

Xingyi Quan Ba Zi Gong

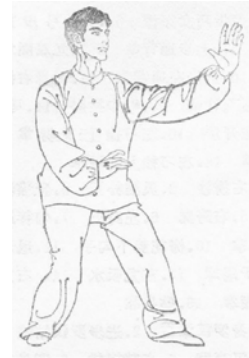
Xingyi Quan Eight Characters Skills

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Among the Internal Martial Arts, Xingyi Quan has a reputation for being good for fighting. The Eight Character Skills [Ba Zi Gong] are important fighting routines of Xingyi. There is a saying in Xingyi that goes, “The Five Elements Fists make the body, the Eight Characters Skills make the skills.” The actions of the Eight Characters Skills routines are simple to practice. Each technique, each form, all strive for maximum results. Because of this, the Eight Characters Skills, through the ages, have been regarded as treasures by martial artists. Ordinarily, it is not trained in public and it is not lightly taught to people. These routines of the Eight Character Skills were taught by Master Pei Shirong. Master Pei was a top student of Fu Jianqiu, Huang Bonian and Huang Boshou. These three were students of Li Cunyi.

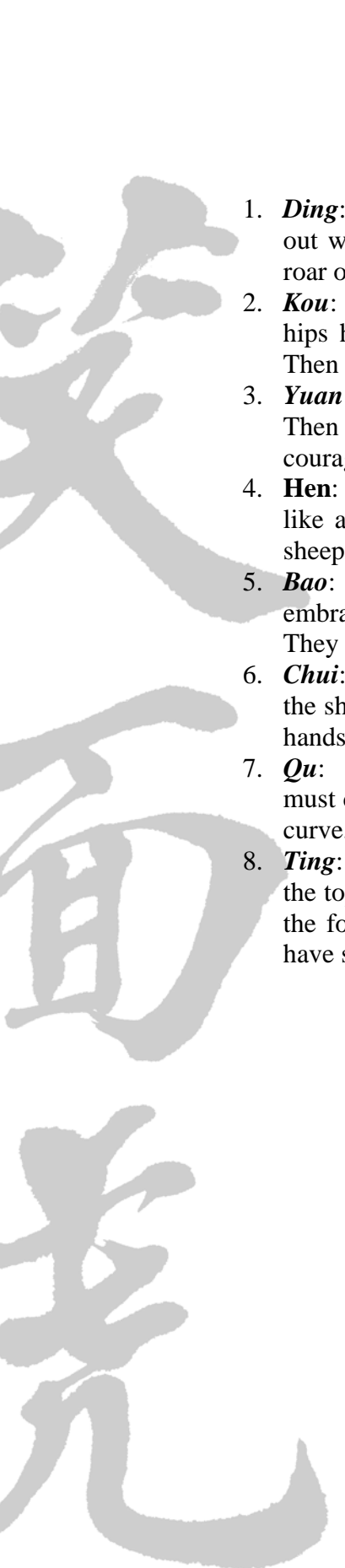


In order to carry on and develop my country's martial arts legacy, I respectfully offer this article to the widespread readers. I anxiously hope that my martial arts elders and the elders of similar schools in the martial community will point out any errors.

The Eight Character Skills are progressively trained repeatedly on both left and right sides. There is no limit to how many times they can be practiced. That is determined by each person's own physical strength. When first practicing, perhaps the weaker person can, step by step, progressively increase the training frequency. One must only persevere in training. Eventually the student will become stronger and be able to defend himself. The main routines for the Eight Character Skills are the *Ba Zi Gong Lianhuan Quan* and the eight individual routines, *Zhan, Jie, Guo, Kua, Tiao, Ding, Yun* and *Ling*. In training one must pay attention to four points:

1. The hand method and the foot method must be quick, stable and have strength. The two combine to make one.
2. The eye method requires that the hands and eyes mutually follow each other. The hands arrive and the eyes arrive, quick like lightning.
3. The body must be light and agile. Push up the neck. Loosen the shoulders and drop the elbows. Fill the abdomen and free up the chest.
4. The stepping method. Advance and retreat must be quick and nimble. The stepping must be agile and lively.

The Eight Character Skills begin with the Santi form. This is the foundational posture of Xingyi Quan. It is traditionally called San Cai (three abilities) (heaven, earth, and man). It is also called the Zi wu post. This form has eight requirements.

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1. **Ding**: The head pushes up with the courage to thrust toward heaven. The hand pushes out with the strength to push mountains. The tongue pushes up with the aspect of roar of the lion and howl of animals.
 2. **Kou**: The shoulders hook. Then the qi strength arrives at the elbows. The knees and hips hook. Then the whole body strength is collected. The fingers and toes hook. Then the whole body strength is rich.
 3. **Yuan**: The spine is round. Its strength urges the body. The front of the chest is round. Then the strength of both elbows is complete. The tiger's mouth is round. Then courage is fiercely proclaimed outward.
 4. **Hen**: The mind is ruthless like a raccoon dog catching a mouse. The eyes are ruthless like an eagle gazing at a rabbit. The hands are ruthless like a tiger pouncing on a sheep.
 5. **Bao**: The dantian embraces the qi. The qi is not separated outward. Courage is embraced and touched. Face the enemy without fear. Both elbows embrace the ribs. They come in and go out without confusion.
 6. **Chui**: The qi hangs. Then the qi descends to the dantian. The shoulders hang. Then the shoulders can propel the elbows. The elbows hang. Then the elbows can push the hands.
 7. **Qu**: Both arms must bend. If they bend, then the strength is abundant. The thighs must curve. If they curve, then the strength is collected. The wrist must curve. If they curve, then the strength is rich.
 8. **Ting**: The neck must be straight. If the neck is straight, then the vitality permeates to the top. The waist must be straight. If the waist is straight, then the strength passes to the four limbs. The knee must be straight. If the knees are straight, then they will have springy strength.

