) war of attrition  
消极性 (xiāo jí xìng) passivity  
消极性防守 (xiāo jí xìng fáng shǒu) passivity parry  
消极性进攻 (xiāo jí xìng jìn gōng) passivity attack



小步 (xiǎo bù) short step  
小地方 (xiǎo dì fāng) small space  
小红拳 (xiǎo hóng quán) small-red-boxing  
小架 (xiǎo jià) small frame  
小梅花拳 (xiǎo méi huā quán) small plum blossom boxing  
小腿屈伸 (xiǎo tuǐ qū shēn) leg curl  
小组编排 (xiǎo zǔ biān pái) combination of group  
校际运动会 (xiào jì yùn dòng huì) interscholastic meet  
歇步 (xiē bù) cross-legged sit on heel  
斜擦过去 (xié cā guò qù) glance off  
斜刺 (xié cì) diagonal stabbing  
斜的 (xié de) oblique  
斜飞式 (xié fēi shì) flying oblique  
斜横步 (xié héng bù) appuyer  
斜接膝拗步 (xié jiē xī ào bù) oblique brush knee and twist step  
斜拍脚 (xié pāi jiǎo) cross-tap foot  
斜倾 (xié qīng) diagonal slant  
斜身靠及背折靠 (xié shēn kào jí bèi zhé kào) lean on body and fold back  
斜踢腿 (xié tī tuǐ) kick obliquely  
斜线 (xié xiàn) diagonal  
斜线跳跃 (xié xiàn tiào yuè) oblique jump  
斜走 (xié zǒu) move on the diagonals  
协会 (xié huì) association  
协调 (xié tiáo) coordination; harmony; unison  
协调一致的动作 (xié tiáo yī zhì de dòng zuò) syn-

chronized movement

协战拳 (xié zhàn quán) fight boxing in coordination  
新陈代谢训练 (xīn chén dài xiè xùn liàn) metabolic training  
新的时代 (xīn de shí dài) new epoch  
新队员 (xīn duì yuán) recruit  
新难度动作 (xīn nán dù dòng zuò) new value  
新手 (xīn shǒu) novice; new-comer  
新颖动作 (xīn yǐng dòng zuò) new part  
心理训练 (xīn lǐ xùn liàn) psychological training  
心意拳 (xīn yì quán) heart-will boxing  
信号, 手势 (xìn hào, shǒu shì) signal  
形意摆步 (xíng yì bǎi bù) swing-step of "xingyi"  
形意崩拳 (xíng yì bēng quán) burst fist of form-and-will  
形意独立步 (xíng yì dú lì bù) stand on single one of "xingyi"  
形意高提步 (xíng yì gāo tí bù) high-lift knee of "xingyi"  
形意跟步 (xíng yì gēn bù) follow-step of "xingyi"  
形意横拳 (xíng yì héng quán) crosscut fist of "xingyi"  
形意扣步 (xíng yì kòu bù) buckle-step of "xingyi"  
形意磨胫步 (xíng yì mó jìng bù) rub-shin-step of "xingyi"  
形意炮拳 (xíng yì pào quán) cannon fist-of "xingyi"  
形意劈掌 (xíng yì pī zhǎng) cut palm of form-and-will  
形意拳 (xíng yì quán) form-and-will boxing  
形意拳对打 (xíng yì quán duì dǎ) form-and-will boxing



encounter  
形意三体式 (xíng yì sān tǐ shì) "santishi" step position  
of "xingyi"  
形意钻拳 (xíng yì zuān quán) drilling fist of form-and-  
will  
形醉意不醉 (xíng zuì yì bù zuì) drunk in apperance,  
but not in mind  
行步 (xíng bù) "S"-step  
行步撩剑 (xíng bù liāo jiàn) cut-up sword with "S"-step  
行动, 动作 (xíng dòng, dòng zuò) action  
行如流水 (xíng rú liú shuǐ) action as flowing stream  
性别 (xìng bié) sex  
性别检查 (xìng bié jiǎn chá) sex test  
性质 (xìng zhì) character; nature  
胸腹着地 (xiōng fù zháo dì) lie flat on the stomach  
休息 (xiū xi) intermission  
休息, 间歇 (xiū xi, jiàn xiē) interval  
休息日 (xiū xi rì) rest day  
休息时间 (xiū xi shí jiān) repose (rest) period  
休息一分钟 (xiū xi yī fēn zhōng) one minute bread  
虚 (xū) empty; void  
虚步 (xū bù) empty step; flexed foot position  
虚步按掌 (xū bù àn zhǎng) press palm in empty step  
虚步抡劈剑 (xū bù lūn pī jiàn) cut with armswing in  
empty stance  
虚晃, 佯攻 (xū huǎng, yáng gōng) feint  
虚拳 (xū quán) fake blow

