

# Common Errors and Their Corrections in Xingyi Quan

(Xingyi Quan Jishu Wenti Jiupian)

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After many years of watching and observing, I have noticed that a lot of Xingyi Quan practitioners, as a result of having no theory or guidance, are clearly making some common errors. Therefore I will explain, based on my own experience, the frequently appearing errors and their methods for correction that I see occurring in the Five Elements Fists and 12 Forms Fists.

Xingyi Quan has 25 types of stepping methods. Each type of stepping method can use the strikes from any of the Element's rising or falling aspects. And any individual technique from an Element also can be used to strike to the front, back, left, right, high, middle, low, etc. It can issue to any point on the compass. No matter which technique one uses with which stepping method, or striking in which direction, using a very fast speed, standing using a very high body frame, or which energy pathway, all these are determined from hypothetical and real fighting. Therefore, don't look at other peoples' striking and your striking as being the same. At once one can recognize that it is wrong.

## 1. Pi Quan Issues:

1. The Pi Quan strike turns into a pounding strike, or the strong point of the pushing palm's strike is loose in the hand.
2. The lower half of the body's strength is less than the upper half of the body.
3. The rear hand's strength is less than the front hand.
4. The foot techniques are slower than the hand techniques.
5. The first part of the fist strike turns into Zuan Quan.
6. Not practicing the santi form well enough because one is in a hurry to study Pi Quan.

**Pi Quan Requirements:** Pi Quan is not mainly used for striking someone, but it is used to practice the body method and issue into a person. This strike uses strength from the center and not pushing strength. The outer three combinations must be combined. You must not have one light or maybe one heavy, one quick or maybe one slow. The strike's strong points ought to be in the upper and middle section of the forearm. The first fist on Pi Quan is not Zuan Quan. It is bear's shoulder. It is using going up to meet the enemy's hand. It overturns and covers, returns, and pulls the enemy's hand. This causes him to lose his balance and fall forward or maybe lean back or to the left or right. The second hand's outgoing strike uses rising, twisting, alternately shaking and striking. It is composed of many types of energies. The strike, coming and going, must have drilling

and twisting energy. The first objective of Pi Quan is to affect the enemy's feet and cause him to fall over backwards. The second objective of Pi Quan is to get the toes on both of the enemy's feet to flip upward. The final objective of Pi Quan is to cause the enemy to kneel down and lie on the floor. Each technique must be courageous, fierce, short, poisonous, and vicious.

### **Methods for Correction:**

1. Practice the santi form well. Then you can practice Pi Quan.
2. The movements of the whole body must slow down. First practice the fixed step. Then practice the slow step. Finally practice the quick step.
3. Add strength to the first hand as it returns, pulls down, presses, and wraps.
4. The upper half of the body must relax and the lower half of the body must become more substantial.
5. You must increase the speed of the rise and fall of the feet.
6. The strike must have the five kinds of energies and the six combinations energies.
7. The four limbs must become supports. Rely on the shoulders, back, chest, waist, hips, and belly to issue power.
8. Only use the five kinds of energy to train the tendons and bones. Skin and muscles must be filled with qi and blood.
9. Ninth and so on are after the above narrated issues have all been explained, then you must get the duration of each technique controlled to within a second. The rise done in half a second and the fall done in half a second. In between, rest for two seconds.

### **2. Zuan Quan Issues:**

1. The Zuan Quan strike becomes bear's shoulders.
2. The overturn, cover, press down, and pull of the first hand have no strength.
3. The outgoing fist of the second hand is too slow and too stiff.
4. The hand arrives first and then the foot arrives.
5. The lower half of the body is too light. The feet have no root.
6. When advancing and issuing strength, the center doesn't sink but flies away in the opposite direction.
7. The five energies and the six harmonies are lacking.
8. When practicing, not being in a state of facing the enemy.

**Zuan Quan Requirements:** Zuan Quan is one of the "three old fists" in Xingyi Quan. It is mainly used to attack the enemy's eyeballs, nose, mouth, and throat areas. Before beginning to practice, you must first be well grounded in the basics of the santi form. Zuan Quan's first hand is an overturning palm with inward wrapping energy. The forearm makes a 45 degree angle as it presses down and pulls back. The physical strength of both hands and both feet must be equal. The second hand's outgoing fist starts with the lower hand half making a fist. It rises from the qihai point to arrive at the solar plexus. Then it goes over the top of the wrist of the first hand towards the front. It twists,

overturns, and shakes. The strike is uncompromising as it goes out. The strong point of the strike is in the top of the face of the fist. In each technique [the rise and the fall], both hands and both arms must go out and strike with drilling, wrapping, overturning, twisting, shaking, and uncompromising energy. The rising step is like plowing the ground. Stepping up is like treading mud. The falling step is like treading on a poisonous snake. It raises the vitality a hundred-fold. When practicing, even though there is no one there, practice as if someone was there. When striking a person, practice as if there was no one there.

### **Methods for Correction:**

1. First you must get the bear's shoulders bridging method to change back into Zuan Quan's striking method.
2. Have the mind add weight to the first hand's horizontal, covering, returning, pressing down, and pulling strength.
3. When the second hand goes out, the fist head must gradually change from half grasping to firmly grasping when it arrives at the end point.
4. Improve the speed of the advancing step.
5. Practice lots of Dragon Form to strengthen the lower body's skills.
6. When doing the advancing step strike with treading energy, the weight must drop an inch.
7. Practice a lot of treading, pouncing, wrapping, binding, squeezing, and uncompromising energies as well as coordinating the inner and outer combinations.
8. Manage to understand the practice method and the functional method. Then try to find a person to train with. When the actions are accurate, then again do solo practice.
9. In each technique, the strike, coming and going, must be courageous, fierce, short, poisonous, and vicious.

### **3. Beng Quan Issues:**

1. Beng Quan becomes a straight shooting punch.
2. The overturning, covering, and pulling back of first hand lacks strength.
3. The upper body leans and the weight isn't stable.
4. Not sinking the shoulders or dropping the elbows or squeezing the groin or wrapping the knees.
5. The hand arrives before the foot arrives. The hands and feet are not together.
6. The waist doesn't twist. The shoulders don't shift. The hips don't sit.
7. The upper half of the body is too hard and the lower half of the body is too soft.
8. The vitality is not gathered. The eyes are without spirit.

**Beng Quan Requirements:** Beng Quan is one of Xingyi Quan's "3 old fists." It is also called "Jian Quan" [trample fist]. Jian Quan is like a horse running. Beng Quan's form is like an arrow. It is mainly used to strike the enemy's solar plexus, ribs, and belly. The

strong point of the strike is in the top of the face of the fist. The first hand, from a fist, changes to a palm. It overturns and wraps toward the inside. When pressing down the enemy's fist, use strength to press it down and pull it back. The second hand rises from the qihai point to arrive at the solar plexus. It passes the wrist of the first hand and goes out toward the front. The strike twists, overturns, springs, and shakes as it goes out. The idea is to penetrate through the spine. The waist is the source of strength which is delivered successively to both hands and both feet. The eyes must be poisonous. The hands must be wicked. The feet must be quick. The body must be stable.

#### **Methods for Correction:**

1. The hands must alternately roll inward and roll outward.
2. In each technique [rising and falling] both arms must come and go with drilling, wrapping, overturning, twisting, springing, and shaking energy.
3. Add strength to the covering hand when it pulls back.
4. No matter whether moving or still, one must make sure that the center of gravity does not lean.
5. Rigorously practice santi according to the requirements.
6. Increase the leg strength and speed.
7. Make use of the strength from twisting the waist. Both shoulders must be mutually in tune and both hips mutually alternating.
8. Soften the upper half of the body and harden the lower half of the body.
9. Consolidate the eye strength and raise the vitality.

