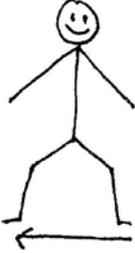
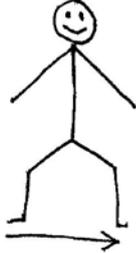
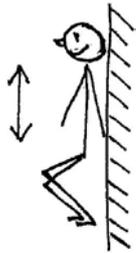
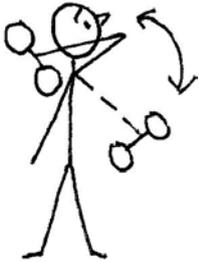
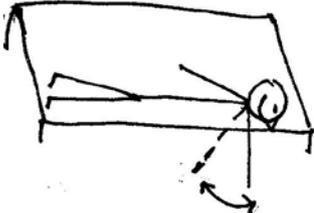
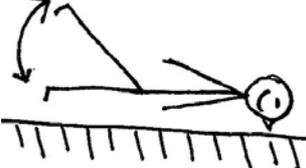
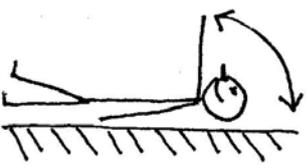
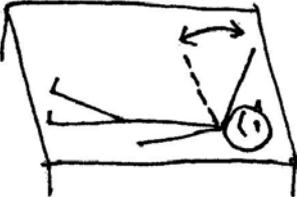
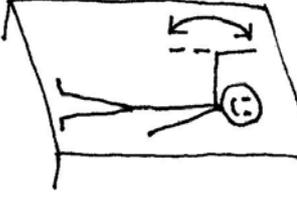
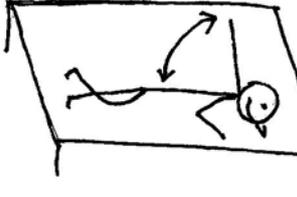
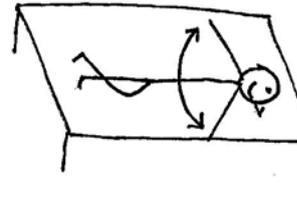
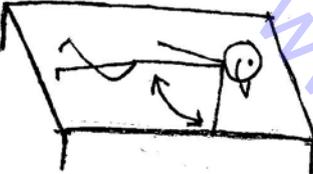
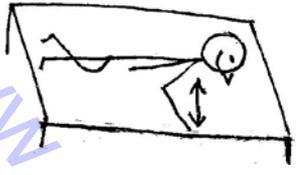
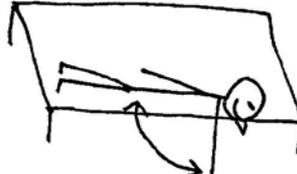


高(24 式)

<p>B13 <高> 向右横行</p> 	<p>B14 <高> 向左横行</p> 	<p>B15 <高> 跑步</p> 	<p>B18 <高> 蹲下/站立(2)</p> 
<p>C10B <高> 横向提重物(向后)</p> 	<p>C12 <高> 横向提臂: 直手</p> 	<p>C12A <高> 手臂背后摆动: 直手</p> 	<p>C13A <高> 手臂: 向前伸</p> 
<p>C13B <高> 向上提臂: 直手</p> 	<p>C13C <高> 手臂: 上/下转动</p> 	<p>C13D <高> 横向向上提臂: 直手</p> 	<p>C13E <高> 向后打圈</p> 
<p>C13F <高> 背后提手</p> 	<p>D05 <高> 俯身横向提臂: 直手</p> 	<p>D07 <高> 俯身后提大腿: 直腿</p> 	<p>D13A <高> 举手过头: 直手</p> 

<p>D14 〈高〉</p> <p>横向提手：直手</p> 	<p>D14A 〈高〉</p> <p>前臂：上/下转动</p> 	<p>D14B 〈高〉</p> <p>侧身向上提手：直手</p> 	<p>D14C 〈高〉</p> <p>侧身横向提手：直手</p> 
<p>D14D 〈高〉</p> <p>侧身向后提手：直手</p> 	<p>D14E 〈高〉</p> <p>侧身横前伸手：直手</p> 	<p>D14F 〈高〉</p> <p>俯身向后提手：直手</p> 	<p>D16 〈高〉</p> <p>半掌上压</p> 