许可 (xǔ kě) licence  
宣布比赛开始的哨音 (xuān bù bǐ sài kāi shǐ de shào yīn)  
starting whistle  
宣布给分 (xuān bù gěi fēn) announce the mark  
宣布停止比赛〔裁判员由于下雨, 天黑等原因〕 (xuān bù  
tíng zhǐ bǐ sài) call a game  
宣传部 (xuān chuán bù) press department  
宣传组 (xuān chuán zǔ) press group  
悬垂 (xuán chuí) hang  
旋转 (xuán zhuǎn) spin  
旋转动作 (xuán zhuǎn dòng zuò) spinning movement  
选拔 (xuǎn bá) selection  
选拔赛 (xuǎn bá sài) selective trials  
选手 (xuǎn shǒu) champeen  
选择场地 (xuǎn zé chǎng dì) choise of ends  
旋翻跳跃 (xuàn fān tiào yuè) spin, turn over, leap  
旋风脚 (xuàn fēng jiǎo) windspout-foot  
旋子 (xuàn zǐ) butterfly  
旋子转体 (xuàn zǐ zhuǎn tǐ) turn-body spin  
学武术 (xué wǔ shù) learning wushu  
学习传统剑术 (xué xí chuán tǒng jiàn shù) learning the  
ancient swordplay  
学习套路 (xué xí tàò lù) learn a routine  
循环赛 (xún huán sài) all play with all  
循环训练 (xún huán xùn liàn) circuit training  
循序渐进 (xún xù jiàn jìn) progression  
循序渐进的训练 (xún xù jiàn jìn de xùn liàn) progressive



training

- 巡回杯 (xún huí bēi) itinerary cup  
巡礼朝拜的地方 (xún lǐ cháo bài de dì fāng) Mecca  
训练 (xùn liàn) training  
训练测验 (xùn liàn cè yàn) training test  
训练场地 (xùn liàn chǎng dì) training ground  
训练大纲 (xùn liàn dà gāng) training programme  
训练负荷 (xùn liàn fù hè) training load  
训练馆 (xùn liàn guǎn) training hall  
训练过度 (xùn liàn guò dù) overtrain  
训练呼吸的冲刺 (xùn liàn hū xī de chōng cì) wind  
sprint  
训练计划 (xùn liàn jì huà) training plan  
训练进度表 (xùn liàn jìn dù biǎo) training schedule  
训练课 (xùn liàn kè) workout; session  
训练良好的 (xùn liàn liáng hǎo de) well-drilled  
训练量 (xùn liàn liàng) volume of training  
训练期 (xùn liàn qī) training period (session)  
训练强度 (xùn liàn qiáng dù) intensity of training  
训练日程 (xùn liàn rì chéng) training routine  
训练日记 (xùn liàn rì jì) training log book  
训练体制 (xùn liàn tǐ zhì) training system  
训练效果 (xùn liàn xiào guǒ) training effect  
训练营 (xùn liàn yíng) training camp  
训练周期 (xùn liàn zhōu qī) training cycle

Y

- 压 (yā) press; bind; lie ment  
压倒对方 (yā dǎo duì fāng) overwhelm  
压棍 (yā gùn) press cudgel  
压剑 (yā jiàn) press sword  
压力 (yā lì) pressure  
压桥 (yā qiáo) press bridge; break the bridge  
压肘 (yā zhǒu) press elbow  
亚军 (yà jūn) runner-up  
严重不符〔错误〕 (yán zhòng bù fú) grave fault  
延长时间 (yán cháng shí jiān) overtime  
延期比赛 (yán qī bǐ sài) postpone a contest  
延续进攻 (yán xù jìn gōng) remise; replacement  
沿身体纵轴旋转 (yán shēn tǐ zòng zhóu xuán zhuàn)  
whirl  
掩护 (yǎn hù) cover  
掩手肱捶 (yǎn shǒu gōng chuí) cover hands and punch  
with arm  
偃月刀 (yǎn yuè dāo) falchion  
眼法 (yǎn fǎ) eyes position  
眼神 (yǎn shén) eye  
眼随剑走 (yǎn suí jiàn zǒu) eyes follow sword  
眼肿 (yǎn zhǒng) black eye  
燕青拳 (yàn qīng quán) "Yanqing" boxing



燕式平衡 (yàn shì píng héng) balance stand; single-leg front lever  
杨家枪 (yáng jiā qiāng) Yang-style spear  
杨眉剑 (yáng méi jiàn) "Yangmei"sword  
杨式老架太极拳 (yáng shì lǎo jià tài jí quán) old Yang style taiji boxing  
杨式太极拳 (yáng shì tài jí quán) Yang style taiji boxing  
仰身平衡 (yǎng shēn píng héng) single leg back lever  
仰卧 (yǎng wò) back lying; lying flat on back  
仰卧撑 (yǎng wò chēng) trunk lifting; back leaning rest  
仰卧的 (yǎng wò de) supine  
仰卧起坐 (yǎng wò qǐ zuò) sit-up  
氧债 (yǎng zhài) oxygen debt  
邀请赛 (yāo qǐng sài) invitational tournament  
腰带, 猛击 (yāo dài, měng jī) belt  
要领 (yào lǐng) point of attention; point to remember  
要么得冠军, 要么名落孙山 (yào me dé guān jūn, yào me míng luò sūn shān) make or break  
“要人席”〔西方称法〕 (yào rén xī) V.I.P. BOX  
野马分鬃 (yě mǎ fēn zōng) parting the wild horse's mane  
业余规则 (yè yú guī zé) amateur regulations  
业余身份 (yè yú shēn fèn) amateur status  
业余体校 (yè yú tǐ xiào) spare-time sports school  
业余武术学校 (yè yú wǔ shù xué xiào) spare-time wu-shu school  
业余原则 (yè yú yuán zé) amateurism

