

Di Guoyong
on
Xingyiquan

Volume II
Forms and Ideas

Third Edition of Form and Theory
The 2020 Set Edition

邸国勇
形意拳械精解
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translated and edited
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The techniques described in this book are performed by experienced martial artists. The author, translator, and publishers are not responsible for any injury that may occur while trying out these techniques. Please do not apply these techniques on anyone without their consent and cooperation.

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TRANSLATOR'S PREFACE TO THE SECOND VOLUME

Volume two of Di Guoyong's three volume translated set contains almost all of the further empty hand techniques and forms from his original two volume set in Chinese. I hope that it is a helpful reference material to students and teachers of Xingyiquan.

I am glad to finally get Volume two done, and thank you for your patience. It took a bit longer to complete than planned because of a delay in getting the photos and the amount of work involved in getting over six hundred photos print ready. For this I apologize. I hope that you do not mind the photos in sweatsuit intermingled with those in the proper uniform. Aside from having no real choice, I feel they give a touch of the reality of playing in the parking lot with Di Guoyong. I felt that these additional photos, mostly for views from the front, improved the book enough to make up for the differences in the photo styles.

I have added more words to the glossary from Volume one and added a movement name list. I have also put it in English order so that it can be used as a companion to the glossary in Volume one.

I would like to thank:

The author, Di Guoyong, for his knowledge of and enthusiasm for Xingyiquan, for his patient teaching, and for his help with the translation and easy agreement to my editing.

My parents, William Andre and Mary Elliott Falk, for their painstaking proofreading yet again.

And, always, Xia Bohua and Men Huifeng, for teaching me Xingyiquan way back when.

I have tried hard to get everything right, but if you find any mistakes they are mine alone.

Andrea Falk 霍安娣

Morin Heights, QC, Canada

April 2007

TRANSLATOR'S PREFACE TO THE SECOND EDITION

As I suddenly ran out of books in the first edition of Volume II, I thought to fix a few errors and reduce the font size to make the font the same as the other volumes. Little did I think that the old files would be a disaster. The sheer volume of work involved in fixing up and editing the file meant that I also took the time to adjust the translation. There are not so many changes that you need to buy this second edition if you already have the first, but I feel it is an improvement.

Since reducing the font size reduced the page count, I was able to include *Zashichui*, the Mixture of Moves Form. Di Guoyong was quite disappointed that I had not translated it originally, so I am most happy to oblige him in this second edition. The reasons that I had not originally put *Zashichui* in the book were book size issues and that I had not learned it directly from him.

People have asked about the extra photos, taken in training clothes, whether they were to make up for mistakes or what. They are fill in photos that we took to clarify the actions from another angle, or to add in-between moves. I have the original rolls of film, and there are no mistakes in any of the postures of the hundreds and hundreds of photos taken for the three volume set. The photos are always a joy to look at and work with, even reformatting them yet again for this edition.

Andrea Falk 霍安娣

Québec, Canada

May 2019

EDITOR'S PREFACE TO THE 2020 SET EDITION

All three books needed to be redone to enable print-to-order sales, but the original files of the books were lost. As I set up the books again, I went through them to standardise the formatting to make them a more cohesive set. The main changes I made were to move things around. This was in order to even out the sizes of the books as much as possible, because the printer had problems making books of widely different thickness come out with the same look. I tried to do the readjustment in accordance with learning and teaching progressions. I moved the twelve animals to Volume I, to include them as basic techniques to Xingyiquan. I put all the theoretical and teaching discussions, the Protect the Body partner form, and the glossaries to Volume II, making it the next level – learning empty hand forms, more applications, and more thinking about things. Volume III is now specific to the weapons.

I corrected some typographical errors, adjusted some translation, and made some editorial changes while I was doing this work. I had to work on the photos yet again, and one yet again impressed with Di Guoyong's perfection and ease in all the movements and postures. If you already have the books, the original translation was solid, you do not need to buy the new set. This is the final edition of the set, and I really hope there are no remaining errors.

Andrea Falk 霍安娣

Morin-Heights, QC, Canada

January 2021

BAREHAND FORMS

THE EIGHT MOVES

八勢

INTRODUCTION TO THE EIGHT MOVES, *BA SHI*

The Eight Moves is another short traditional form, usually learned after the Five Elements Connected. Similar to the Five Elements Connected, there are seventeen movements in one direction, and then the movements repeat on the way back. It contains the five elements, the sparrow-hawk, chicken and horse from the twelve animals, and some additional moves such as *dragon and tiger play together*, *white crane flashes its wings*, and *wheel around and pound*.

Why is it called The Eight Moves? You could say because it adds three animals to the five elements. But if you look at it from a structural point of view, in terms of power flow, there are eight key combinations. The first is *sparrow hawk folds its wings* and *sparrow hawk enters the woods*; the second is the *single horse*; the third is the *retreating crosscut*, *golden rooster drinks water*, and *golden rooster pecks a grain of rice*; the fourth is *retreat and restrain* and *aligned stance pounding punch*; the fifth is *left crosscut*, *dragon and tiger play together*, and *aligned stance punch*; the sixth is *withdraw elbow cover*, *aligned stance pounding punch*, and *white crane flashes its wings*; the seventh is *wheel around and pound*; and the eighth is *sparrow hawk pierces the sky* and *sparrow hawk wheels over*. The name makes sense in terms of the overall construction, the flow of power, and the applications contained in the form.

The footwork of The Eight Moves has a distinctive characteristic. When you use a withdrawing step to change the stance, the weight shift must be quick. *Retreat and restrain*, in particular, shifts back to the left foot so that the right foot is able to step forward quickly. Also, when withdrawing the foot for the elbow cover after *aligned stance left punch*, as soon as the left foot withdraws, the weight shifts to the left leg so that the right foot can step forward quickly and easily. The shifting between the feet helps you to initiate an attack.