Santi Form (Beginning Form)

1. The upper body is slightly to the left side. Face the southeast. Both heels are next to each other. The left foot toes point to the front. The right foot toes point 45 degrees to the right. It makes an 8 character form [八]. Both knees are straight. Both hands are next to the sides of the legs. The fingers are together. The head is erect. The neck is straight. The lower jaw is slightly hooked. The eyes gaze levelly ahead. (picture 1)
2. Both hands rise up toward the front. The centers of the palms face up. The little fingers of both hands slightly overturn upwards. Their height is even with the nose. (picture 2)
3. Both palms turn over and push down. The centers of the palms face down. Both legs slightly bend. Both palms push down until they arrive at navel level. Then both palms make fists. The centers of the fists face down. (picture 3)
4. Both fists turn over so that the centers of the fists face up. The right arm bends the elbow and rotates inward. The right fist drills out from the solar plexus toward the upper front direction. The eye of the fist faces toward the lower left. Its height is even with the eyebrows. The left fist then arrives below the right elbow. The right shoulder moves slightly toward the front. (picture 4)
5. The left fist changes to a palm. The arm rotates inward and turns the wrist over. It goes up from the right elbow area. Then the arm rotates outward. It splits toward the front and presses down. The right fist changes to a palm. It overturns and pulls downward. It pushes down to arrive at the abdomen with the center of the palm facing down. The left foot steps toward the front. The right foot follows and steps up half way. The hand, foot and nose make a straight line. (picture 5)



三体式图一



三体式图二



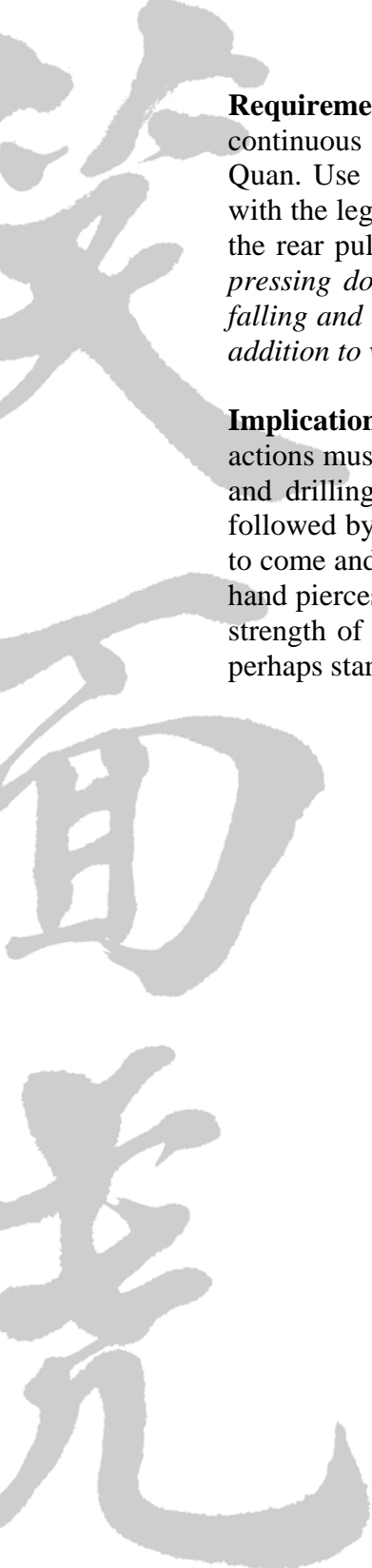
三体式图三



三体式图四



三体式图五



Requirements for Issuing Energy: When the hands go up and overturn, the energy must be continuous and unbroken. Inhale at the beginning posture. Push down and exhale for the Pi Quan. Use the elbow area's sinking down energy. Add the waist and hips twisting energy with the legs' straight energy. The three parts combine to make one body. The front split and the rear pull make alternately receiving and issuing energy. The song says: *“In the double pressing down and the double drilling, the qi is mutually connected. Rising and inhaling, falling and exhaling are not done thoughtlessly. Change the bones and change the sinews in addition to washing the marrow. The foot stepping and the hand splitting are simultaneous.”*

Implications for Fighting: The Santi Form (Pi Quan) is like an ax. Because of this, the actions must be brave, fierce, and rapid. The posture is like breaking bamboo. Pressing down and drilling are used to push the enemy's incoming hand. As the enemy retreats, this is followed by drilling up to strike the enemy's throat or head area. If the enemy uses his hand to come and join, then use the front hand to pluck and pull aside his incoming hand. The rear hand pierces out past the front arm to drill and split the enemy's face or chest. The combined strength of both hands must be fierce. The foot that steps up can kick the enemy's shin or perhaps stamp on the top of the enemy's foot.

Zhan Zi Quan (斩)

(The beginning posture is the Santi Form like above.)

Actions:

Severing Splitting Hand: 1) The left foot is retracted back. The left hand does a true sever. The left foot steps up toward the right front direction. The toes swing out slightly toward the left. The left hand does a reverse split. (picture 1)

2) The right foot steps up. The right hand does a true sever. The left hand is by the right shoulder. The stance forms the Santi Form. (picture 2)

3) The right foot is retracted back. The right hand does a true sever. The right foot steps up toward the left front direction. The toes swing out slightly toward the right. The right hand does a reverse split. (picture 3)

4) The left foot steps up. The left hand does a true sever. The right hand is by the left shoulder. The stance forms the Santi Form. (picture 4)



Tiger Pounces: 1) The left hand is below and the right hand is above. The centers of the palms face up. They cross each other. The left foot steps back to arrive by the right foot. (picture 5)

2) Then both palms open toward the sides. From the chest, they pass the mouth and pounce out toward the front. The centers of the palms face outward making Tiger Pounces. The right foot advances one step toward the right front direction. The left foot then follows. (picture 6)



Head Fist: 1) From the above form, the right hand is on top and the left hand is on the bottom. The centers of the palms face down. Together they make a “+” shape form.