业余运动 (yè yú yùn dòng) amateur  
业余运动员 (yè yú yùn dòng yuán) simon-pure  
夜行刀 (yè xíng dāo) night-march broadsword  
夜战刀 (yè zhàn dāo) night-fighting broadsword  
一般 (yī bān) mediocre  
一般素质训练 (yī bān sù zhì xùn liàn) general fitness training  
一场〔比赛〕 (yī chǎng) combat  
一场比赛 (yī chǎng bǐ sài) event; fight; bout  
一场的实际比赛时间 (yī chǎng de shí jì bǐ sài shí jiān) duration of a bout  
一场地 (yī chǎng dì) first court  
一串动作 (yī chuàn dòng zuò) series  
一个假动作的进攻 (yī gè jiǎ dòng zuò de jìn gōng) attack preceded by a feint  
一级裁判员 (yī jí cái pàn yuán) first class judge  
一级武士 (yī jí wǔ shì) first class warrior  
一级武术裁判员 (yī jí wǔ shù cái pài yuán) grade one "wushu" judge  
一局比赛结束 (yī jú bǐ sài jié shù) a game is over  
一连串失败 (yī lián chuàn shī bài) losing streak  
一前一后 (yī qián yī hòu) tandem  
一指金〔禅〕 (yī zhǐ jīn) single finger support on ground  
医务室 (yī wù shì) medical clinic  
医务组 (yī wù zǔ) medical group  
移 (yí) shift



移重心 (yí zhòng xīn) shift weight  
遗忘 (yí wàng) forget  
遗忘扣分 (yí wàng kòu fēn) deduct point of forgetting  
乙组拳 (yǐ zǔ quán) middle class boxing  
乙组套路 (yǐ zǔ tàò lù) middle class routine  
以肩阻挡 (yǐ jiān zǔ dǎng) shoulder block  
以谋略制胜 (yǐ móu lüè zhì shèng) outmanoeuvre  
以拳背击人 (yǐ quán bèi jī rén) backhand swing  
以拳击人 (yǐ quán jī rén) punch  
以智取胜 (yǐ zhì qǔ shèng) outstrip  
以肘击人 (yǐ zhǒu jī rén) elbow blow  
以肘阻挡 (yǐ zhǒu zǔ dǎng) elbow block  
意拳 (yì quán) will boxing  
意识 (yì shí) awareness  
意识训练 (yì shí xùn liàn) psychosomatic training  
议程 (yì chéng) agenda  
毅力 (yì lì) perseverance; fortitude  
因对方弃权而取胜 (yīn duì fāng qì quán ér qǔ shèng)  
win by retirement  
因雨取消或延期[比赛] (yīn yǔ qǔ xiāo huò yán qì)  
rained out  
音乐伴奏 (yīn yuè bàn zòu) music accompaniment  
银质奖章 (yín zhì jiǎng zhāng) silver medal  
银质奖章获得者, 亚军 (yín zhì jiǎng zhāng héò dé  
zhě, yà jūn) silver medallist  
引体向上 (yǐn tǐ xiàng shàng) chin up  
引诱, 挑引 (yǐn yòu, tiǎo yǐn) invitation; invite;

tempt  
缨 (yīng) tassel  
鹰猴对打 (yīng hóu duì dǎ) eagle-boxing and monkey-  
boxing duel  
鹰拳 (yīng quán) eagle style boxing  
鹰爪 (yīng zhǎo) hawk's claw  
鹰爪拳 (yīng zhǎo quán) hawk's claw boxing  
迎击 (yíng jī) cross; cross-counter  
迎头赶上 (yíng tóu gǎn shàng) pull up  
赢得时间 (yíng dé shí jiān) win of time  
应中国武术协会的邀请 (yīng zhōng guó wǔ shù xié huì  
de yāo qǐng) invitation of the Chinese Wushu As-  
sociation  
硬场地 (yìng chǎng dì) hard court  
硬功 (yìng gōng) toughening exercises  
勇气 (yǒng qì) mettle  
咏春刀 (yǒng chūn dāo) praise spring broadsword  
咏春拳 (yǒng chūn quán) praise spring boxing  
用大腿踢 (yòng dà tuǐ tī) kick with the thigh  
用法 (yòng fǎ) use method  
用胳膊格挡 (yòng gē bei gé dǎng) cross parry  
用剑刃劈 (yòng jiàn rèn pī) cut with edge  
用脚背踢 (yòng jiǎo bèi tī) kick with the instep  
用脚掌踢 (yòng jiǎo zhǎng tī) kick with the sole  
用力 (yòng lì) exertion  
用力动作 (yòng lì dòng zuò) strength part  
用力过度 (yòng lì guò dù) overexertion