#### **4. Pao Quan Issues:**

1. When raising the hands, both hands each do not arrive at their proper place.
2. When the hands fall, the rolling bridging hand strike becomes an upward frame.
3. The bridging hand does not arrive at its proper place. The elbow spreads out too much.
4. The rear follow step is too slow. The hands and feet are not together.
5. The upper body falls to the front. The center is not stable.
6. There is space between the knees and an open groin. The groin is exposed.
7. Not moving in a zigzag, to attack the enemy from the side.

**Pao Quan Requirements:** Pao Quan is mainly used to attack the enemy's face, solar plexus and ribs. The bridging strike happens simultaneously. In the rising aspect, the bridging hand must twist inward and arrive at the solar plexus. In the falling aspect, the bridging hand twists outward to arrive an inch above the eyebrow. The striking hand twists outward with a rolling action to strike to the front. The strike's strong point is the top of the face of the fist. It is used to strike the enemy from a 45 degree angle. Compared to the previous three fists, this fist is difficult to practice. If the bridging hand strike becomes an upward frame, then it can cause the strength to be divided. If the striking hand causes you to overshoots your weight, then it will be easy to fall toward the front.

### Methods for Correction:

1. In the rising aspect, the bridging hand must be in the upper front. The striking hand must be in the lower rear. When twisting the hand to lift it up, the bridging hand must stop between the eyebrows, and the striking hand must stop an inch above the solar plexus.
2. In the falling aspect, the bridging hand must strike with hidden rolling energy, and not strike with obvious framing energy, on account of the obvious framing energy being easy to break up.
3. When the bridging hand rolls and twists outward, you must sink the shoulder and drop the elbow, squeeze tight the armpit.
4. Increase the speed of the follow step so that the hand and foot arrive together.
5. Don't strike with shooting energy to forestall falling to the front.
6. Squeeze the groin and wrap the knees to protect well the groin.
7. Each technique [rising and falling] must be done on a zigzag line, in order to strike the enemy from the side.

### 5. Heng Quan Issues:

1. The Heng Quan strike turns into horizontal sweeping energy.
2. The covering hand's returning and pulling strike becomes straight falling energy.
3. The body leans left when the left fist goes out or lean right when the right fist goes out.
4. When turning around, the stepping method is not fast and not flowing.
5. When turning around, the hands and feet are not together.
6. Turning around without keeping the enemy in mind.
7. When turning around one is not quick or stable. One is not cruel and vicious.

**Heng Quan Requirements:** Heng Quan is one of Xingyi Quan's "3 old fists." It is also called Guo Quan [wrapping fist]. It is mainly used to strike the enemy's solar plexus, ribs, and intercept his hands. The first hand's horizontal covering, pressing down, and pulling back move in an arc and not in a straight line. The second hand rises up to the solar plexus. It overturns and rolls under the palm of the first hand to strike toward the front. The Quan Pu says: "In rising and crossing, you do not see the crossing. In falling and flowing, you do not see the flowing." That is the first hand flows and covers in an arc as it drops. The second hand crosses and rises, then the strike goes out with flowing energy. Heng Quan indicates that horizontal movement is used in making the fist. The horizontal movement supports but it is not a horizontal issuing of strength. Turning around in the Five Elements is also called "Old Tiger Sits in the Cave." It is a striking method. The foot that is in the rear determines which side to turn to. The front foot toes in to turn the body. The rear foot falling step strikes the person. That is turning around makes a fist. It is not just turning around to turn around.

### Method for Correction:

1. The hand crosses the arm. Crossing energy must not be horizontal. It must be a horizontal posture with a vertical strike.
2. The fist of the first hand changes to a palm. The horizontal covering hand and arm make a 45 degree angle. It drops down, goes inward and then outward to arrive at the qihai point.
3. The head must be pushed up. The neck must be vertical. The sacrum drops down. The body is upright. The strength of both hands is equal.
4. When the left foot is in the rear, then turn to the left. When the right foot is in the rear, then turn to the right.
5. Toe-in the foot to turn the body. The covering hand moves with rising energy. Following the turn, the treading foot moves with falling energy.
6. The rising bridging / falling striking hand and foot are coordinated and completed with the turn.
7. When turning around to strike someone, the hands and feet must be quick. The waist, belly, buttocks, hips, and groin, must be tightly squeezed. Turning around in the other four fists is also like this. Because the Five Elements Fists all are single hands issuing strength, therefore the waist and body only need striking, twisting, and turning energy. It does not use striking folding energy. This is using the spine to make a vertical axel. When striking with a twisted step, the left shoulder and right hip simultaneously twist and turn toward the front. The right shoulder and left hip simultaneously twist and turn to the rear. When doing the flowing step, the left shoulder and left hip simultaneously twist and turn toward the front. The right shoulder and right hip simultaneously twist and turn toward the rear. This gives rise to the common saying: “twist the waist, shift the shoulder, sit the hips.”

### 6. Dragon Form Issues:

1. The speed of the rising body is too slow.
2. The qinna hand method is incorrect.
3. The kicking foot has no strength and is not standard.
4. The center of gravity of the falling body is not stable.
5. The falling does not go low enough.
6. The dropping down does not have combined strength.
7. The hand and foot coordinated positions are not standard.

**Dragon Form Requirements:** Dragon Form is mainly a method for using qinna. Practicing a lot of Dragon Form will strengthen the lower basin skills and lively nature. It requires rising like lightning and falling like thunder. The rising hand makes bridging, snatching, twisting, and pulling. The other hand makes pushing and pressing down. The rising foot makes springing and kicking. Its goal is to kick the enemy causing a painful injury, which causes the strength in his arm to weaken. Pay attention to his strength dispersing. Then you can put the qinna methods into effect. It requires gripping the enemy's shoulder area and pushing him to the ground. He won't be able to resist.

### Methods for Correction:

1. The joints of the legs must be completely in control and open. Add strength to its agile nature.
2. Increase the leg's physical strength. Increase the speed of the body rising up.
3. When raising the hand, you must first bridge, then snatch, then twist and pull. The other hand simultaneously pushes and presses down.
4. The kicking foot must be accurate and must have strength. Use a springing kick not a scooping kick. The kick's target is the knee, hip, belly, groin, ribs, and heart, etc. areas. Its strong point is in the heel.
5. When falling down, both legs must use strength to squeeze tightly. Above and below, the body uses strength to fold, to use 1000 pounds falling strength.
6. In the falling posture, the knee touches the ground, the butt sits on the rear heel, the rear hand is by the front of the ribs, 20 cm from the ground.

### 7. Tiger Form Issues:

1. The hanging and pressing down of the rising hand has no strength. One will not be able to cause the enemy to lose his balance and fall forward.
2. Stepping up without including the upper body. One will not be able to use the head butt strike the enemy's face area.
3. The striking hand only has pushing strength. One is not striking with combined body's whole power.
4. The shape of the hand shape is not tiger sinking claw.
5. The hands are quick but the feet are slow. The hands and feet are not coordinated.
6. The center of gravity goes too far forward. The upper body falls forward.
7. Not moving in a zigzag path to attack the enemy from the side.