(2) Then both hands part to the sides. They push down to arrive at both sides of the right knee. Use the head to strike toward the lower front direction. The right foot steps toward the front. The left foot follows it. (picture 7) Use the above to make the right form. The left form is the same as the right form only opposite.



Zhan Zi Quan Returning Practice: (1) If the right foot is in front and the left foot is in back, then pivot on the left foot. The right foot takes a step toward the left. The body turns from the left toward the right. Both palms change to fists and return to the abdomen area. The centers of the fists face up. (picture 8)

(2) The left foot retracts to the side of the right foot and steps out toward the left front direction. The right foot does a follow step. Both fists change to palms. From the chest they pass the mouth to pounce out toward the left front direction making a left Tiger Pounces. (picture 9)



Zhan Zi Quan Song: *Left and right splitting, hanging, and severing in addition to overturning. Step up, Tiger Pounce in addition to Head drilling.*

Requirements for Issuing Energy: In the **Severing Splitting Hand**, the posture must be fast. You must use sinking energy. The rear hand covering splitting posture must be fierce. The left foot's retracting step must be quick. After changing the form, the **Tiger Pounce** must use a rear leg kick. The front foot touches the ground. You must use touching energy. The head must push upward. In **Head Fist**, the seizing hands must use rolling overturning energy.

Implications for Fighting: The fist classics say: “If you have strength, then advance to the front. If you don't have strength, then step to the sides.” The **Severing Hand** is used to touch the enemy's hand. Then I advance and split him. If the enemy attempts to get away and seal my leg, I change my steps and use **Tiger Pounces**. If the enemy uses both hands to uphold my two arms, I part my hands outward and use my head to strike his jaw area.

Jie Zi Quan (截)

(The beginning posture is the Santi Form like above.)

Actions:

Qin Na Hand: The center of the left palm (front hand) faces up. It is pulled down in an arc. The rear hand, right palm does Heng Quan. The palm faces down. It cuts horizontally to the front from the front of the chest. The right foot toes point up. The heel flows along the ground and does a scraping kick towards the front. (picture 1)



Horizontal Intercepting Elbow: 1) From the above form, the right hand changes to a fist and is pulled back to the abdomen. The right foot toes drop to the ground.

2) The left hand changes to a fist with the back of the fist facing up. It goes from the abdomen past the front of the chest. The horizontal elbow strikes out with a horizontal intercept toward the front.



3) Closely joined with this, the left foot steps toward the front and the right foot follows. (picture 2)

Shoulder Splitting Fist: 1) The left foot takes half a step to the rear. The left fist changes to a palm. From the right lower area, it passes the right shoulder and does a reverse wheel split.


2) Immediately, the right foot advances to arrive in front of the left foot. The right fist changes to a palm and does a true wheel splitting strike to the front. The right shoulder slightly leans forward. (picture 3) The idea is in the shoulder strike. The step ends in the Santi Form. The left hand is by the right shoulder area. The above describes the right form. The left form is similar to the right form, only opposite.



Jie Zi Quan Returning Practice: 1) If the right foot and right hand are in front, the body turns toward the left rear. The right foot does not move.

2) The left foot turns 180 degrees toward the rear. The toes swing out toward the left. The left palm does a reverse split.

3) The right foot steps up. The right palm does a true split. The right shoulder is slightly toward the front. [This is similar to Shoulder Splitting Fist (2)]



Jie Zi Gong Song: The Qin Na Elbow is in the splitting, intercepting shoulder. One yin, one yang; left and right interchanging.

Requirements for Issuing Energy: Both hands must be coordinated in the **Qin Na**. The right hand cutting speed must be quick. The right foot must simultaneously do a scraping kick. When doing the **Horizontal Intercepting Elbow**, the outgoing left hand must be fierce. The returning right hand must be quick. In doing the **Shoulder Splitting Fist**, you must hollow the chest and spread the back. The idea is the shoulder cutting. Simultaneously the right hand follows the shoulder cutting and splits down. The posture must sink.

Implications for Fighting: The **Qin Na Hand** is the right hand seizing the enemy's wrist. The left hand grabs the enemy's elbow. The right hand from below goes up and cuts to the front. The left hand sweeps away the enemy's forearm. Simultaneously raise the right foot and kick the enemy's shin. With the **Horizontal Intercepting Elbow**, if the enemy retreats, I pull the enemy's hand to my abdomen and my left hand does a horizontal elbow intercepting strike to the enemy's chest or throat. The **Shoulder Splitting Fist** is similar to the **Severing Splitting Hand**, only more emphasis is on the shoulder strike.

Guo Zi Quan (果)

(The beginning posture is the Santi Form like above.)

