

# Xingyi Quan Ba Zi Gong Yingyong

The Application of the Eight Character Skills in Xingyi Quan

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In Xi ngyi Quan there is a song that goes, “*The Wu Xing Quan makes the body. The Ba Zi Gong is the application.*” What are the Ba Zi Gong’s applications? In practice these are 斩 Zhan [chopping], which is Pi Quan; 截 Jie [intercepting], which is Zuan Quan; 裹 Guo [wrapping], which is Heng Quan; 胯 Kua [hip], which is Beng Quan; 挑 Tiao [flicking], which is Yan Xing; 顶 Ding [pushing from below or behind], which is Pao Quan; 云 Yun [cloud], which is Tuo Xing; and 领 Ling [leading], which is She Xing. These are eight basic actions that constitute applications.

## Ba Zi Quan Method Song:

斩 **Zhan:** Left and right splitting, hanging, and chopping like reversing. Step up Tiger Pounce in addition to head drill.

截 **Jie:** Qin Na form center split intercepting shoulder. One yin and one yang left and right changing.

裹 **Guo:** The wrapping elbow and scraping leg are mutually connected. The elbow strike goes out, the idea is between the ribs.

胯 **Kua:** The shoulder and hip strike, the idea is closely mutually connected. Left flick, right elbow are never done thoughtlessly.

挑 **Tiao:** In the scraping leg, the flicking goes to the front. Outward add a knee strike is a true transmission.

顶 **Ding:** White Crane Shows its Wings, left and right overturning. In wrapping and flicking, the elbows are mutually connected.

云 **Yun:** Upper Tai, lower scrapping, the hands and feet are connected. Double shooting changes to horse fist, upper increase.

领 **Ling:** Left and right leading hand, yin and yang overturning. Upper drill, lower strike, complete use of the fist.

## Ba Zi Gong's Specific Applications

### 1. Zhan Zi Gong:

#### (1) Right Pi Quan (see picture 1)

When the enemy uses his left hand to strike my face or chest area, my left foot does a wedge step. Simultaneously my left hand, from outside the enemy's left wrist, turns over to hook and hold the enemy's left wrist. My right foot steps up. My left foot follows to assist the strength. My right fist splits the enemy's face or maybe locks his left shoulder.



#### (2) Left Pi Quan (see picture 2)

The functional method is similar to Right Pi Quan, only left and right are changed.



#### (3) Tiger Pounce and Seize (see picture 3)

When the enemy does a straight attack toward my chest, if the left hand comes, I use my left hand to block and move it to the outside. If the right hand comes, I use my right hand to block and move it to the outside. Simultaneously, I advance my right foot and follow with my left foot to assist the strength. Both hands drill up and change to palms. They shoot to strike his chest area.



#### (4) Head Fist (see picture 4)

When the enemy uses both hands to pounce on my chest area, I use both of my hands to lift up and part the enemy's hands to the left and right. Following this, I use both hands to hold the enemy's forearms. Simultaneously, I advance my right foot between the enemy's legs. The left foot follows to assist the strength. I use my head to strike the enemy's chest.



#### (5) Zhan Zi Gong Turning Around Form

When the enemy is behind me and strikes me with his right hand, I turn around to my right. I use my right hand to hook and hold his right wrist. I step up with my left foot and my left palm splits his face.

## 2. Jie Zi Gong:

### (1) Step Up, Cutting Palm (see picture 5)

When the enemy uses his left hand to attack my face or chest area, my right hand, from the center, captures and holds his left wrist. Following this, I loosen my hand. I flow up along his forearm toward the front. I use my palm to horizontally cut his throat area. Simultaneously, my right foot steps up and the left foot slightly follows to use assisting strength.



### (2) Horizontal Intercepting Elbow (see picture 6)

When the enemy uses his left hand to attack my face or chest area, my left hand, from the left outside, rotates upward. I turn over my hand to hook and hold his right wrist. If the enemy tries to wrest his hand away, I loosen my grip. Then I bend my elbow and make a yin fist. I use my elbow to horizontally intercept his throat area. My left foot simultaneously advances. The right foot follows to use assisting strength.



### (3) Shoulder Splitting Lean (see picture 7)

I use a right Pi Quan to strike the enemy's face. The enemy steps back. My right fist retracts to the front of my abdomen. I quickly advance my right foot. I use my right shoulder to strike his chest area.