用毛巾擦汗 (yòng máo jīn cā hàn) toweling off  
用拍击方法打出的刺拳 (yòng pāi jī fāng fǎ dǎ chū de cì quán) flicker jab  
用拍击方法格挡来拳 (yòng pāi jī fāng fǎ gé dǎng lái quán) cuff  
用手掌部位打击 (yòng shǒu zhǎng bù wèi dǎ jī) blow with the inside of the glove  
用手掌格挡来拳 (yòng shǒu zhǎng gé dǎng lái quán) catch  
用掌根击打 (yòng zhǎng gēn jī dǎ) heel  
优美 (yōu měi) grace  
优胜国升旗的旗杆 (yōu shèng guó shēng qí de qí gān) victory mast  
优胜者 (yōu shèng zhě) place winner  
优势 (yōu shì) advantage; superiority  
优势位置 (yōu shì wèi zhì) advantage position  
优秀的历史遗产 (yōu xiù de lì shǐ yí chǎn) splendid historical heritage  
优秀运动员 (yōu xiù yùn dòng yuán) standout; ranking player  
游身八挂掌 (yóu shēn bā guà zhǎng) round body eight-diagram palm  
友谊赛 (yǒu yì sài) goodwill game; friendly match  
“有!” (yǒu) “Touch!” “Yes!” “Hit!”  
有才能的 (yǒu cái néng de) gifted  
有关规则的问题〔裁判中〕 (yǒu guān guī zé de wèn tí) question of law

有关事实的问题〔裁判中〕 (yǒu guān shì shí de wèn tí) question of fact  
有角度刺 (yǒu jiǎo dù cì) angular thrust  
有角度刺或劈 (yǒu jiǎo dù cì huò pī) angled shot  
有节奏呼吸 (yǒu jié zòu hū xī) rhythmical breathing  
有效部位 (yǒu xiào bù wèi) target area, valid target  
有效分 (yǒu xiào fēn) valuable score  
有效性 (yǒu xiào xìng) validity  
有氧代谢训练 (yǒu yǎng dài xiè xùn liàn) aerobic training  
有意拖延时间 (yǒu yì tuō yán shí jiān) purposely delay the time  
有意做粗野动作 (yǒu yì zuò cū yě dòng zuò) wilful brutality  
右 (yòu) right  
右场区 (yòu chǎng qū) right court  
右带剑 (yòu dài jiàn) carry sword to right  
右钩拳 (yòu gōu quán) right hook  
右搂膝拗步 (yòu lōu xī ào bù) brush knee and twist step—right style  
右势 (yòu shì) right style  
右〔左〕腿屈膝 (yòu [zuǒ] tuǐ qū xī) right (left) leg bent at knee  
右下势独立 (yòu xià shì dú lì) push down and stand on one leg—Left style  
右虚步点剑 (yòu xū bù diǎn jiàn) point sword in right empty stance



与鼻平 (yǔ bí píng) at nose level  
与肩同宽 (yǔ jiān tóng kuān) shoulder width apart  
与……相遇 (yǔ……xiāng yù) take on; up against  
与眼平 (yǔ yǎn píng) at eye level  
鱼门拳 (yú mén quán) fish's boxing  
鱼跃 (yú yuè) dive  
鱼跃前滚翻 (yú yuè qián gǔn fān) flying dive roll  
娱乐 (yú lè) recreation  
“预备！” (yù bèi) “On guard!” “Ready!”  
预备队员，后补队员 (yù bèi duì yuán, hòu bǔ duì yuán) alternate  
预定的比赛日期 (yù dìng de bǐ sài rì qī) fixture  
预定的比赛项目 (yù dìng de bǐ sài xiàng mù) fixture  
预防 (yù fáng) preventive defence  
预计时间 (yù jì shí jiān) estimated time  
预见性 (yù jiàn xìng) anticipation  
玉女穿梭 (yù nǚ chuān suō) fair lady works at the shuttle  
鸳鸯拳 (yuān yāng quán) mandarin duck boxing  
原场地 (yuán chǎng dì) same court  
原地 (yuán dì) in place  
原地跑步练习 (yuán dì pǎo bù liàn xí) running in place  
原地跳 (yuán dì tiào) jump in place  
原地跳起 (yuán dì tiào qǐ) sargent jump  
圆领短袖衫 (yuán lǐng duǎn xiù shān) T-shirt  
圆形比赛场地 (yuán xíng bǐ sài chǎng dì) round court

for competition  
圆形动作，走弧线 (yuán xíng dòng zuò, zǒu hú xiàn) circular movement  
远穿跳跃 (yuǎn chuān tiào yuè) long-penetration jump  
远端 (yuǎn duān) neck  
院坝 (yuàn bà) courtyard  
岳家拳 (yuè jiā quán) Yue's boxing  
岳氏连拳 (yuè shì lián quán) Yue's link boxing  
岳氏散手 (yuè shì sǎn shǒu) Yue's sparring  
越出场地 (yuè chū chǎng dì) outside the limits  
越过 (yuè guò) pass over  
跃步 (yuè bù) jump step  
跃步弓箭步 (yuè bù gōng jiàn bù) balestra  
月牙 (yuè yá) crescent  
钺 (yuè) battle-axe  
云刀 (yún dāo) spin broadsword  
云棍 (yún gùn) spin cudgel  
云剑 (yún jiàn) spin with sword  
云手 (yún shǒu) wave hands like clouds  
匀称 (yún chèn) well-balanced, symmetry  
运动 (yùn dòng) exercise  
运动场 (yùn dòng chǎng) playground; athletic field  
运动场地 (yùn dòng chǎng dì) athletic ground  
运动服 (yùn dòng fú) costume  
运动服装 (yùn dòng fú zhuāng) sportswear  
运动过度 (yùn dòng guò dù) overwork  
运动会中的主要项目 (yùn dòng huì zhōng de zhǔ yào xiàng mù)