Action:

Elbow and Leg Connected: 1) The right hand changes to a fist. From below, it goes up. From the right it arrives at the left. The right elbow wraps to the left. The left hand changes to a fist and retracts to arrive at the left side of the navel. Simultaneously the right foot toes point up. The right heel touches the ground. Do a scraping kick toward the left front direction. (picture 1)

2) The left hand rises up from the waist. From the left it arrives at the right. The left elbow wraps toward the right. The right hand changes to a fist and retracts to arrive at the right side of the navel. Simultaneously the left foot toes point up. The left heel touches the ground. Do a scraping kick toward the right front direction. (picture 2)



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果字拳图二



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3) The right hand goes up. It moves from the right to the left. The right elbow wraps to the left. The left hand changes to a fist and retracts to arrive at the left side of the navel. Simultaneously the right foot toes point up. The right heel touches the ground. Do a scraping kick toward the left front direction. (picture 1)

4) The right elbow wraps to the left. Simultaneously scrape the right foot. Make a side body horse step. Face toward the right direction. The stance becomes a horse step. The left hand goes up and frames above the top of the head. The right elbow, from inside the left arm, wraps past the face area. From the front of the chest, it does a horizontal elbow strike toward the right front direction. (picture 3)

Close the Door Elbow: 1) The left foot steps up. The left hand changes to a vertical elbow. It wraps and closes to the right. The right foot does a scraping kick. (picture 4)

2) The right foot steps toward the front past the left foot. Then the right elbow changes to a vertical elbow and is pushed up. The elbow strikes down toward the lower front. The left palm is by the right elbow. (picture 5) The above makes the right form. The left form is practiced the same way as the right form, only opposite.



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Guo Zi Quan Returning Practice: 1) If the right hand and right foot are in front, pivot on the right foot. The body turns 180 degrees to the rear.

2) The right fist changes to a palm. From the head area, it arrives at the rear (which now becomes the front). The left foot retracts. (picture 6) The left hand changes to a palm and splits out to the front. Simultaneously the left foot steps up. (It changes to make the left form Pi Quan.)

Guo Zi Quan Song: *In the Wrapping Elbow and Scraping Leg it is like the elbows are connected. The elbow strike goes out, the idea is between the elbows.*

Requirements for Issuing Energy: In **Elbow and Leg Connected**, the right elbow wrapping the face area must have 'going outward beng' energy. The forearm and the face must be at a fixed distance. Simultaneously the body must turn to the left side. Following it, the right leg does a scraping kick. In **Close the Door Elbow**, the horizontal elbow strike must have springy energy. The body method must be soft body and advance. The follow step must be quick. The upper framing hand must have upholding strength, as if holding 1000 pounds above the head. When doing the flicking elbow, the body faces the left side. The hands pressing down and pushing up must both use energy. Combine the two to make one. The ding elbow pressing down strike must be ruthless. The strike must use crisp strength. The follow step must be quick.

Implications for Fighting: **Elbow and Leg Connected** is wrapping the enemy's incoming hand. Simultaneously kick the enemy's leg. Wrap the right elbow. The enemy must join hands. The left hand goes up and flicks the enemy's incoming hand. Then advance the body and use the horizontal elbow to strike the enemy's soft ribs. If the enemy can block my right elbow, I move to his left side gate. I raise my left hand to press down the enemy's incoming hand. My right elbow drills up. My elbow does a pressing down strike on the enemy's chest. The energy must be ruthless and quick.



果字拳图六

Kua Zi Quan (跨)

(The beginning posture is the Santi Form like above.)

Action:

Cover and Drill Fist: 1) The left hand changes to a fist. From the right upper direction it pushes and presses down to arrive at the abdomen. Simultaneously, the right hand changes to a fist. It goes up from inside the left hand. It goes toward the right front direction does a covering fist. The center of the fist faces up. The stance does not change. (picture 1)



2) From the above form, the center of the right fist faces down. From the left upper direction, it wraps and presses down. It retracts to the right side of the waist. The left fist, from the abdomen, passes the chest and passes the mouth and drills toward the upper left direction. The center of the fist faces up. Simultaneously raise the left foot. The inside of the foot faces outward making the Wild Cat Climbs up the Tree form. (picture 2)

Striding Strike: From the above form, the left foot drops down toward the left front. The left fist overturns and presses down to the right and retracts to arrive at the waist area.

2) The right foot passes the left foot and steps up toward the front. The left foot mutually follows making a horse blocking step.

3) The right hand from the waist area toward the front rolls and presses down. The back of the fist turns to make the center of the fist face up. The right hip follows it towards the outside twisting energy. (picture 3)



跨字拳图三

Flicking Elbow Fist: 1) The left foot passes the right foot and steps toward the front. The left fist, from the left waist area, passes the left side of the head and wraps toward the right taiyang point.

2) The right foot passes the left foot and steps toward the front. The left foot follows making a Santi form.

3) The right fist flicks up from below. The elbow makes a standing elbow. The left fist changes to a palm and defends by the right elbow. The right elbow changes to make a vertical elbow and strikes toward the front. (picture 4)

4) The above makes the right form. The left form is practiced the same way as the right form, only opposite.



跨字拳图四

Kua Zi Quan Returning Practice: 1) If the right hand and right foot are in front, pivot on the right foot. The body turns 180 degrees to the rear.

2) The right fist, from the rear, pushes up and passes the face. It wraps and presses downward.

3) The left foot steps up. The left hand changes to a fist. It goes to the right and goes inward. From the solar plexus, it does Zuan Quan. The stance makes the Santi form.

Kua Zi Quan Song: *The ideas of the shoulder strike and the hip strike are closely linked. Do not hesitate between the left flick and the right elbow.*

Requirements for Issuing Energy: In the **Covering and Drilling Fist**, the right covering fist must be quick. The left hand wraps it. Step up to a horse and strike. The left drilling fist and the raising the left leg must happen simultaneously. The drilling fist must use rolling overturning energy. Drill and strike towards the upper front. In the **Striding Strike**, the right fist shooting out must use subduing energy. You must assist the stride with outward twisting energy. Simultaneously, it goes out to strike. In the **Flicking Elbow Fist**, the basics are the same as Guo Zi Quan's **Elbow and Leg Connected**.