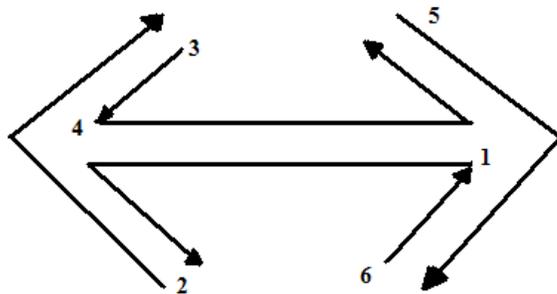
**Tiger Form Requirements:** The Tiger Form is mainly a striking method that uses the front of the head to strike the enemy and uses the hands to pounce on the enemy. Because the Tiger Form uses two hands for issuing strength, therefore in addition to using the previous issuing strength requirements, you also need to issue the energy of the chest and back, and fold the buttocks and hips. Use the waist and belly as an axle. The rising posture makes folding. The falling posture makes expanding. Step up and toe-in, turn the body 45 degrees. The other foot raises the heel. Both hands instantly hang toward the front and press down the enemy's arm. This causes the enemy to suddenly fall toward the front. Quickly use the front of the head to strike the enemy's face. Force the enemy's head to lean back. Quickly advance to get close to his body. Pounce on the enemy and make him fall down. You must issue quickly, crisply, and explosively striking with the whole body and whole energy to get the desired result. The pounce strikes the enemy's chest and shoulder area. The strong points are the centers of the palms.

### Methods for Correction:

1. Evade and open the enemy's two fists. Use strength to hang and pound on the enemy's two arms to cause the enemy to stumble forward.
2. Simultaneously use the front of the head to strike the enemy's face and force the enemy's head to lean back.
3. Sink the shoulders and drop the elbows. The waist and body spring and shake. The thighs squeeze tightly. The elbow tips retract inward.
4. The shape of the hand is like a tiger's claw pressing the ground. The center of the palms and fingertips fall solidly. The finger joints bow and rise.
5. The stepping up must rush. The hands first quickly scramble for position. It is very good to get the thigh joints tightly close to the enemy's groin area.
6. The front foot must brace and the rear foot must kick. The body stands between them.
7. You must evade the enemy's attack main route. Pounce and strike from the side.

### 8. Monkey Form Issues:

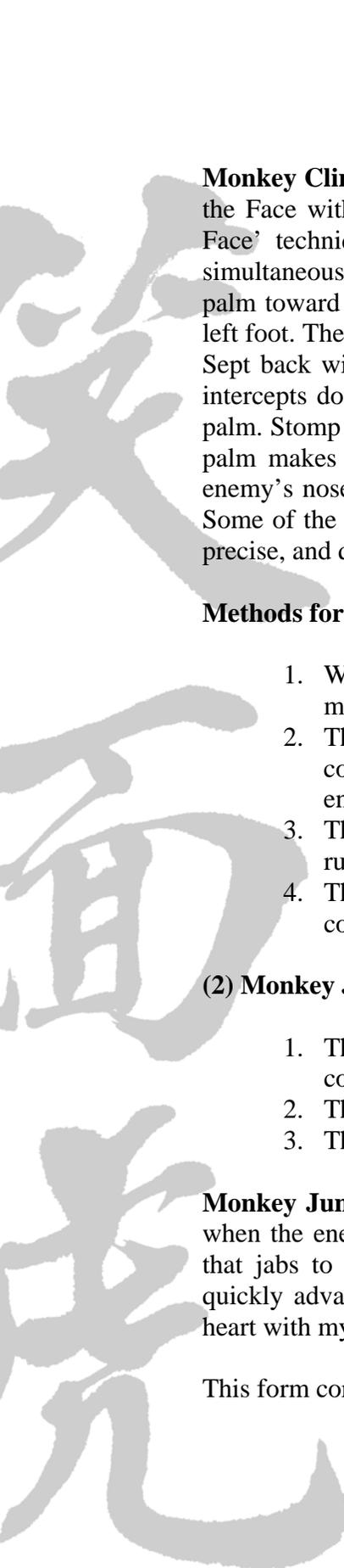
The Monkey Form consists of Monkey Climbs up a Pole, Monkey Jumps the Ravine, Monkey Steals the Peach left and Monkey Steals the Peach right, Monkey Offers the Fruit. These actions make up a small routine, continuously striking in all directions before completion. The route is like below:



Each will be explained below:

#### (1) Monkey Climbs the Pole Issues:

1. The coordination between the retreating step and the empty step intercepting hand is not good.
2. The stomping foot and striking knee have no strength.
3. The angle of the striking palm is not precise.
4. The striking strength is supposed to be in the fingertips.



**Monkey Climbs the Pole Requirements:** Monkey Climbs the Pole is also called ‘Cover the Face with the Hands’. Retreating back two steps is a bit like ‘The Cat Washes its Face’ technique. Both hands part and go down to intercept the enemy’s hands and simultaneously the knee quickly rises up to strike the enemy’s groin. Use the center of the palm toward the upper front to push and rub the enemy’s nose area. Step back with the left foot. The right foot follows and becomes empty. The right hand intercepts downward. Step back with the right foot. The left foot follows and becomes empty. The left hand intercepts downward. Stomp the right foot and raise the left knee. Strike with the right palm. Stomp the left foot and raise the right knee. Strike with the left palm. The standing palm makes a 45 degree angle toward the upper front direction to push and rub the enemy’s nose. This causes him to pain that is difficult to tolerate and he will step back. Some of the special points of the Monkey Form are that the strikes must be light, agile, precise, and quick.

**Methods for Correction:**

1. When the left foot steps back, the right foot simultaneously withdraws to make an empty step and the right hand intercepts downward.
2. The stomping foot and the knee strike must happen together. One would if one could break the enemy’s foot with the stomp and strike and smash the enemy’s groin.
3. The outgoing palm’s 45 degree angle toward the enemy’s nose pushes and rubs. The strike has springing, shaking strength.
4. The strike’s strong point is the lower side of the center of the palm. This form corresponds to quick retreat reverse strike technique method.

**(2) Monkey Jumps the Ravine Issues:**

1. The advance step and outgoing hand are not quick and agile. Their coordination is no good.
2. The power issued while in the air is not whole.
3. The jabbing strike is not precise.

**Monkey Jumps the Ravine Requirements:** Monkey Jumps the Ravine mainly is used when the enemy continuously retreats, then I continuously chase him. It is a technique that jabs to the eyes and strikes the heart. When the enemy continuously retreats, I quickly advance four steps and jab his eyes three times and while in the air strike his heart with my knee.

This form corresponds to the method for quickly advancing and continuous striking.

### Methods for Correction:

1. The left foot quickly steps up. The outgoing left palm jabs the enemy's eyes. Then the right foot steps up quickly and spring up into the air. From up to down, strike with the left knee. The outgoing right palm jabs the enemy's eyes. Four steps, three palms, one knee, all are coordinated together.
2. While in the air and jabbing the enemy, still strike with six harmonies energy, and whole body.
3. Closely chase the enemy jabbing his eyes and striking his heart. Follow high, strike high; follow low, strike low. Rise like the wind, fall like an arrow Strike down then he will be suspicious and slow.

### (3) Monkey Steals the Peach Issues:

1. The changes in the stepping method are not agile.
2. The bridging hand snatching the wrist and twisting the body do not arrive at its position.
3. The chest is open revealing the ribs. Self-defense is not tight.