### 3. Guo Zi Gong:

#### (1) Lianhuan Zuan Quan (see pictures 8, 9, and 10)

When the enemy uses his right hand to attack straight toward my chest, my left foot does a half wedge step toward the front. My left hand simultaneously, toward the center, captures and holds his right wrist. Following this, I step up with my right foot. My right fist drills toward the front to strike his throat. The left and right Zuan Quan applications are identical, only left and right are reversed.



图 8



图 9



图 10

#### (2) Side Body Elbow Strike (see picture 11)

When the enemy uses his left hand to strike my head, I instantly use my left hand, from outside the enemy's left arm, to hook and hold his left wrist. I leap up and turn to the left. My left hand leads the enemy's left arm up to the corner of my forehead. I simultaneously use my right elbow tip to strike the enemy's left ribs.



图 11

#### (3) Turn the Body, Flowing Step Heng Quan (see picture 12)

The enemy's left hand shoots toward my head. I instantly use my left hand, from outside the enemy's left arm, to hook and hold his left wrist. Simultaneously, I advance my right foot. My right fist drills out from under my left elbow. I use the outside of my elbow to strike horizontally toward the front at the enemy's chest and ribs. The left foot follows and uses assisting strength.



图 12

#### 4. Kua Zi Gong:

##### (1) Wild Cat Climbs up the Tree (see picture 13 and 14)

The enemy attacks my face with his left hand. I instantly use my left hand, from the left side of his left arm, to hook and hold his left wrist. Simultaneously, my right palm splits his face. My right foot follows this and does a wedge step toward the front. Simultaneously, I raise my left knee up to strike his groin. My left hand follows this and pulls his left wrist to the lower left. If the enemy tries to retreat, I quickly use my left foot to kick his abdomen. As it drops down, I tread on the top of his front foot. The applications of the left and right forms are the same; only left and right are reversed.



图 13



图 14

##### (2) Horizontal Penetrate the Shanlin (see picture 15)

The enemy uses his right hand to strike the front on my chest. I instantly use my right hand, from outside the enemy's right arm, to stroke and block his right wrist. Simultaneously, my left foot steps up. The right foot follows to assist the strength. I use my left hand yin fist to horizontally strike toward the enemy's right Shanlin point (that is the Taiyang point). The applications of the left and right horizontal penetrating fists are the same; only the left and right directions are reversed.



图 15

##### (3) Step up, Attack the Heart Elbow (see picture 16)

The enemy uses his left fist to smash down on the top of my head. I instantly step up with my right foot. I use my left hand to lead the enemy's left wrist. I curve my right elbow and use the elbow tip to strike the enemy's pit of the stomach. The left foot slightly follows to use assisting strength.



图 16

## Tiao Zi Gong:

### (1) Golden Chicken Frames Upward (see pictures 17 and 18)

The enemy uses his right hand to do a stabbing strike toward my face. My right hand stretches up to ward off and hold his hand. Or my right hand bends the elbow and stretches up by the left shoulder to protect my face. Simultaneously, I take and hold the outside of the enemy's right wrist. I turn over my hand and hook his wrist. Simultaneously, I contract my body and store strength. My left hand inserts downward to arrive at my right thigh. I wait for the opportunity to counter attack the enemy. The applications of the right and left forms are the same, only the directions are reversed.



图 17

图 18

### (2) Golden Chicken Shakes its Feathers (see picture 19)

From the Golden Chicken Frames Upward form, my right hand hooks and strokes the enemy's right wrist and I pull it diagonally toward my right hip. Simultaneously, my left palm goes up goes to the left doing a flicking strike to the enemy's left ear or face. Both feet advance with an inch step to assist the strength. The applications of the right and left forms are the same, only the directions are reversed. The applications for Golden Chicken Frames Upward and Golden Chicken Shakes it Feathers can be used singly or connected together.



图 19

### (3) White Ape Offers the Fruit (see picture 20)

The enemy attacks with his left hand. I use my left hand to parry and open it outward. The enemy attacks with his right hand. I use my right hand to parry and open it outward. Following this, both hands quickly go up to uphold and strike the enemy's left and right cheeks. Simultaneously the left foot slightly advances. I raise my right knee to strike the enemy's groin.



图 20

## 6. Ding Zi Gong:

### (1) White Crane Shows its Wings (see pictures 21 and 22)

The enemy uses his right hand or maybe his left hand to pound or split the top of my head. I quickly step back with my left foot to evade his attack. Simultaneously, both of my wrists cross and frame the enemy's wrist. If the enemy's other hand shoots to strike my abdomen, then both fists quickly open to the left and right. Both feet do a retreating inch step. The backs of both fists go down to sever his wrist.