xiàng mù) main event  
运动裤 (yùn dòng kù) pants  
运动量 (yùn dòng liàng) amount of exercise  
运动耐受力 (yùn dòng nài shòu lì) tolerance of exercise  
运动如抽丝 (yùn dòng rú chōu sī) silk being drawn out from a cocoon  
运动衫 (yùn dòng shān) sports suit  
运动员 (yùn dòng yuán) athlete; player; competitor  
运动员, 教练员或工作人员的总称 (yùn dòng yuán, jiào liàn yuán huò gōng zuò rén yuán de zǒng chēng) staff  
运动员进场 (yùn dòng yuán jìn chǎng) players march in  
运动员名单 (yùn dòng yuán míng dān) list of competitors  
运动员退场 (yùn dòng yuán tuì chǎng) players march out  
运动员席 (yùn dòng yuán xí) team bench  
运动轴 (yùn dòng zhóu) movement axis

## Z

扎刀 (zā dāo) thrust broadsword  
扎枪 (zā qiāng) thrust spear  
砸拳 (zá quán) thump fist (into open palm of other hand)

栽碑 (zāi bēi) stele fall  
栽捶 (zāi chuí) punch downward  
栽拳 (zāi quán) low side strike with fist  
在比赛中一贯表现正常的运动员 (zài bǐ sài zhōng yī guān biǎo xiàn zhèng cháng de yùn dòng yuán) natural competitor  
在身体上和精神上作好参加比赛的准备 (zài shēn tǐ shàng hé jīng shén shàng zuò hǎo cān jiā bǐ sài de zhǔn bèi) key up  
再次进攻 (zài cì jìn gōng) re-attack  
再握 (zài wò) regrasp  
暂停 (zàn tíng) intermission; time out  
赞助 (zàn zhù) auspices  
择优教法 (zé yōu jiào fǎ) teaching method by selecting  
增加兴奋感 (zēng jiā xīng fèn gǎn) psyching up  
增强力量的训练方法 (zēng qiáng lì liàn de xùn liàn fāng fǎ) strengthener  
增强心血管、消化和呼吸功能 (zēng qiáng xīn xuè guǎn, xiāo huà hé hū xī gōng néng) improve the cardiovascular, digestive and respiratory functions  
赠票 (zèng piào) free ticket  
斩刀 (zhǎn dāo) cut with horizontal blade  
斩剑 (zhǎn jiàn) cut with horizontal sword-blade  
斩马刀 (zhǎn mǎ dāo) cut horse broadsword  
站立姿势, 预备姿势 (zhàn lì zī shì, yù bèi zī shì) stance



站如松 (zhàn rú sōng) stand straight like a pine  
站稳 (zhàn wěn) stand still  
站桩翻 (zhàn zhuāng fān) standing state "fan" boxing  
占据 (zhàn jù) occupy  
占绝对优势 (zhàn jué duì yōu shì) reign supreme  
战斗精神 (zhàn dòu jīng shén) fighting spirit  
战距 (zhàn jù) fighting distance  
战胜, 刷掉 (zhàn shèng, shuā diào) brush aside  
战术 (zhàn shù) tactics  
战术变化 (zhàn shù biàn huà) variation of tactics  
战术动机 (zhàn shù dòng jī) tactical motif  
战术动作 (zhàn shù dòng zuò) tactical operation  
战术讲解 (zhàn shù jiǎng jiě) skill practice, skill session  
战术威逼 (zhàn shù wēi bī) tactical threat  
战术训练 (zhàn shù xùn liàn) tactical training  
战术意识 (zhàn shù yì shí) tactical awareness  
战术指导 (zhàn shù zhǐ dǎo) tactical instruction  
章程 (zhāng chéng) constitution  
张开手套打击 (zhāng kāi shǒu tào dǎ jī) blow with the open glove  
张开手掌下压中部来拳的格挡 (zhāng kāi shǒu zhǎng xià yā zhōng bù lái quán de gé dǎng) brush-away  
掌 (zhǎng) palm  
掌法 (zhǎng fǎ) palm position  
掌根 (zhǎng gēn) heel of the hand  
掌握均匀速度 (zhǎng wò jūn yūn sù dù) even pacing