Implications for Fighting: In Covering and Drilling Fist, when the enemy uses his left hand to strike the right side of my head, I use my left hand to cover and press down his incoming hand. My right fist does a reverse fist covering strike to the enemy's head. The enemy uses his right hand to strike my left side. I use my right hand to push down his incoming hand. Then I drill up with my left fist to strike the enemy's face. I raise my left foot to horizontally intercept the enemy's front foot. If the strike is good, I prepare to step up. The striding strike first uses the right fist to strike the enemy's waist. Secondly, advance the right leg and insert it to the enemy's left rear. Use the stride toward the outside with twisting energy. Bump the enemy's leg area. Simultaneously the right fist horizontally strikes the enemy's waist area causing the enemy to fall over to the rear. The Flicking Elbow Fist is the same as the Close the Door Elbow in Guo Zi Quan. Only it uses the elbow to strike toward the front rather than not pressing down and twisting.

Tiao Zi Quan (挑)

(The beginning posture is the Santi Form like above.)

Action:

Upper Frame Form: 1) The left hand fist returns. It inserts downward from inside the right arm. The right hand palm, from outside the left arm, passes the left shoulder. It does a plucking arm toward the lower front. Simultaneously the right foot toes flip up. The heel touches the ground. Do a scraping kick toward the front. (picture 1)

2) The left hand passes the left shoulder and inserts the arm toward the lower right direction. The hand arrives outside the right leg. The right hand protects the left shoulder. The right foot drops to the ground. Slightly sit down. The left foot rises up making the Upper Frame form. The idea is in the shoulder cut. (picture 2).

Flick the Feathers Form: The left foot steps up to the front and drops down. The left hand flicks upward. The height of the palm is even with the eyebrows. The right hand pushes down to arrive by the abdomen. The stance makes a bow step form. The body leans forward slightly making the Flick the Feathers form. (picture 3)

Upward Knee Strike: 1) The left hand is in front. The right hand follows it by the left elbow area. Both hands push and press down. (picture 4)

2) The left foot slightly toward the front does a wedge step. Following this the right knee strikes upward.

3) Simultaneously both hands do a tiger strike toward the front. The elbows are on either side of the right kneecap. (picture 5) The above makes the right form. The left form is practiced the same way as the right form, only opposite.



挑字拳图一



挑字拳图二



挑字拳图三



挑字拳图四



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Tiao Zi Quan Returning Practice: 1) If you are striking with the right knee, the right foot drops to the ground. The right foot toes turn 180 degrees toward the rear.

2) Simultaneously the right palm, from the back of the head toward the front of the head, presses down. The left palm retracts to arrive at the abdomen area. The left foot retracts back.

3) The left palm goes up along the inside of the right palm and splits toward the lower front making a left form Pi Quan.

Tiao Zi Quan Song: *In the Scraping leg is a flick to the front. Then adding the knee strike is the true transmission.*

Requirements for Issuing Energy: In the **Upper Frame Form**, the hand and foot rise together and fall together. The hand inserting down must use falling energy. Simultaneously, the body sinks down. Hollow the chest and strike with the shoulder. In the **Flicking the Feathers Form**, when pressing down, the body and hand contract tightly. **Flicking the Feathers** must have springy strength. The shape is like the wing of a bird. It springs out pulled by waist energy. The shoulder joint of the hand that flicks up must be very loose. The strength passes to the forearm. In the **Upward Knee Strike**, the knee must have combined strength. Both hands must have striking strength. The strength passes to the heels of the palms.

Implications for Fighting: In the **Upper Frame Form**, the enemy strikes toward my center. I raise my right hand and block it toward the right outside. Then I raise my right foot and do a scraping kick toward the enemy's leg. Then I raise my left hand. I bring it down to seal the enemy's incoming hand. In **Flick the Feathers**, first seal the enemy's hand. Insert your hand inside the enemy's groin area, then raise and flick. Secondly raise the left leg to seal the enemy's retreat. The left hand flicks up diagonally causing the enemy to fall over. In the **Upward Knee Strike**, pressing down is capturing the enemy's incoming hand. Then both palms strike the enemy's chest. The knee strikes the enemy's belly or groin.

Ding Zi Quan (顶)

(The beginning posture is the Santi Form like above.)

Action:

White Crane Shows its Wings: 1) Both hands change to fists. The left fist inserts down by the side of the right leg. The back of the fist faces down. The weight moves into the right leg. The left and right hands make a “+” shape. (picture 1)

2) Then both arms open up. Both arms go up and open to the left and right. The centers of the fists face up. The weight moves to the left leg. The body slightly leans to the left. The left fist is slightly higher. The right fist is slightly lower. Look at the face of the left fist. (picture 2)

3) Both fists retract to the lower abdomen. The centers of the fists face outwards. The feet do not change.

Reverse Body Pao: 1) The body jumps up. The left and right feet change positions making the right foot in front and the left foot in the rear.

2) The right fist follows this and shoots out to the front. The eye of the fist faces up. The fist is level with the shoulder. The left fist frames by the outside of the left taiyang point making a right flowing step Pao Quan. (picture 3)

Piercing Flicking Elbow: 1) The left foot steps up. The toes swing to the left outside. The left hand drops down. From outside the right arm, it pierces up and flicks.

2) The right foot steps up toward the front. The right forearm wraps the face from right to left. The right elbow strikes to the upper right direction. The left hand protects by the right upper arm. This makes the right form. The left form is practiced the same way as the right form, only opposite.



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顶字拳图二



顶字拳图三



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Tiao Zi Quan Returning Practice: 1) The right foot is in front. The right toes turn 180 degrees toward the rear.

2) The right fist changes to a palm. From the back, it presses down toward the head's lower front direction. The left leg retracts.

