

Mizong Quan's Necessary Secrets

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From *Xiezhen Mizong Quan*

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We have already looked at the origins of Mizong Quan, its different names, different branches, its neigong and its past and present similarities and differences. Now we will look at the 16 Characters functional methods. These are the key to the entire book and must not be overlooked. The Sixteen Characters are:

1. 抱 Bao – embrace
2. 靠 Kao – lean
3. 拗 Yao – drag/break
4. 粘 Zhan – stick
5. 捲 Juan – Roll up
6. 提 Ti – raise
7. 跨 Kua – stride
8. 弹 Tan – snap
9. 摠 Lü – stroke
10. 拿 Na – seize
11. 拎 Ling – Carry
12. 托 Tuo – uphold
13. 截 Jie – intercept
14. 摔 Shuai – wrestle
15. 挤 Ji – press
16. 拦 Lan – block

Memorize, understand, and consider these 16 characters. They are created and transformed endlessly. Perhaps I advance. Perhaps I retreat. Perhaps I am hard. Perhaps I am soft. Perhaps I am obvious. Perhaps I am obscure. Perhaps I am empty. Perhaps I am solid. Perhaps he comes from above and I surprise him by coming from below. Perhaps he advances from the side and I meet him from the angle. Perhaps I attack and break his frame with a surprise attack. Perhaps I make a mistake in going to meet him but I reverse it and take him. All these things can happen when the three steps kung fu is accomplished. They are attained by changing positions. Naturally I can have the qi return to the dantian. The whole body is united. If I desire to advance, then I advance. If I desire to retreat, then I retreat. Each arrives at a very dangerous place but I also can transform the danger and destroy it. Therefore the person cannot know me. I only know the person. I adapt and transform. I always follow my heart's desire. This is what makes it different.

1. 抱 *Bao* – Embrace

Use the hand to reach out the arm to clasp and hold the enemy's throat, neck, arm, wrist, waist, hip, chest, or belly. This is called *Bao*. However, you can not use clumsy strength to do the embrace. In the fist frame this character is somewhat widespread. Consider this carefully. Then you will get it.

2. 靠 *Kao* – Lean

I suffer the enemy's hand, wrist, or arm. I have it stick to my body or shoulder. Perhaps I suffer the other parts of the enemy. I yield to the enemy's body. I then progress to the second step and strike him by surprise. Maybe I already suffer the enemy. My own elbows embrace my ribs. My hands stick closely to my chest and belly. I use it to avoid the enemy avail myself of the empty space and enter it. This is called *Kao*.

3. 拗 *Yao* – Drag/Break

This is usually done with the right leg and left arm. Or maybe right hand and left foot in the front. Or from top to bottom to surprise the enemy. This is called *Yao*. This *Yao* character usage has a widespread distribution. It has quite a few practice methods. This makes it not the least of the necessary songs in Mizong Yi. Reflect on, observe and analyze this in the art. Then you can get these essentials.

4. 粘 *Zhan* – Stick

You can stick anywhere on the enemy's hand or body even though he is stepping or running. Coil and stick without letting go. This is called *Zhan*. This character is used a lot in Taijiquan. In this book on Mizong Jia, this character is used in the same way it is used in Taijiquan.

5. 捲 *Juan* – Roll up

It is usually used with both hands stroking the enemy's wrist. No matter whether up or down, left or right, flip over and seize it. This is called *Juan*.

6. 提 *Ti* – Raise

Using the left hand or the right hand, hook the enemy's wrist or some other part. Lead it up and advance to the front. Tear and pluck going upward. This is called *Ti*. Suspending the left foot or maybe the right foot and taking advantage of the surprised enemy is also called *Ti*.

7. 跨 *Kua* – Stride

Generally the hand and foot advancing into the enemy's space is called *Kua*. To take advantage of and frame the enemy's body or waist or maybe using both thighs to strike the enemy is called *Kua*. A hip strike is also called a *Kua* strike.

8. 弹 *Tan* – Snap

Use the left arm or maybe the right arm. A sweep goes out to strike the enemy with my hand or foot. This is called *Tan*. The enemy grabs my body, waist, hand or foot. I use my hand to sweep it open. This is also called *Tan*. If you use the arm it must be curved. Then it will have the nature of *Tan* strength.

9. 搯 (捋) *Lü* – Stroke

Touch the enemy's arm going with its direction. Move it toward the left, right, or the rear with stroking energy. This is called *Lü*. Sticking to the enemy's arm, hand, or foot and following his attack, advance or retreat is also called *Lü*.

10. 拿 *Na* – Seize

Capturing the enemy's feet, hands, or maybe the chest, belly or shoulder hollow, as well as the wrists, elbows, ankles, and throat is called *Na*.

11. 拎 *Ling* – Carry

Grabbing the enemy's arm or maybe his hand, waist, shoulder, or elbow and taking it up, down, left, right front, or back is called *Ling*. Causing the enemy to not be able to remain upright and lean toward the side gate is also called *Ling*.

12. 托 *Tuo* – Uphold

Hold up the enemy's hand or elbow. Lifting it up high is *Tuo* or maybe pushing it levelly is also *Tuo*.

13. 截 *Jie* – Intercept

My arm or hand goes out diagonally. It dashes out to meet the enemy's hand, foot, arm or leg. This is called *Jie*.

14. 摔 *Shuai* – Throw

Fiercely beating down from above is called *Shuai*. Fiercely beating down from the left or right side and causing the enemy to fall down is also called *Shuai*. Grabbing the enemy's leg to overturn him and throw him down in a far direction or maybe take advantage of his posture to throw the enemy to the left, right or back direction is also called *Shuai*.

15. 挤 *Ji* – Press

Using the body or hand to stick close to any part of the enemy's body or hand, taking advantage of his posture and pushing him backward is called *Ji*. Or taking advantage of the enemy retreating, approaching his strength and embracing it to cause the enemy's stance to become unstable and then lean back and fall down toward the rear is also called *Ji*.

16. 拦 *Lan* – Block

The enemy uses his hand or foot to strike me. I instantly use my hand or foot to stop it causing the enemy to naturally be off the center gate. If it goes out straight or goes out diagonally, or uses the grind the elbow etc methods, all are called *Lan*.