掌握速度 (zhǎng wò sù dù) pacing  
掌心朝内 (zhǎng xīn cháo nèi) with palm side facing inward  
掌心朝上 (zhǎng xīn cháo shàng) with palm side up  
掌心翻向上 (zhǎng xīn fān xiàng shàng) turn palm up  
掌心向后 (zhǎng xīn xiàng huò) palm backward  
掌心向内 (zhǎng xīn xiàng nèi) palm inward  
掌心向前 (zhǎng xīn xiàng qián) palm forward  
掌心向上 (zhǎng xīn xiàng shàng) palm up  
掌心向下 (zhǎng xīn xiàng xià) palm downward  
掌心向外 (zhǎng xīn xiàng wài) palm outward  
掌型 (zhǎng xíng) palm form  
掌与肩平 (zhǎng yǔ jiān píng) shoulder level with palm  
着地点 (zhāo dì diǎn) landing place  
爪 (zhǎo) claw  
折如弓 (zhé rú gōng) fold like bow  
镇山虎 (zhèn shān hǔ) suppress mountain tiger  
振臂 (zhèn bì) shake arms  
振脚上冲拳 (zhèn jiǎo shàng chōng quán) stamp foot and thrust up fist  
争夺 (zhēng duó) contend, vie  
争夺冠军 (zhēng duó guān jūn) dispute a title  
争夺者 (zhēng duó zhě) contender  
争执 (zhēng zhí) dispute  
整个扣分 (zhěng gè kòu fēn) global deduction  
整理活动 (zhěng lǐ huó dòng) warming-down, cooling down



整齐 (zhěng qí) neat and tidy  
整套 (zhěng tào) whole set  
正常呼吸法 (zhèng cháng hū xī fǎ) normal breathing  
正规姿势 (zhèng guī zī shì) normal position  
正撩[拳] (zhèng liáo) cut forward with fist  
正式成绩 (zhèng shì chéng jī) official time  
正式项目 (zhèng shì xiàng mù) title event  
正踢腿 (zhèng tī tuǐ) kick front  
正握刀 (zhèng wò dāo) hold broadsword  
正误对比法 (zhèng wù duì bǐ fǎ) contrast method with  
right-error  
正压腿 (zhèng yā tuǐ) press leg forward with mouth to  
the toes  
证明书, 执照 (zhèng míng shū, zhí zhào) certificate  
支撑 (zhī chēng) support  
支撑脚 (zhī chēng jiǎo) non-kicking foot  
支持不住 (zhī chí bù zhù) give away  
执照 (zhí zhào) licence  
指导 (zhǐ dǎo) director; advice  
指点 (zhǐ diǎn) pointers  
指定, 选派 (zhǐ dìng, xuǎn pài) designate  
指法 (zhǐ fǎ) finger position  
指尖 (zhǐ jiān) finger tip  
直摆性腿法 (zhí bǎi xìng tuǐ fǎ) kick straight-swing  
leg position  
直臂 (zhí bì) extended arm  
直刺 (zhí cì) straight thrust

直的 (zhí de) straight  
直接刺 (zhí jiē cì) direct thrust  
直接还击刺 (zhí jiē huán jī cì) direct riposte with po-  
inting  
直接还击劈 (zhí jiē huán jī pī) direct riposte with cu-  
tting  
直接进攻 (zhí jiē jìn gōng) direct attack  
直接劈 (zhí jiē pī) direct cut  
直径 (zhí jìng) diameter  
直立举腿平衡 (zhí lì jǔ tuǐ píng héng) balance and li-  
ft-leg standing  
直立提膝平衡 (zhí lì tí xī píng héng) balance and lift-  
knee standing  
直拳 (zhí quán) straight b w  
直身前扫 (zhí shēn qián sǎo) sweep ground forward wi-  
th body straight  
直体 (zhí tǐ) upper body lifting  
直体跳跃 (zhí tǐ tiào yuè) straight body leap  
直腿 (zhí tuǐ) straight legs  
直腕 (zhí wǎn) straight wrist  
职业运动员 (zhí yè yùn dòng yuán) professional  
职业运动员身份 (zhí yè yùn dòng yuán shēn fèn) prof-  
essionalism  
制裁 (zhì cái) sanction  
制动 (zhì dòng) braking; apply the brake  
制服[如裁判员穿的服装] (zhì fú) uniform  
秩序册 (zhì xù cè) program



中华武士会 (zhōng huá wǔ shì huì) Chinese Warrior Society

中国服装 (zhōng guó fú zhuāng) Chinese costume

中国武术的特色 (zhōng guó wǔ shù de tè sè) characteristic feature of Chinese wushu

中国武术的主要门派 (zhōng guó wǔ shù de zhǔ yào mén pài) major school of Chinese wushu

中国武术协会 (zhōng guó wǔ shù xié huì) Chinese Wushu Association

中架〔太极拳架式〕 (zhōng jià) middle frame

中间区 (zhōng jiān qū) middle zone

中距离 (zhōng jù lí) medium distance

中区 (zhōng qū) mid court

中途退出比赛 (zhōng tú tuì chū bǐ sài) drop out

中线 (zhōng xiàn) midcourt line, centre line

中线标记 (zhōng xiàn biāo jì) centre line markings

中心位置 (zhōng xīn wèi zhì) home position

中央国术馆 (zhōng yāng guó shù guǎn) Center Guoshu Hall

种类 (zhǒng lèi) kind

仲裁委员会 (zhòng cái wěi yuán huì) jury of appeal, appeal committee

重如铁 (zhòng rú tiě) force as weight as iron

重心 (zhòng xīn) centre of gravity

重心〔剑〕 (zhòng xīn) balance point

重心保持在左脚 (zhòng xīn bǎo chí zài zuǒ jiǎo) hold weight on left leg

重心移至左〔右〕脚 (zhòng xīn yí zhì zuǒ (yòu) jiǎo) transfer weight onto left (right)