3) The left fist changes to a palm. It splits out from inside the right palm. The left foot steps up making a left form Pi Quan.

Ding Zi Quan Song: *White Crane Shows its wings overturns to the left and right. In wrapping and flicking, the elbow is mutually connected.*

Requirements for Issuing Energy: In **White Crane Shows its Wings**, there are two characters: shu (束) and zhan (展). Shu is contracting and zhan is loosening. Contracting must be tight. Loosening must be open. Also it must have opening and closing energy. In the **Reverse Body Pao**, pao corresponds to fire. Because of this, it may be triggered at any moment. This posture must be fierce. The whole body and hand must together make one unit. In the **Piercing Flicking Elbow**, the hand that pierces and flicks must arrive at the same time as the foot. The flicking elbow must be fierce and malicious.

Implications for Fighting: **White Crane Shows its Wings** is first contracting and then loosening. First contract inward and then advance. The **Reverse Body Pao** is changing the form of Pao Quan. Issue and strike without thinking. In the **Piercing Flicking Elbow**, the right hand strikes with Pao Quan causing the enemy to try to block it. Your left hand flicks the enemy's hand. The right elbow strikes the enemy's left shoulder or left side of the head.

Yun Zi Quan (云)

(The beginning posture is the Santi Form like above.)

Action:

Alligator Cloud Hand: 1) The right hand goes up and does Cloud Parting toward the right outside upper direction. The center of the palm faces outward. Simultaneously the right foot does a scraping kick toward the front. The left hand retracts to arrive at the abdomen. The palm faces up. (picture 1)

2) The right palm retracts to arrive at the abdomen. The right foot touches the ground. The left hand, from the right, arrives at the left. It does Cloud Parting towards the left outside upper direction. The center of the palm faces outward. Simultaneously the left foot does a scraping kick toward the front. (picture 2)

Double Ding Quan: 1) Both palms open to the left and right. They draw an arc. They go up making a double together fists. They shoot out towards the upper front direction. The centers of the fists face inwards. The shooting fists do not pass the nose.

2) Simultaneously, the right foot drops to the ground. The weight shifts to the right foot. The left foot toes flip up. Do a scraping kick toward the upper front. (picture 3)

Horse Form Pao: 1) The left foot toes drop to the ground. The weight moves to the left foot. The right foot steps up past the left foot. The left foot follows.

2) Both fists overturn from the inside toward the outside. The centers of the fists face down. Both fists shoot out levelly. The fists are level with the shoulder. Change to make a horse step. (picture 4)



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White Crane Shows its Wings: 1) The weight then moves to the left leg. The right fist overturns to arrive by the side of the left leg. Both fists make a “+” form. The face turns left.

2) The centers of both fists face up. They spread open to the left and right. The weight moves to the right leg. The body leans to the right. The right fist is higher. The left fist is lower.

3) Both fists retract to arrive at the lower abdomen. The right fist then strikes toward the front. The eye of the fist faces up. The left fist protects by the left taiyang point making a right flowing form Pao Quan. (picture 5) The above makes the right form. The left form is practiced the same way as the right form, only opposite.



云字拳图五

Yun Zi Quan Returning Practice: 1) If you are doing the right flowing form Pao Quan, the left foot steps up. Strike with a left Zuan Quan. The right fist protects the groin.

2) Pivot on the left foot. The body turns to the rear. The left fist presses down from the top of the head. The right foot retracts.

3) The right foot steps up. The right fist drills out and the left fist protects the groin, completing a right form Zuan Quan.

Yun Zi Quan Song: *In the alligator cloud and lower scrape, the hand and foot are connected. Double shooting changes to Horse Form and increases it.*

Requirements for Issuing Energy: In **Alligator Cloud Hand**, the cloud parting must have ding energy. The hand framing and the foot scraping must be mutually connected. In the **Double Ding Quan**, the body must follow the hands and the advancing leg must follow the body's movement. In the **Horse Form Pao**, The posture of the double shooting fists must be fierce. The speed must be quick. The **White Crane Shows its Wings** is similar to the one in Ding Zi Quan.

Implications for Fighting: **Alligator Cloud Hands** is framing the enemy's incoming hand upward while kicking the enemy's leg. In **Double Ding Quan**, if the enemy retreats, use both fists to strike the enemy's lower jaw. In the **Horse Form Pao**, if the enemy uses both his hands to block my double shooting fists, I quickly from above overturn to below and do shooting strike horse form to the enemy's chest. **White Crane Shows its Wings** is first evading, then attacking like above.

Ling Zi Quan (领)

(The beginning posture is the Santi Form like above.)

Action:

Upper Leading Palm: The left hand palm changes to make a yang palm and upholds toward the upper right direction. The right hand palm changes to make a yin palm and rises up to arrive outside the left elbow. Lead and pull aside (the power in both hands must be continuous and unbroken.) (picture 1)



领字拳图一

Upper Drilling Palm: The right hand goes down to the right side of the navel.

2) The left palm upholds and rakes to the right side of the forehead and then pushes down. The center of the palm faces down.

3) The right palm, from inside the left palm, passes the mouth and drills out. The center of the palm faces up. The left palm pushes down toward the lower abdomen. The center of the palm faces down. The right foot steps up changing to make a right drilling palm. This is also called White Snake Spits out its Tongue. (picture 2)



领字拳图二

Lower Intercepting Strike: The left palm, from outside the right palm, flicks upward arriving at the left front of the forehead and stopping. The right palm, from inside the left palm, wraps the face. It goes down and the palm changes to a fist. Then the horizontal forearm does a diagonal intercepting strike toward the right front direction. The stance changes to make a horse stance. (picture 3) The above makes the right form. The left form is practiced the same way as the right form, only opposite.