**Monkey Steals the Peach Requirements:** Monkey Steals the Peach is a technique that is mainly used to bridge and neutralize the enemy's incoming fist. The key is in the stepping method and changing the body. As the enemy's fist shoots in, I step back half a step with my left foot. My right foot closely follows. Simultaneously my right hand goes up to bridge, snatch, and seize the enemy's wrist. I go with his strength and slightly turn my upper body right. I neutralize the incoming fist close to my body. The left form actions are the reverse of the right form. During the rising and falling of the hands, from beginning to end, tightly squeeze the upper arms, sink the shoulders and drop the elbows. The elbows are not far from the ribs. The hands are not far from the heart. The rising hand and falling hand closely protect the center line.

### Methods for Correction:

1. Raise the anus and contract the belly. The foot that follows does not move with strength. The twisting step and turning the body still more are light and agile.
2. When lifting the rising fist, the forearm simultaneously twists and rolls outward. This changes the palm to become a monkey claw to snatch and seize the enemy's wrist. Move the shoulder with a flowing posture and softly neutralize.
3. Throughout the course of the rise and fall of both hands and both elbows, tightly squeeze the upper arms. The elbows are not far from the ribs. The upper hand is not far from the heart. The lower hand is not far from the qihai point. When the upper hand bridge arrives at the enemy's hand, it is leaning on the upper body, twisting, turning, and neutralizing the enemy's incoming strength. Do not use the hand to pull hard and open the enemy's incoming hand.

#### **(4) Monkey Offers the Fruit Issues:**

1. The upper upholding hand does not arrive in position.
2. The claw form is not precise.
3. Only using hand power and not using body power.

**Monkey Offers the Fruit Requirements:** Monkey Offers the Fruit is a technique used mainly to uphold the enemy's chin when he comes in close. While wrapping and pressing down the enemy's hand, the other hand upper and lower arm areas squeeze tight. The hand suddenly upholds toward the upper front side and strikes the enemy's lower jaw. The highest that the uphold and strike will go is between the eyebrows.

#### **Methods for Correction:**

1. Aim at the front side of the enemy's chin and uphold strike it fiercely.
2. The hand half clenched. The top of the palm and the five fingers stick to the enemy's face. The lower part of the palm sticks to the enemy's chin.
3. When the left hand upholds, the right foot is empty. When the right hand upholds, the left foot is empty. When issuing six harmonies power, the foot uses strength to tread downward. The head uses strength to push upward.

#### **9. Horse Form Issues:**

1. Not having the strength of treading hooves.
2. The idea of hanging and pounding strength is not expressed.
3. The upper body and lower body are not combined and don't have whole power.

**Horse Form Requirements:** The Horse Form is a technique that mainly uses either both fists or a single fist to strike the enemy. The objective is to shock and destroy the enemy's lungs, strike to break his ribs, or perhaps injure his face. The strike's strong point is on the top of the face of the fist. Begin the form by stepping up. Both fists go down, turn over, roll, hang, and pound the enemy's incoming fist. Then the fists go out to fiercely strike the enemy's face, chest, or rib areas. Besides using the power of the aforementioned requirements, still more you must combine both hands with the waist and belly. The chest and back and waist and belly fold. The foot uses strength to tread. The head uses strength to push up.

#### **Methods for Correction:**

1. You must image the horse's quick hooves treading the ground leaving footprints.
2. Use strength to pound and hang the enemy's arm causing injury.
3. The upper and lower bodies, the whole body, strikes with folding power, both hands and both feet use strength equally.

## 10. Snake Form Issues:

1. The angle for striking the enemy is not accurate.
2. The rising and falling are not linked up.
3. Only using the front hand power when issuing strength, not using whole body springing shaking power.

**Snake Form Requirements:** The Snake Form is a technique mainly used to strike the incoming enemy in the groin. And it can cause the enemy attack to move backwards, as it causes the enemy pain, then his backside will stick out to the rear. His upper body will pounce forward just enough for my elbow or shoulder to strike him. The rising hand seizes the incoming fist to make it diverge. Press the other hand to protect the face. Take a big step forward to spring and shake. Your half clenched fist strikes the enemy's groin. Because of this, the Snake Form often uses the flowing posture and single hand, therefore the right half of the body and the left half of the body must first wrap and then expand to issue six harmonies power. The angle of the strike is straight to the back of the enemy. And it is not issued toward the enemy's rear foot.

### Methods for Correction:

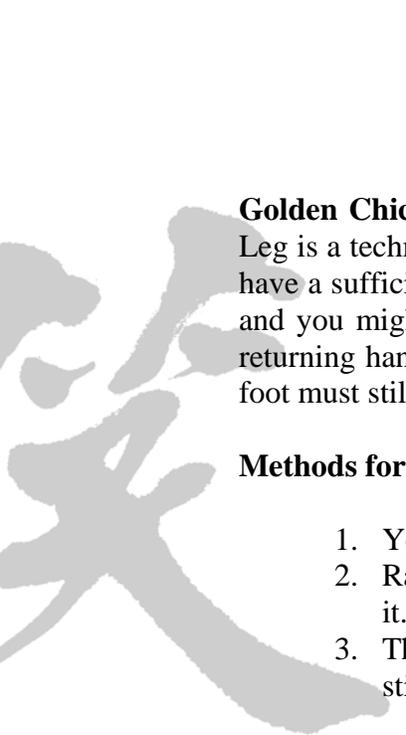
1. The flowing step with horizontal issuing strength is done 45 degrees to the front.
2. You cannot pause between rising and falling, it is a coherent whole. Do a lifting step when doing the rising. Press the hand down and instantly issue. Protect the face, the snatching hand instantly pulls. From the lifting step to stepping up is one coherent whole.
3. The upper and lower bodies, the whole body, bind and instantly expand. The strike expands strongly. The four limbs are equal, issuing six harmonies power.

## 11. Chicken Form Issues:

The Chicken Form is a small routine made up from Golden Chicken Stands on One Leg, Golden Chicken Eats Rice, Golden Chicken Shakes its Tail Feathers, Golden Chicken Frames Upwards, Golden Chicken Crows at Dawn, and Golden Chicken Overturns its Body. Each one is talked about separately below:

### (1) Golden Chicken Stands on One Leg Issues:

1. The degree of hardness and accuracy of the fingers is not sufficient.
2. The hand does not protect the heart and the knee does not protect the groin.
3. The single foot supporting the weight is not stable.



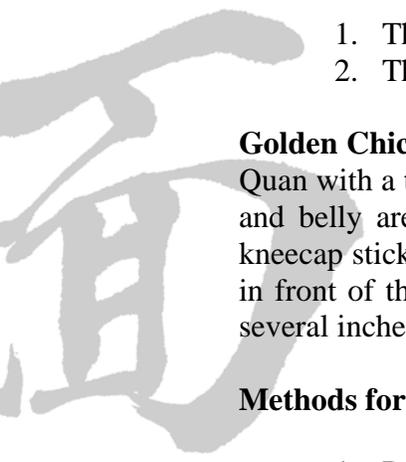
**Golden Chicken Stands on One Leg Requirements:** Golden Chicken Stands on One Leg is a technique that is mainly used to jab the enemy's eyes or throat. The fingers must have a sufficient degree of hardness. If not then you won't be able to injure the opponent and you might get injured yourself. The outgoing hand does the jabbing strike and the returning hand protects the heart. Raise the knee to protect the groin. The bracing single foot must still issue six harmonies power.

**Methods for Correction:**

1. You must practice iron palm or perchance 'big strength' fingers.
2. Raise the knee. Then the thigh tightly wraps and squeezes the groin to protect it.
3. The single foot brace must, in comparison with the double foot brace power, still more be smooth, whole, and capable of stability.