重心转移 (zhòng xīn zhuǎn yí) shifting of weight

周长 (zhōu cháng) circumference

周家螳螂拳 (zhōu jiā táng láng quán) Zhou's mantis-style boxing

轴心脚 (zhóu xīn jiǎo) pivot foot

肘底捶 (zhǒu dǐ chuí) fist under elbow

肘端平 (zhǒu duān píng) elbow lever

肘法 (zhǒu fǎ) elbow position

主办 (zhǔ bàn) auspices

主办国, 东道国 (zhǔ bàn guó, dōng dào guó) host country

主裁判员 (zhǔ cái pàn yuán) referee

主持 (zhǔ chí) conducting

主动 (zhǔ dòng) initiative

主动权 (zhǔ dòng quán) priority, right of way

主队 (zhǔ duì) home side, home team

主攻 (zhǔ gōng) main attack

主任, 部长 (zhǔ rèn, bù zhǎng) director

主席, 主任 (zhǔ xí, zhǔ rèn) chairman

主要练习组 (zhǔ yào liàn xí zǔ) main series

主要项目 (zhǔ yào xiàng mù) main event

主要运动项目 (zhǔ yào yùn dòng xiàng mù) major sport

柱地棍 (zhù dì gùn) lean on ground

著名拳师 (zhù míng quán shī) famous pugilist



注解 (zhù jiě) commentaries  
助跑 (zhù pǎo) running approach; approach  
助跑性翻腾, 跳跃 (zhù pǎo xìng fān téng, tiào yuè)  
flip-leap with running  
助手 (zhù shǒu) second  
“助手退场!” (zhù shǒu tuì chǎng) “Seconds out!”  
抓 (zhuā) clutch  
抓, 握, 抱 (zhuā, wò, bào) hold  
抓腿 (zhuā tuǐ) leg grip  
抓握 (zhuā wò) grasp; catch  
抓握部位 (zhuā wò bù wèi) grip zone  
抓住 (zhuā zhù) sock  
专项技术 (zhuān xiàng jì shù) specific technique  
转动身体将重心从一脚移向另一脚 (zhuǎn dòng shēn tǐ  
jiāng zhòng xīn cóng yī jiǎo yí xiàng líng yī jiǎo)  
foot pivot  
转脚跟 (zhuǎn jiǎo gēn) pivot on the heel  
转身 (zhuǎn shēn) rotate; turn; turn body; turnaround  
转身摆莲 (zhuǎn shēn bǎi lián) turn around and lotus  
swing  
转身搬拦捶 (zhuǎn shēn bān lán chuí) turn, deflect do-  
wnward, parry and punch  
转身抽剑 (zhuǎn shēn chōu jiàn) turn body and with-  
draw sword  
转身大捋 (zhuǎn shēn dà lǚ) turn body, bring oppone-  
nt's arm  
转身灵活 (zhuǎn shēn líng huó) quick turn

转身劈剑 (zhuǎn shēn pī jiàn) turn around to cut  
转身撇身捶 (zhuǎn shēn piě shēn chuí) turn body=throw  
fist  
转身十字腿 (zhuǎn shēn shí zì tuǐ) turn body-cross leg  
转身跳 (zhuǎn shēn tiào) turn-body jump  
转体 (zhuǎn tǐ) turn torso; turn body  
转体动作 (zhuǎn tǐ dòng zuò) body twist  
转体跳 (zhuǎn tǐ tiào) turning leap  
转体跳跃 (zhuǎn tǐ tiào yuè) turn body leap  
转体弯腰闪躲来拳 (zhuǎn tǐ wān yāo shǎn duǒ lái quán)  
drop-away  
转头 (zhuǎn tóu) turn head  
转腕 (zhuǎn wǎn) wrist turn; wrist rotation  
转腕旋膀 (zhuǎn wǎn xuán bǎng) hand circling and wr-  
ist rotation  
转腰 (zhuǎn yāo) turn torso  
转移 (zhuǎn yí) transfer  
转如轮 (zhuǎn rú lún) circle straight like a wheel  
桩功 (zhuāng gōng) power of stake  
桩子 (zhuāng zǐ) stake  
撞膝抓喉 (zhuàng xī zhuā hóu) thrust knee and grab  
throat  
追赶 (zhuī gǎn) chase  
追加扣分 (zhuī jiā kòu fēn) additional deduction  
追忆 (zhuī yì) remember  
追逐 (zhuī zhú) hunting  
“准备!” (zhǔn bèi) “Ready!”