图 21



图 22

### (2) Jumping Pao (see picture 23)

The enemy's left hand attacks my face. My left fist drills up and overturns to hook and hold his left wrist. My body twists to the left and jumps into the air to make the right foot be in front. Simultaneously, the right fist, with the fist eye facing upward, strikes the enemy's left ribs.



图 23

### (3) Shoot to Heaven Fist, Eagle Seize (see pictures 24 and 25)

The enemy uses his right hand to strike down on the top of my head. I use my right hand to stick to the outside of his right wrist and raise it straight up along the lower side of his wrist bone. This causes his strength to be delivered to the right. Then I reverse my hand to hook and hold his right wrist. I pull his hand to the lower right. Simultaneously, I use my left palm to split the right side of his face. The applications of the left and right forms are the same, only the directions are reversed.



图 24



图 25

### (4) Step up Ding Elbow (see picture 26)

The enemy's left hand shoots toward the front of my chest. I raise my right forearm to block his incoming hand toward the right outside direction. Simultaneously, I advance my right foot. I bend my right elbow. I use the elbow tip to strike the enemy's chest. Simultaneously, my left hand upholds below my right elbow to assist the strength. The left foot does a follow step to assist the body's shooting strength. The applications of the left and right forms are the same, only the directions are reversed.



图 26

## 7. Yun Zi Gong:

### (1) Alligator Form Cloud Hands (see pictures 27 and 28)

The enemy's right hand shoots to strike the front of my chest. I use the edge of my left palm to wrap and block the left side of the enemy's right forearm. Then I intercept and subdue {cuo} the enemy's right wrist. Simultaneously, my right cloud hand rises and I use the edge of the palm to sever the right side of the enemy's neck below the ear. Then I raise my right foot to intercept the outside of the enemy's front shin. The applications of the left and right forms are the same, only the directions are reversed.



图 27



图 28

### (2) Horse Form Pao (see pictures 29 and 30)

The enemy, no matter whether he uses his left hand or right hand, does a horizontal strike to the left or right side of my face. I lift up both fists to protect both sides of my face. Simultaneously, I quickly advance my left foot. Both fists overturn downward and change to yin fists (the center of the fist faces down.) They shoot to strike to the enemy's chest. The right foot follows to assist the strength.



图 29



图 30

### (3) White Crane Shows its Wings (see pictures 31 and 32)

The enemy uses his right fist to strike the top of my head. I cross both wrists and frame upward. Simultaneously, both hands grab his wrist. I pull it down to the front of my navel. If the enemy tries to withdraw his hand, then I quickly and fiercely strike his chest or abdomen with both hands using Tiger Pounce.



图 31



图 32

### (4) Flowing Body Pao (see picture 33)

From the White Crane Shows its Wings form, when the enemy tries to withdraw his right hand, I use my left hand, as before, to grab his right wrist. Simultaneously, I raise it up to the left side of my head. After this I step up with my right foot. I fiercely strike the front of the enemy's chest or right ribs with my right fist. The eye of the fist faces upward.



图 33



## 8. Ling Zi Gong:

### (1) White Snake Flicks its Tongue (see picture 34)

The enemy uses his right hand to strike the front of my chest. I use my left palm to do an inside capture. I push down or grab and hold his wrist. Simultaneously, I advance my right foot. The left foot follows to assist the power. Using my right hand, I intercept and insert into the enemy's throat.



图 34

### (2) Black Dragon Overturns the River (see picture 35)

The enemy uses his left hand to strike my abdomen. I step back with my left foot. I turn my body toward the left. My right foot makes a lying step. I use it to evade his power. Simultaneously, my left hand hooks and holds the enemy's left wrist. It overturns outward and leads it upward. My right palm chops and cuts the inside of the enemy's left leg.



图 35

### (3) Lianhuan Zuan Quan (see pictures 36 and 37)

The enemy uses his left hand to attack straight toward the front of my chest. My right foot does dian ban bu toward the front. My right hand simultaneously, toward the middle, captures and holds his left wrist. Simultaneously, my left foot steps up. My left fist drills toward the front to strike the enemy's throat. The center of the fist faces up.



图 36



图 37

**Note:** The actions of Ba Zi Gong are practiced connected together. These make up eight simple short routines. To accomplish fighting practice, part of ones job is to understand the applications of the individual forms.