**(2) Golden Chicken Eats Rice Issues:**

1. The striking fist only uses arm strength and does not waist and body power.
2. The upper body is not stable in the treading step.



**Golden Chicken Eats Rice Requirements:** Golden Chicken Eats Rice precisely is Beng Quan with a treading step. It is a technique that is mainly used to strike the enemy's heart and belly areas. The stepping method is the front foot pulls the back foot. The back kneecap sticks next to the inside of the bend of the front leg. The rear hand supports a bit in front of the front elbow. The rear hand forearm protects the heart. The weight drops several inches. Strike with whole power not with shooting power.

**Methods for Correction:**

1. Practice Beng Quan's distance stepping every day, slowly making it smaller. Twist the waist, sit in the hips, move the shoulders.
2. Practice the Dragon Form and Swallow Form a lot to strengthen the legs. The whole body, up and down, one body, issues combined power.

**(3) Golden Chicken Shakes its Tail Feathers Issues:**

1. The strike placement is not accurate.
2. The santi stance becomes a large horse stance.
3. The angle of the bracing of the hands is not accurate.
4. The hands do not have bracing power and the feet do not have treading power and the body does not have whole power.

**Golden Chicken Shakes its Tail Feathers Requirements:** Golden Chicken Shakes its Tail Feathers is a technique that is mainly used to brace and strike the enemy's belly and ribs. The enemy advances and issues his fist. I step back, snatch his hand, and simultaneously pull it up. My left hand tiger's mouth braces downward with fierce strength toward the lower front and strikes the enemy's belly or ribs. The idea is to strike his coccyx.

**Methods for Correction:**

1. You must brace and strike the enemy's lower abdomen or hip area.
2. The stepping method, as before, is the santi step.
3. The left hand tiger's mouth goes down. The right hand snatches and seizes the enemy's hand, then pulls up past your own right shoulder.
4. The hand must strike with bracing power and the foot must strike with treading power. The entire body sinks down one inch to strike with whole power.

**(4) Golden Chicken Frames Upward Issues:**

1. The hands and knee only defend and do not attack.
2. The standing on one leg step is not stable.
3. There is no outgoing shaking power.

**Golden Chicken Frames Upward Requirements:** Golden Chicken Frames Upward is a technique that when the enemy attacks with both hand and foot, to kick my groin and strike my face, I instantly continuously defend with pulling and striking. I raise my right knee to protect my groin. My right hand pushes down on the enemy's hand. Simultaneously, my left hand strikes the base of the enemy's nose. Both hands and the knee are simultaneous, from beginning to end. The arms mutually file. Both shoulders use strength to wrap and close. Most people's strikes become a defense of the face. Contract the neck for a simple defense.

**Methods for Correction:**

1. Simultaneously with raising the knee to protect the groin, use fierce strength to fork down the enemy's hand causing him to tumble forward. Simultaneously the left hand goes out to meet his face and strike the base of his nose upward and issue strength toward the back of his head. The strike's strong point is in the center of the palm.
2. The crux of the Standing on One Leg stance is having above and below bound and making one. The hip joint squeezes the abdomen area. Retract the waist area. Twist both shoulders to wrap, etc.
3. The left palm, from down towards up, pushes towards the front and files. When you arrive at the end point, you must ultimately be hard. Ultimately it can injure the enemy.

### (5) Golden Chicken Crows at Dawn Issues:

1. The form of the hand is not precise.
2. The upholding strike doesn't arrive at its proper location.
3. There is no shaking energy.

**Golden Chicken Crows at Dawn Requirements:** Golden Chicken Crows at Dawn is a technique that is mainly used to uphold and strike the enemy's lower jaw. The right foot steps up and the left hand presses down the enemy's incoming fist. The right palm tiger's mouth goes up toward the front using the center of the palm to do an upholding strike to the enemy's lower jaw. The idea is to strike the back of the enemy's head, causing the enemy's head to shake, and the enemy to lose his fighting strength. For most people, the strike is a flicking strike to the groin.

### Methods for Correction:

1. The right palm is half clenched. Use the center of the palm to uphold the enemy's lower jaw.
2. Although you are upholding the enemy's lower jaw, you are really thinking it is the back of his head.
3. Twist the waist, file the hips, move the shoulders, combine the strength. The strike goes out with shaking energy.

### (6) Golden Chicken Overturns its Body Issues:

1. Winding and contracting the enemy's hand is not tight.
2. In the change step, the feet do not have treading energy.
3. The striking point of the stamping palm is not precise.

**Golden Chicken Overturns its Body Requirements:** Golden Chicken Overturns its Body is a striking method that is mainly used to seize the enemy's incoming hand and then push or strike the enemy's heart or ribs. When the enemy's right hand comes in toward my chest, my right forearm squeezes against my left palm. It stamps, advances and winds around his wrist. Both feet leap into the air and change positions. The front foot changes to the back foot and the back foot changes to the front foot. Implement the qinna at the same time that the feet fall to the ground. The left hand strikes the enemy's floating ribs area.

### Methods for Correction:

1. Use the left hand and right forearm to tightly lock the enemy's hand, then quickly twist and turn it over.
2. When you are in the air changing your feet, both feet use strength to stamp the ground.
3. Use the heel of the palm to shake, stamp, or push strike the enemy's floating ribs or solar plexus.

## 12. Swallow Form Issues:

The Swallow Form mainly trains the agile and swift skills of flying up and scooping down to get the victory. Each pair of movements makes a series. In all there are seven series of 14 postures. Below they are spoken of separately:

### (1) Swallow Grabs Food and Swallow Swings its Tail Issues:

1. The grabbing and holding up are not precise and not firm.
2. The holding up and pulling power is not whole.

**Swallow Grabs Food and Swallow Swings its Tail Requirements:** Swallow Grabs Food is a seizing and locking technique that is mainly used to snatch and clutch the enemy's wrist and to hold the enemy up. The fingers must go out and strike with eagle claw strength. They enter the flesh and penetrate the bones causing the enemy injury. Swallow Swings its Tail follows Swallow Grabs Food. Take his hand, then sit down toward the rear with fierce strength and pull it like in tug-of-war. It is a kind of throwing method to pull the enemy and cause him to fall toward the front. When issuing strength, the upper and lower bodies unify, the front foot kicks the ground, and the buttocks use strength to fiercely sit back. Both hands go out with shaking energy. Both actions make one rise and fall. If the grip and lock does not work it is extremely easy to strike the enemy with a shoulder strike.

### Methods for Correction:

1. Diligently practice eagle claw strength to grip point locations precisely.
2. The four limbs, waist and body simultaneously issue and sit back with shaking energy.

### (2) Swallow Probes with its Claws and Swallow Hunts for Food Issues:

1. The degree of hardness of the fingers is not sufficient.
2. In the together step Beng Quan, the shocking foot does not sink, the outgoing fist is not fierce, and the body is not explosive.

### Swallow Probes with its Claws and Swallow Hunts for Food Requirements:

Swallow Probes with its Claws is a technique that uses the fingers in a lightning jab to the enemy's eyes or throat. It requires that the fingers, palm, arm, body, waist and legs are all one unit. It is like a hard staff striking at the enemy, causing the enemy to be injured and lean backwards. After this, quickly do a follow step and execute a together step right Beng Quan which is Swallow Hunts for Food. Strike the enemy's heart, belly, or ends of the ribs. You must strike through to the spine. Both actions together make one, Probing with the Claws makes rising, Hunting Food makes falling. Coordinated them together.