“准备好没有?” (zhǔn bèi hǎo méi yǒu) “Ready?”  
准备活动 (zhǔn bèi huó dòng) warming-up; loosening-up; limber-up  
准备活动室或厅 (zhǔn bèi huó dòng shì huò tīng) warming-up hall  
准备上场 (zhǔn bèi shàng chǎng) on deck  
准许重新开始 (zhǔn xǔ chóng xīn kāi shǐ) allowance of fresh start  
姿势 (zī shì) posture; form; position  
姿势不好 (zī shì bù hǎo) poor position  
子母拳 (zǐ mǔ quán) composite boxing  
子母双刀 (zǐ mǔ shuāng dāo) composition double broadsword  
自己的特色 (zì jǐ de tè sè) own distinctive feature  
自卫 (zì wèi) self-defence  
自我放松训练 (zì wǒ fàng sōng xùn liàn) self-relaxation training  
自选的 (zì xuǎn de) voluntary  
自选拳 (zì xuǎn quán) optional boxing  
自选套路 (zì xuǎn tàò lù) optional; original set pattern; optional routine  
自由搏击 (zì yóu bó jī) free sparring (combat)  
自由实战 (zì yóu shí zhàn) loose play  
宗旨 (zōng zhǐ) motto  
综合训练 (zōng hé xùn liàn) combined training  
综合训练课 (zōng hé xùn liàn kè) integrated workout  
总裁判长 (zǒng cái pàn zhǎng) general chief judge; head

of chief referee  
总成绩 (zǒng chéng jī) total score  
总分 (zǒng fēn) total points  
总分, 累积分 (zǒng fēn, léi jī fēn) aggregate score  
总教练 (zǒng jiào liàn) head coach  
纵步〔垫步〕 (zòng bù) skip step  
纵列 (zòng liè) tandem  
走步摇晃〔被击后〕 (zǒu bù yáo huàng) stagger  
走武术国际化的道路 (zǒu wǔ shù guó jì huà de dào lù) wushu on the way to internationalization  
组 (zǔ) series  
组别 (zǔ bié) group  
组次 (zǔ cì) serial order of pairs  
组合 (zǔ hé) series  
组合拳, 连续拳 (zǔ hé quán, lián xù quán) combination on blow  
组织结构, 动作编排 (zǔ zhī jié gòu, dòng zuò biān pái) combination  
组织委员会 (zǔ zhī wěi yuán huì) the organizing committee  
组织者 (zǔ zhī zhě) organizer  
阻挡 (zǔ dǎng) blocking  
阻止, 妨碍 (zǔ zhǐ, fáng ài) hinder  
醉剑 (zuì jiàn) drunkard plays sword  
醉金剛 (zuì jīn gāng) drunken Vajra boxing  
醉拳 (zuì quán) drunkard boxing  
最低分 (zuì dī fēn) lowest mark



最高分 (zuì gāo fēn) highest mark  
最好 (zuì hǎo) faultless  
最后得分 (zuì hòu dé fēn) final score  
最厉害的一击 (zuì lì hài de yī jī) Sunday punch  
最有价值的套路 (zuì yǒu jià zhí de tàò lù) most valuable routine  
遵守规则 (zūn shǒu guī zé) obey rules  
左场区 (zuǒ chǎng qū) left court  
左〔右〕蹬脚 (zuǒ (yòu) dēng jiǎo) kick with left (right) heel  
左〔右〕弓步架剑 (zuǒ (yòu) gōng bù jià jiàn) parry in left (right) bow stance  
左钩拳 (zuǒ gōu quán) left hook fist  
左搂膝拗步 (zuǒ lōu xī ào bù) brush knee and twist step—left style  
左上钩拳 (zuǒ shàng gōu quán) left uppercut  
左手白虎刀 (zuǒ shǒu bái hǔ dāo) left-hand-white-tiger broadsword  
左〔右〕手划弧 (zuǒ (yòu) shǒu huà hú) circle left (right) arm  
左手拳 (zuǒ shǒu quán) left fist  
左下势独立 (zuǒ xià shì dú lì) push down and stand on one leg left style  
左右飞鹤剑 (zuǒ yòu fēi hè jiàn) left-right flying crane sword  
左右挂剑 (zuǒ yòu guà jiàn) left-right row with sword  
左右手都能用的 (zuǒ yòu shǒu dōu néng yòng de) ambidextrous  
左直拳 (zuǒ zhí quán) feeler

左〔右〕直拳 (zuǒ (yòu) zhí quán) left (right) straight fist  
左直拳接右钩拳 (zuǒ zhí quán jiē yòu gōu quán) boom-boom  
左直拳右直拳 (zuǒ zhí quán yòu zhí quán) one-two  
坐盘 (zuò pán) cross-legged sitting position  
座位 (zuò wèi) seat  
做假动作造成对方漏空 (zuò jiǎ dòng zuò zào chéng duì fāng lòu kòng) open up  
做浅呼吸 (zuò qiǎn hū xī) breathe shallow  
做深呼吸 (zuò shēn hū xī) breathe deep  
做手势, 发给信号 (zuò shǒu shì, fā gěi xìn hào) signal  
做准备活动 (zuò zhǔn bèi huó dòng) do warm-up exercise; limber up