领字拳图三

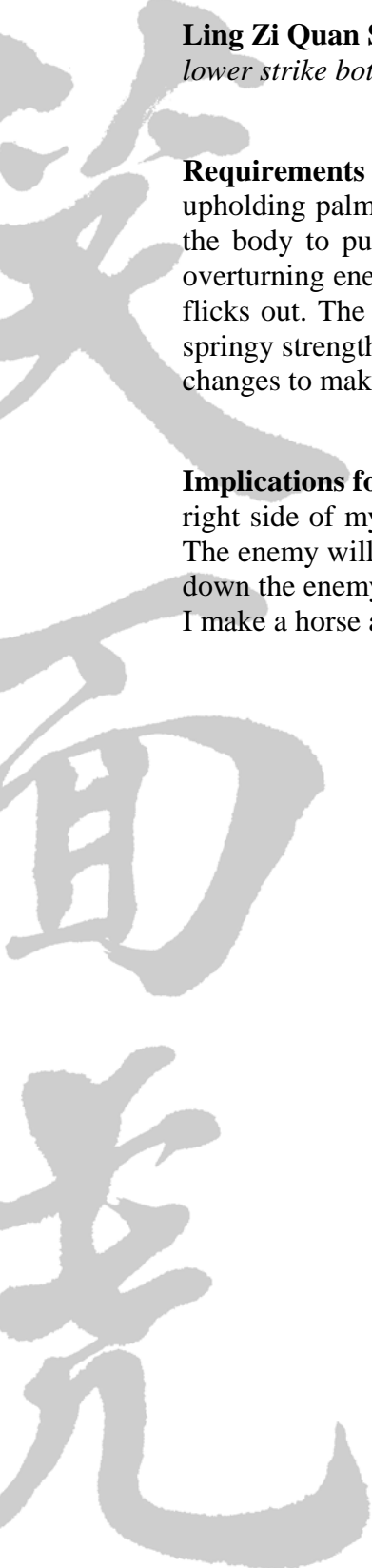
Ling Zi Quan Returning Practice: 1) If the right foot is in front, pivot on the right foot and turn 180 degrees to the rear.

2) The right fist, from the back of the head, wraps and presses down to arrive in front of the forehead. Retract the left foot.

3) The left foot steps up. The left fist, from inside the right fist, passes the mouth and drills out. The center of the fist faces up. Change to make a left Zuan Quan. (picture 4)



领字拳图四



Ling Zi Quan Song: *Left and right leading hands, yin and yang overturn. Upper drill and lower strike both are this fist.*

Requirements for Issuing Energy: In the **Upper Leading Palm**, the left and right leading and upholding palms must use concealed energy [an jing]. It must be continuous and unbroken. Use the body to pull the hands. Use drawing silk energy. The **Upper Drilling Palm** uses rolling overturning energy. It must be fierce and quick. In the **Lower Intercepting Strike**, the left palm flicks out. The right hand follows it and attacks. Strength passes to the outside of the fist. Use springy strength assisted by the energy of the body sitting down to issue it. (The stepping method changes to make a horse step.)

Implications for Fighting: In the **Upper Leading Palm**, if the enemy's right hand strikes to the right side of my face, I uphold and pull aside his incoming hand. I pull him past my right rear. The enemy will try to retreat back. I follow him and throw him down. I use my left hand to press down the enemy's hand, and drill my right fist to strike him. If the enemy tries to block my hand, I make a horse and flick up to the left. My right fist goes down to intercept and strike the enemy.

Ba Zi Lianhuan

By Liu Xiaoling, Shanghai

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Translated by Joseph Crandall

Actions: Begin with Santi Form. (same as above) (picture 1)

1. Eagle Seize Ba:

Both hands slightly stretch out to the front. Then both palms grasp and pull downward. The body slightly leans forward. (picture 2)



2. Severing and Splitting Hand:

1) The left foot is slightly pulled back. The left palm comes up outside the right shoulder. It goes up toward the front sever and split. (picture 3)



2) The right foot steps up. The right palm goes up toward the front and does a true split. (picture 4)



3) Then the right palm goes toward the left shoulder. It goes up from the left shoulder to do a reverse sever and split. Simultaneously, with the reverse splitting right palm, the right foot inserts toward the rear and swings to arrive behind the left foot.

3. Horizontal Intercept:

1) The right hand palm changes to a fist, and retracts to arrive at the lower abdomen. The left foot steps up.

2) The left palm changes to make a fist. The left fist does a horizontal elbow from inside the right fist. Do a horizontal intercept toward the front direction. (picture 5)



4. Retreat Step, Wrapping Elbow:

1) The left foot steps back. The right fist passes in front of the face from the right toward the left with a wrapping elbow. The left fist retracts to arrive at the left waist area. (picture 6)



2) The right foot steps back. The left fist passes in front of the face from left to right with a wrapping elbow. The right fist retracts to the right side of the face. (picture 7)



3) Same as 1).

4) Following this the right foot steps up. The left foot does a follow step and changes to a horse stance. The left fist flicks up from outside the right fist and frames by the right side of the forehead. The right hand does a horizontal elbow strike from inside the left arm horizontal arm toward the right front direction. (picture 8)



5. Striding Strike:

1) The left palm changes to a fist. It presses down from the right upper direction. Simultaneously the right fist goes up inside the left hand. It goes toward the right front direction and does a covering fist. The center of the fist faces up. The left fist retracts to the abdomen area. (picture 9)



2) Then the center of the right fist faces down. It goes down and arrives at the right side of the waist. The left fist drills out from inside the right fist. The center of the fist faces up. Simultaneously raise the left foot. The inside of the foot faces outward. This makes the Wild Cat Climbs up the Tree form. (picture 10)



3) The left foot drops to the ground. The right foot steps up to the front. The left foot does a follow step making a horse stance.