### **Methods for Correction:**

1. You must diligently practice strengthening the fingers. There are lots of methodologies like iron palm, red sand palm, coiling palm, etc.
2. It is extremely important that the power of the stomping foot, outgoing hand, and returning hand arrive together so that they have explosive power.

### **(3) Black Dragon Overturns the River, Swallow Spirals to Heaven, Swallow Enters the Water, and Swallow Picks Up Mud Issues:**

1. The strength in the overturning and pounding is not sufficient.
2. The height of Spiral to Heaven's raising the knee and wrapping the body is not sufficient.
3. The lightly pouncing in Entering the Water is not sufficient.
4. The speed of the head strike and strength of the back leg in Picking Up Mud are not sufficient.

**The separate requirements are:** Black Dragon Overturns the River is both fists overturning and pounding the opponent's incoming feet. The weight fiercely drops down. Both fists roll in a vertical circle and pound. The idea is to smash the bones in the opponent's foot. Swallow Spirals to Heaven is the beginning form of a joining hands, scoop the groin, lower stealthy action. It requires snatching the enemy's wrist then going up and back, drawing him out. Swallow Skims the Water follows the previous posture without break. Do a lower pouncing step. Scoop the enemy's leg and hold it up causing the enemy to fall forward. The power path of both hands, one pulling down and one lifting high, is the same. If you don't get the hand, you can still use your head to strike the enemy's body and knock him down. That is the Swallow Picks Up Mud form. These four forms must be done as a unit, only it cannot be one act and then the next. These four forms are not separate.

### **Methods for Correction:**

1. Both fists, striking and wheeling, must change from slow to fast, from soft to hard, relentlessly smashing down to penetrate the foot bones.
2. In Spiraling to Heaven, you must close the body and jump vertically toward the upper front direction.
3. In Entering the Water, you must be exceedingly low, exceedingly light, exceedingly swift, and exceedingly good.
4. Raise the body and advance the head to strike like a ram striking something with its horn.

### **(4) Swallow Skims the Water and Swallow Spreads its Wings Issues:**

1. The palm strength is not sufficient in the 'scooping the groin' palm and the palm method is not accurate.
2. The 'stamping the heart' palm does not have shaking energy.

**Skims the Water and Spreads Wings Requirements:** Swallow Skims the Water is comprised of covering hand, coiling step, 'strike the groin' palm. With the five fingertips pointing down, use the heel of the palm to issue strength as you push or strike the enemy's groin. The idea is severely damage him. It is not scooping up and filing straight. Swallow Spreads its Wings is a technique where the right hand frames upwards and rolls outward simultaneously. The left palm stretches out close to the front of the enemy's chest then drops the wrist with fierce strength. Use the heel of the palm to shake or strike the enemy's solar plexus. Most people take the 'scoop the groin' strike to complete an upward scoop and maybe just glance off of it. The 'stomping the heart' palm strike becomes a pushing the heart palm.

**Methods for Correction:**

1. Take Heng Quan and change it to become a palm strike with subduing strike strength.
2. The hand levelly stretches the fingertips out close to the enemy's chest. Then, with fierce strength, drop the wrist with shocking shaking the body energy. The idea is to strike to the enemy's back.

**(5) Swallow Spreads its Wings (high) and Swallow Rises from the Nest (high)**

**Issues:**

1. The skillful leading and neutralizing strike becomes hard divided framing.
2. The hand form of the upholding strike is not precise. The severing strength, closing strength, and folding strength are not sufficient.

**Spreads Wings (high) and Rises from Nest (high) Requirements:** Swallow Spreads its Wings (high) is a technique that leads and neutralizes the enemy's incoming fists so that I can attack his head and body. When lifting the step, both hands close and pierce between the enemy's two fists. When the enemy's fists move toward me, my two palms roll outward. They neutralize and lead the enemy's fists and open up the distance from my head, like both hands embracing the head. Swallow Rises from the Nest follows from the previous form. Quickly advance. Both palms uphold toward the front. Use the heels of the palms to uphold strike the enemy's jaw. Both palms hit with shaking, striking strength causing the enemy to lean back. The severing strength comes from folding my body. The hands only brace and frame. The little finger sides of both hands use strength to file and squeeze the enemy's neck. You cannot use the fingertips for a jabbing strike.

**Methods for Correction:**

1. When joining the enemy's hands, while rolling and pulling, you cannot be using horizontal framing strength. Lead and neutralize the enemy's hands so that you can open up the enemy's head.
2. When striking the enemy, the little fingers of both palms must be close to the base of the enemy's ears. The striking strength is in the inside of the heels of

the palms. Continuously squeeze, pull, and file the enemy's neck. Fiercely shock and shake the enemy's jaw. Strength passes to the back of the brain. The idea is to file and break the enemy's neck bones and shock and damage the enemy's brain.

#### **(6) Swallow Spreads its Wings (low) and Swallow Leaves the Nest (low) Issues:**

1. The gradually pushing down, outward leading, neutralizing energy strike becomes horizontal parting power.
2. The advance step, advance the body, double elbows doesn't squeeze both palms and cannot go out with inch power.

**Spread the Wings and Leaves the Nest Requirements:** Swallow Spreads its Wings (low) is a technique where as the enemy strikes my heart or ribs with two fists, I neutralize and lead them down and toward the outside, allowing me to advance and use the side of my body to attack. It is necessary that the enemy not know or sense that his hands are being lead into emptiness. Swallow Leaves the Nest (low) is a technique that follows from the previous actions of advancing and attacking with the body. My two palms go out with fierce strength to file and uphold the enemy's two floating ribs. When issuing power, the sequence is to first retract the belly and sit back, then advance and attack with the body. The whole body is like a bow bending. The belly area springs and shakes to the front. Both palms borrow the body's strength being issued and go out with inch power. Use the little finger side of the heel of the palm to do a filing, squeezing strike toward the tips of the enemy's ribs, causing him to be injured.

#### **Methods for Correction:**

1. Both hands extend to the front to support the enemy's hands, then gradually pull toward the rear and roll toward the outside. Flow with the posture to neutralize and lead him.
2. You must imagine practicing the Tai Form. The strike goes out powered by the body's folding, causing both palms to go out with inch power.

### **13. Sparrow Hawk Form Issues:**

The Sparrow Hawk Form is a small routine made up of the actions Sparrow Hawk Binds its Body, Sparrow Hawk Enters the Forest, Sparrow Hawk, Sparrow Hawk Spirals to Heaven, Sparrow Hawk Overturns its Body, and Sparrow Hawk Hunts Food.

#### **(1) Sparrow Hawk Binds its Body and Sparrow Hawk Enters the Forest Issues:**

1. The step is too small and the speed too slow.
2. Hanging and wrapping the enemy's hand doesn't have strength.
3. The hanging and bridging strikes are broken up, not a coherent whole.

**Binds its Body and Enters the Forest Requirements:** Xingyi Quan has a lot of techniques that are used to control a person. The Sparrow Hawk Form is about first controlling a person. Sparrow Hawk Binds its Body is a technique where you quickly step up to destroy the enemy's preparation posture. Its aim is to drive in and break the enemy's support. Sparrow Hawk Enters the Forest follows from the previous form without stopping. Issue a left Pao Quan to strike the enemy, viciously hang and fiercely strike. Binds the Body is rising. Enters the Forest is falling.

**Methods for Correction:**

1. The right foot steps up quickly. The left foot steps up like a passing step.
2. The hand uses strength to hang and pound toward the enemy's face.
3. There is no pause between the two actions.

