

A Brief Introduction to Geng Style Xingyi Splitting Spear

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Geng Style Xingyi Splitting Spear is from the founder of the Beijing Simin Martial Arts Society, whom, people called “Powder Faced Jingang” Geng Jishan, a master of consummate skill. Simultaneously, Geng Jishan is also a top student of first generation Hebei Xingyi Quan master Liu Qilan.

This article introduces the big spear as it was taught by Geng Jiahan’s grandson, Shiye Geng Defu to Shifu Feng Zhizhong (6th duan), Shibai Zhou Lihou, and Shishu Zhang Xiongde. After Shiye died, the three Shifu also asked Mr. Shang Ji and Mr. Wang Xuanjie to be their teachers to continue their studies in Xingyi Quan and Dacheng Quan, and to have the power of their fists and spears to become even more perfected.

There is an old saying that goes, “When the empty hand is completed, the weapons come next.” In order to practice the spear you need to have a foundation in the empty hand arts. Without the standing posts of Xingyi Quan you won’t have the whole body power. By blindly practicing the spear, it is very easy to cause injury to the body. Because of this you should spend at least three years in the *Santi* and *Hunyuan* standing posts.

Only as a result of your teacher molding your body (Geng Style inspecting the standing post to get power is one method), and after definite post skills powers are comparatively complete, can you then be taught the big spear methods. On account of this Shifu Feng often says, “The energy of the splitting spear is very difficult to get. You must already have developed the whole power of the standing posts. Still more you must use ‘wave testing strength’ to get the spine to open up and attain the goals of ‘long tendons and great strength,’ correct forms, and when issuing energy with the splitting spear it does not stop until it reaches the tip.

The Geng family big spear is about three meters long, made of white waxwood. Without the spear head, it becomes the big pole. Therefore the practice methods of the big pole and the big spear are the same. The Geng family spear focuses on using five types, *pi*, *beng*, *zuan*, *pao*, and *heng*. When practicing, the emphasis is on using single drills. A fixed step is used for practice. A fluid step is used for application. The Splitting [pi] Spear is the first of the five elements spear.

The practice method of splitting spear is divided into fixed step and fluid step.

Fixed step Splitting spear (using the left form as the model):

Beginning form: Santi form standing post. The head pushes up and the neck is erect. Relax the shoulders and drop the elbows. Relax the waist and sit in the hips. Close the anus and raise the buttocks. The rear hip sits backwards. The front knee presses toward the front. The front foot braces. The rear foot presses. The weight distribution is 30% in front and 70% in the rear.



Both hands grasp the spear. The right hand grasps the butt. The spear is not far from the body. It is held loosely above the rear hip. The distance between the hands is about one foot and used to properly raise the big spear so that the tip angles upward. The vitality is collected within. The eyes gaze toward the front. See picture 1.

The rear foot presses down, the hips turn and the weight moves forward. Both hands simultaneously drill and spiral up and inward. This causes the spear to drill out diagonally toward the upper front direction. This time the left hand does not move. The right hand continues to drill upward. It goes straight until it bumps up against the left hand. At this time the palms of both hands face upward. See picture 2. This drilling posture does not stop. The front foot braces against the ground. The weight moves back as you sit in the hips. Both hands simultaneously fall and turn over. This returns you to the original posture.



The energy of the second posture must use “spine strength”. Only relying of the physical strength of the hands and arms is splitting without having the energy leave the big spear. Each time Shifu Feng practiced the spear, the range of motion was not very big. Only each time the spear split down, the spear tip did “Golden Chicken Nods its Head,” and the whole shaft of the spear would shake endlessly.

Fluid Step Splitting Spear:

After a foundation in the fixed step practice has been established, then you can move to using the fluid step splitting spear.

In a high Santi standing post, use Xingyi Quan's flowing step and follow step to "split with each step." [*yi bu yi pi*] For training the energy in the movements, first practice slowly, then later quickly. When drilling, you must have the idea of using it for real. The idea is like splitting continuously toward the enemy in front to sweep away his weapon. Allow the splitting spear's energy to be even more agile and functional.

The big spear practice trains skill over a long time. This is a very exhaustive training so you must have limits. Perhaps use twice a week as a limit. Each time do the standing posts. Practice the fists, then you will progressively be filled with vitality and power through the duration of the training. Progressively alternate the left and right forms. The training intensity will be different for different people. So it is good to regulate yourself. Use it to attain your expansive skills and also use it for the purpose of nurturing life.