4) The right fist, from the waist area, towards the left front direction, presses down and rolls over. The center of the fist faces up. The right hip follows it toward the outside with twisting energy. The left fist returns to the waist area. (picture 11)



6. Chicken Flicks its Feathers:

- 1) The left foot does a scraping kick toward the front. The left fist changes to a palm. It splits out from the right shoulder.
- 2) The left palm splits down. The right fist changes to a palm and inserts inside the left arm. It arrives at the side of the left leg. The left foot drops to the ground. The right foot rises up. The left hand is by the right shoulder area. (This makes the Golden Chicken Framing Upward form.) (picture 12)



- 3) Then the right foot steps up. The right palm flicks upward. The left palm pushes down to the groin area. (picture 13)

7. Pao Ding:

- 1) The right hand changes to a fist. It makes a “+” shape with the left hand. (The left palm also changes to a fist.) The weight moves into the left foot. (picture 14)



- 2) Both fists spread open to the left and right. The right fist is higher and the left fist is lower. The weight moves into the right leg. (picture 15)



- 3) Both fists return to the abdomen area. The right foot retracts to arrive by the side of the left foot. (picture 16)

- 4) Both feet jump up together making the left foot be in front and the right foot be in the rear. The left fist strikes and the right fist protects the right taiyang area. (This makes a left Flowing Form Pao Quan, also called Reverse Body Pao.)

8. Cloud Parting:

1) The right foot steps up. The right fist makes a palm. The center of the palm faces inward. It does a Cloud Parting from the left side of the face toward the right. The center of the palm overturns outward. The left fist changes to a palm. It presses down from the left upper direction toward the left lower direction. The center of the palm faces outward. It pushes down to arrive at the abdomen area. The body leans to the right. The weight moves back. (picture 17)



图17



图18

2) The left foot steps up. Push using the left hand Cloud Parting. (The above two forms are similar to the alligator Form.) (picture 18)



图19



3) Again do Cloud Parting with the right hand. The right foot scrapes the ground. Do Cloud Parting with the left hand. The left foot scrapes the ground. (picture 19)

9. Lead and Pull Aside:

1) The left palm changes to a yang palm. The right hand changes to a yin palm. The stance has the left foot in front and the right foot in back making a horse groin step. Both hands lead and pull aside toward the right rear direction (rollback form). (picture 20)



图20

2) Then the right foot steps up. The right hand changes to a yang palm and the left hand changes to a yin palm. The right palm pierces to arrive in front of the left palm. Toward the left, lead and pull aside. (picture 21)



图21

10. Turn Around, Eagle Seize:

- 1) From the above form, the left hand makes a fist and wraps toward the right. The right hand makes a fist and drills out from inside the left fist. (picture 22)
- 2) The left fist changes to a palm and flicks to the upper right to arrive above the head. It frames by the front of the forehead. The right fist changes to a palm. From inside the left arm, it horizontally goes out to do an intercepting strike. The lower limb actions make a horse step. (picture 23)
- 3) Pivot on the right foot and turn 180 degrees to the rear. The left foot retracts next to the right foot. The right fist, from the back of the head, wraps to the front and presses down. (picture 24)
- 4) The left hand pierces out over the right hand. Both hands change to palms. They grasp and pull down. (Eagle Seize). The body leans slightly forward (like picture 2). Repeat forms 1 through 10. Then close the form.



Ba Zi Lianhuan Song:

*Raise hands Eagle Seize is the true transmission.
Hook and hang's middle seize the enemy and sever.
Step up horizontal elbow the idea is to intercept.
Retreat Step Wrapping elbow originally is three.
Elbow and stride double movements to the side the idea is fierce.
Golden Chicken Framing upward flicking the idea of overturning.
White Crane Shows its Wings changing step Ding.
In the Cloud and Leading forms the legs must be connected.*

Methods of the Eight Fists Song:

1. In the striking method you must use the upper body first. The hands and feet arrive together. Their direction is clear. The fist is like a cannon. The form of the body is like a folded dragon. When you meet the enemy it is like a fire burns the body.
2. In doing the head strike, the idea is to occupy the center of his chest. When both hands part outward, the enemy finds it difficult to block. The foot treads the center gate to steal his position. Even if he is an immortal, he will also find it difficult to defend against.
3. In doing the shoulder strike, one is yin and reverse is yang. Both hands are hidden. Left and right completely rely on seeking the proper posture. Contract and Expand, two characters, a life or death.
4. In the hand strike, the idea is to shoot to the chest. The power is like a tiger pouncing on a sheep. If the touch is solid, the use of strength needs contracting and expanding. Both elbows are hidden below the ribs.
5. In the elbow strike, you cannot see the form of the three joints. Using this method completely relies on Snake Leaves the Cave. In the fist strike, the three joints also add to this. Use it continuously without stopping.
6. The hip strike and the central joint are mutually connected together. To get yin and yang to be mutually connected is difficult. The outside hip is like a fish striking. For the inside hip, step up change forms.
7. The knee can strike many places. People fail to understand this. It is like a fierce tiger leaving a cage. From head to foot the power of the turning actions does not stop. Left and right Bright Parting moves arbitrarily.
8. In the foot strike, treading has the idea of not to falling into emptiness. The information completely relies on the rear foot pressing down. Deliberately keep the enemy from sensing it. This form is like 'Scraping the Ground Wind.'

The energy requirements and fighting implications of the **Ba Zi LianHuan Quan** routine can be inferred from the energy requirements and fighting implications of the single practice fists.

Artist – Huang Suizhong