**(2) Sparrow Hawk Spirals to Heaven and Sparrow Hawk Overturns its Body Issues:**

1. Sparrow Hawk Spirals to Heaven is an inch flowing step Zuan Quan. In Sparrow Hawk Overturns its Body, the thighs are not squeezing during the stealing inserting step.
2. When twisting the body, the waist is very stiff and the lower section doesn't move.
3. The snatching hand does not have a fixed location but follows the body's confused turning.

**Sparrow Hawk Overturns its Body Requirements:** Sparrow Hawk Overturns its Body is a technique that is snatching and seizing the enemy's hand then gripping, twisting, and striking the back of the enemy's head. When snatching the enemy's right hand, simultaneously twist the body and do a left steal and insert step. Use the left forearm to pound the enemy's elbow or perhaps use the fist to pound the back of the enemy's head. When doing the inserting step, your legs must stick tightly together. When twisting the hand, the hand must remain in place, it cannot be pulled back. Turning the body must be quick. Simultaneously the left hand goes out to defend. Take strict precautions against the enemy turning around and striking with his elbow.

**Methods for Correction:**

1. When doing the left stealing inserting step, The left leg must be very close to your own right leg. Otherwise it will be swept up and not go out.
2. You must practice the flowing waist, so that it can turn 360 degrees.
3. Snatch the enemy's hand. Then, in place, twist and turn it, and pull it down. This form is like when a crocodile strikes; the body rolls but its mouth doesn't move much.

### **(3) Sparrow Hawk Hunts for Food (high) and Sparrow Hawk Hunts for Foot (low)** **Issues:**

1. The pinching strength of the hand that locks the throat is weak.
2. Issuing strength during the slice to the ribs is insufficient.

**Hunts Food Requirements:** Sparrow Hawk Hunts Food (high) is a technique that locks the throat with a flowing step. Your left hand presses down the enemy's hand. Your right hand, with the palm facing upward, pinches the enemy's throat with two fingers. You must grip completely using strength to pinch the throat. Sparrow Hawk Hunts Food (low) is a slicing palm to the ribs. My left hand frames upward and I advance with an inch step. My right palm goes out and I use the heel of the palm to strike the enemy's lower ribs.

#### **Methods for Correction:**

1. Assiduously practice strengthening and hardening the fingers.
2. Use the body energy to inch strike the enemy's ribs like the palm is stamping on something. Sparrow Hawk Turns Around and Hunts Food is the left form of Hunts Food (low).

### **14. Tai Form Issues:**

1. The circle in neutralizing the enemy's hand is too big.
2. Only using the hand energy and not using the belly strike.

**Tai Form Requirements:** Tai Form is a striking method whose functional method is very special. On the surface it is using both fists to strike the enemy's ribs. But its real traditional functional method is: should the enemy's two fists or two palms come toward me, I use a flowing posture, join and twist the enemy's two hands and sit back. Simultaneously I twist the enemy's two hands until the elbows are mutually close. I pull him toward my center. This causes him to fall forward. Only when he starts falling to the ground, my hands and belly together issue shaking striking power and force the enemy to tumble away. These actions are borrowing the strength of the enemy's hands and arms, pull them bring them back into the front of the enemy's upper body then throw him down. It is one coordinated strike.

#### **Methods for Correction:**

1. When going inside to twist and pull the enemy's hands, the circle shouldn't go past the outside of his chest. The bases of both thumbs come into contact.
2. Fiercely twist and viciously pull the enemy's hands to move his root. Use whole body energy to advance the body. The hands and belly issue shaking energy. My belly follows and does a shaking attack to the enemy's fists, only the idea is to strike through to the enemy's back.

## 15. Alligator Form Issues:

1. Only neutralizing and not striking.
2. The power is not complete and not flowing.

**Alligator Form Requirements:** The Alligator Form is mainly using a flowing posture to neutralize and throw. The palm strike is a type of striking method that assists. No matter which hand the enemy uses, I can use one hand with a flowing posture and flowing strength to snatch, roll, neutralize, add strength, pull and throw him to my rear. Simultaneously, my other palm strikes the enemy's face, heart, or ribs, etc. The necessary point is adding strength to the enemy's incoming fist. My front palm supports the enemy's incoming strike well.

### Methods for Correction:

1. The neutralization and strike should be combined as one. Flow and pull, lean and strike.
2. No matter whether you are advancing or retreating, the steps, hands, and body twisting and turning are one piece. The strength of the strike comes from the combined power of the four limbs, like a boat parting the waves.

## 16. Bear Form Issues:

1. The Bear's shoulders do not have strength.
2. In the shoulder strike, the hand that does the seizing is not accurate.
3. The upper arm strike doesn't have power.

**Bear Form Requirements:** The Bear Form striking method is comparatively special. It uses the shoulder and upper arm to strike the enemy causing the enemy to be injured.

Should my right hand snatch and seize the enemy's right hand, I use strength to pull him toward the front of my right breast. I use my left shoulder to do a shaking strike to break his elbow. Should my right hand snatch and seize the enemy's left hand, I simultaneously use strength to pull him. My left shoulder strikes the enemy's heart and chest and knocks him down.

### Methods for Correction:

1. Pay attention to practicing and increasing the arm strength's shaking power.
2. Snatch and seize the enemy's hand and then pull in your own body.
3. You must grab and twist the waist and lower the hips so that shaking power is transmitted to the shoulders and upper arms.

## 17. Eagle Form Issues:

1. The first hand only bridges and does not snatch.
2. The rear foot only goes up and does not tread.
3. The qinna is without combined power.

**Eagle Form Requirements:** The Eagle Form is mainly practicing the art of qinna. The first step makes the hidden step, bridging hand. The second step is snatching, twisting, and pulling. The other hand simultaneously pushes up the enemy's elbow. The foot treads the front of the enemy's shinbone or maybe the bend of the knee. The goal of kicking and treading is to increase the injury and reduce the strength of his wrist and elbow. Get the enemy to kneel on the ground; then they cannot resist your strength at all.

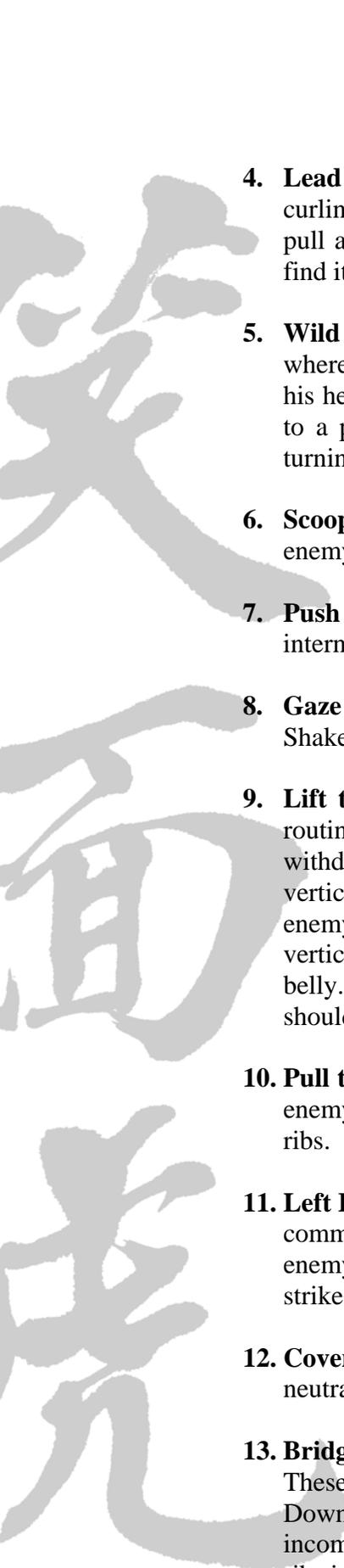
### Methods for Correction:

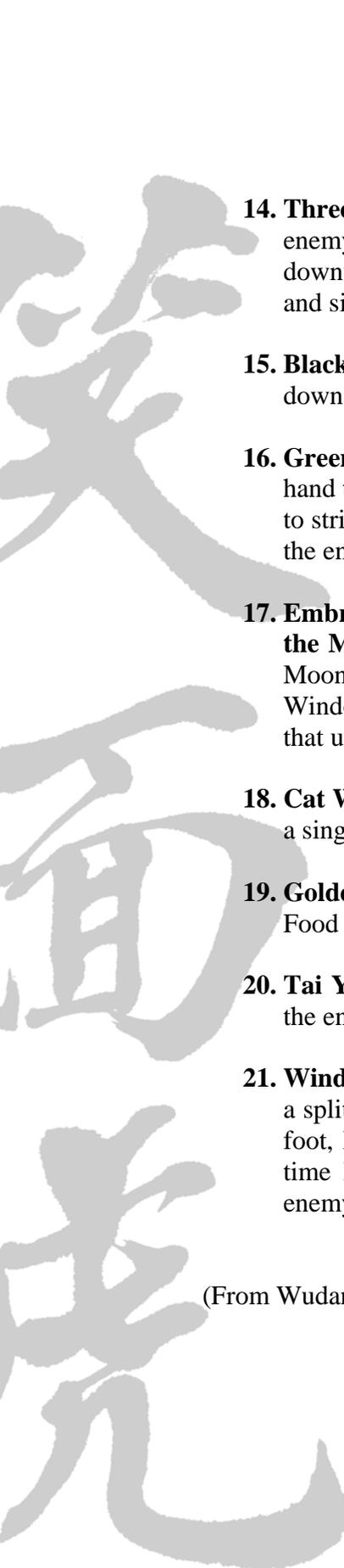
1. Raise the fist up to bridge, then immediately change to a palm to snatch and seize.
2. The lifted foot must use strength to viciously tread the bend of the enemy's leg or the front of his shinbone.
3. The power of both hands is the same. You cannot have the front loose and the rear tight. If it is like that, then it is difficult to use the bend of the arm. Also it cannot be front tight and rear loose. If it is like that, then it is easy for the enemy to slip away.

## 18. The Names and Functions of Other Actions:

In Xingyi Quan, besides the Five Elements Fists and Twelve Forms there are about twenty commonly used fist methods. Below I will describe their names and functions.

1. **Green Dragon Leaves the Water:** This action is commonly practiced in routines. In application, it is similar to the Tai Form.
2. **Immortal Strokes his Beard:** This action is also commonly practiced in routines. It is a skill used for calming the insides and condensing the qi. Both hands overturn and rise up. They return, come together and press down. The idea is like getting the whole body's free and scattered qi and blood to condense and enter into the dantian. Not feeling the qi in this form will truly affect the quality of the exercise. You cannot only practice the outer form and not move the qi and blood.
3. **White Crane Shows its Wings:** This is commonly seen in routines. It is used for snatching and seizing the enemy's two hands then twisting them inward and pulling them to the center of your chest. This is a method that causes the enemy to fall down or lose his balance. The key is the flowing posture and borrowing strength. It is a defense against the enemy's shoulder attack.

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4. **Lead the Horse to Action (Overturning Back Fist):** This mainly is using curling, folding, pulling, and pressing down the enemy's incoming arm. Fiercely pull and fold it to the center of your chest, causing the enemy to be injured and find it difficult to endure. It is a type of bent arm folding wrist technique.
  5. **Wild Cat Climbs the Tree Backwards:** This is a technique to strike the enemy where you turn around, kick, and use qinna at the same time. Turn around, kick his heart and pound his face. If the enemy frames my right hand, my fist changes to a palm. I bend my elbow and seize his wrist. The striking method without turning is called Wild Cat Climbs the Tree.
  6. **Scoop the Groin Fist:** That is using the fist to do a scooping strike toward the enemy's groin area.
  7. **Push the Heart Palm:** This doesn't use striking energy and does not damage the internal organs. It is just used for pushing the enemy down.
  8. **Gaze at the Eyebrow, Dodge and Chop:** This is the same as Golden Chicken Shakes its Tail Feathers. Its functions are the same.
  9. **Lift the Water Form:** This form is commonly used as the closing posture in routines. Its function is when the enemy advances with a right step and right fist, I withdraw my front left foot, arc it outward and hook the enemy's heel. My vertical left arm rolls inside the enemy's fist. My right hand grips and pulls the enemy's hand. The rolling action of my left hand does not stop. It moves in a vertical circle and goes down toward the front to strike the enemy's groin area or belly. If this form is not mature, it is easy to get struck by the enemy's elbow, shoulder or back.
  10. **Pull the Bow Form:** That is pulling hand Beng Quan. No matter which hand the enemy uses, I pull with one hand and Beng with the other hand to his heart or ribs.
  11. **Left Bridge, Right Pound; Lazy Dragon Lies on the Way:** These two forms are commonly practiced as one piece. Left Bridge, Right Pound is bridging open the enemy's continuous kicks. Lazy Dragon Lies on the Way is using Heng Quan to strike the enemy's groin.
  12. **Covering Elbow:** This is a bridging method where one arm rolls inward. It rolls, neutralizes and opens the enemy's incoming fist.
  13. **Bridge Upward, Pound Downward; Peach Concealed Inside the Leaves:** These two forms are commonly practiced as one piece. Bridge Upward, Pound Downward is for simultaneously framing open and pounding open the enemy's incoming fist. Twisting the wrist of the outgoing fist to strike the enemy's face or ribs is the Peach Concealed Inside the Leaves technique.

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14. **Three Basins Fall to the Ground:** This is using the heel of the palm to strike the enemy's heart or abdominal area. The tiger's mouths of both palms face downward. Issue strength to both front and back. This will cause the enemy to fall and sit on the ground.
  15. **Black Bear Probes with its Paw:** This is a palm method that is used to press down or strike the enemy's face or chest.
  16. **Green Dragon Overturns its Body:** This is snatching and seizing the enemy's hand then using strength to pull it back. Simultaneously leap up and use your knee to strike the enemy's elbow. Both use strength together. This technique will injure the enemy.
  17. **Embrace the Moon to the Middle of the Chest, Push the Window to Gaze at the Moon:** These two forms are commonly practiced as one piece. Embrace the Moon to the Middle of the Chest is joining and pull the enemy's arm. Push the Window to Gaze at the Moon is hooking the enemy's foot. They are techniques that use both palms to get the enemy's strike.
  18. **Cat Washes its Face:** This is a bridging technique that is one retreating step and a single intercepting hand downward toward the enemy's fist or foot.
  19. **Golden Chicken Pinches the Throat:** This is the same as Sparrow Hawk Hunts Food (high).
  20. **Tai Yanks its Tail:** This is a technique that uses the buttocks and hips to strike the enemy.
  21. **Wind Sweeps the Lotus Leaves:** This is a technique that uses a wading step and a splitting palm to the rear. If the enemy advances his left foot or maybe his right foot, I turn my body in place. My front foot becomes my rear foot. At the same time I use strength to hook and kick. Both palms do a splitting strike to the enemy's face or maybe his chest causing him to fall down.

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