The rhythm of the form is focussed on the power launch of the eight key combinations. At each point of power launch, first store power and then launch it. Power must be full, stable, and complete. Pay attention to the bodywork, always

storing power before launching: pre-load back to launch forward, pre-load right to launch left. The power launch should be hard and ferocious, and the spirit should be powerful.

NAMES OF THE MOVEMENTS

1. Opening Move (left *santishi*)
 2. Sparrow Hawk Folds Its Wings
 3. Sparrow Hawk Enters The Woods
 4. Reverse Stance Right Horse
 5. Retreating Left Crosscut
 6. Right Splitting Strike
 7. Golden Rooster Drinks Water
 8. Golden Rooster Pecks A Grain Of Rice
 9. Retreat And Restrain
 10. Right Aligned Stance Cannon, or Pounding Punch
 11. Advance Left Crosscut
 12. Dragon And Tiger Play Together
 13. Left Aligned Stance Drive, or Crushing punch
 14. Right Aligned Stance Cannon, or Pounding Punch
 15. White Crane Flashes Its Wings
 16. Wheel Around And Pound
 17. Sparrow Hawk Pierces The Sky
 18. Sparrow Hawk Wheels Over
- (the following moves are a repetition back in the returning direction)
19. Sparrow Hawk Folds Its Wings
 20. Sparrow Hawk Enters The Woods
 21. Reverse Stance Right Horse
 22. Retreating Left Crosscut
 23. Right Splitting Strike
 24. Golden Rooster Drinks Water
 25. Golden Rooster Pecks A Grain Of Rice
 26. Retreat And Restrain
 27. Right Aligned Stance Cannon, or Pounding Punch
 28. Advance Left Crosscut
 29. Dragon And Tiger Play Together
 30. Left Aligned Stance Drive, or Crushing Punch
 31. Right Aligned Stance Cannon, or Pounding Punch
 32. White Crane Flashes Its Wings
 33. Wheel Around And Pound

34. Sparrow Hawk Pierces The Sky
35. Sparrow Hawk Wheels Over
(the following moves are the closing section)
36. Sparrow Hawk Folds Its Wings
37. Sparrow Hawk Enters the Woods
38. Turn Around With A Left Elbow Strike
39. Right Aligned Stance Crosscut
40. Three Basins Touch The Ground
41. Retreat With A Left Splitting Strike
42. Closing Move

Description of the Movements

1. Opening Move (left *santishi*) qǐ shì 起势

Start with *santishi*. Move into *santishi* as usual. (image 1.1)

See also Volume I, Chapter Two, for more detailed text and images on *santishi*.



2. Sparrow Hawk Folds Its Wings

yàozi shùshēn 鷓子束身

ACTION: Shift forward onto the left leg and take a long step forward with the right foot, landing firmly with the knee slightly bent and the foot grabbing the ground. Bring the left foot to the right ankle without touching down. Clench both fists, pulling the left fist back to the belly and punching the right fist forward and down. The right fist finishes outside the left fist at belly height, fist surface down. Press the head up and look at the right fist. (image 1.2)



Pointers

- The right foot and fist arrive simultaneously.
- Take a long step forward, land firmly, and bring the left foot up quickly.
- Keep the elbows protecting the ribs and keep the fists protecting the midline, like a sparrow hawk tucking in its wings and body.

3. Sparrow Hawk Enters The Woods

yàozi rùlín 鹞子入林

ACTION: Advance the left foot a long step and follow in a half-step with the right foot to take a *santi* stance. Bend the right elbow to drill the fist up to eye height, fist heart in. Turn the trunk ninety degrees rightward. Punch the left fist out past the sternum, finishing at solar plexus height with the arm slightly bent and the fist eye up. Bring the right fist to the right temple, turning the fist heart forward as the body turns rightward, keeping the elbow down. Press the head up and look past the left fist. (image 1.3)



Pointers

- The left punch should arrive simultaneously with the left foot.
- Release the shoulders and drop the elbows, reaching forward into the left shoulder. Turn the waist and send the fist forward from the shoulder.
- Be especially careful to keep the right elbow down.

4. Reverse Stance Right Horse

àobù yòu mǎxíng 拗步右马形

ACTION: Advance the left foot a half-step and follow in the right foot, rubbing into the ground just behind the left heel. Bring the right fist from the head to strike forward to chest height with the wrist slightly hooked in and the fist heart down. Hook the left fist and press down, then pull back to in front of the right shoulder. Both arms are slightly bent. Press the head up and look past the right fist. (image 1.4)



Pointers

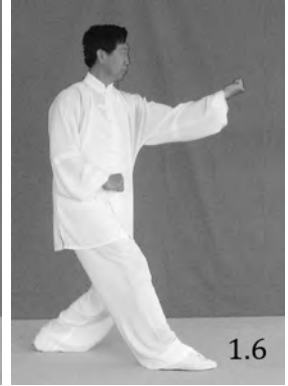
- The right punch arrives simultaneously as the right foot rubs into the ground, so that the power is united.
- First draw a small circle with the right fist and then punch forward, first pulling it back to send it forward. The right elbow is slightly higher than the shoulder and the arm is rounded. Be sure to reach forward with the shoulder, open the upper back and close the chest to issue power.

5. Retreating Left Crosscut

tuìbù zuǒ héngquán 退步左横拳

ACTION 1: Withdraw the right foot a half-step and cut the right elbow in, rotating the fist heart up. Lower the left fist to the chest, turning the fist heart down. Look past the right fist. (image 1.5)

ACTION 2: Bring the left foot past the right foot then back to the left rear, landing with a thump and shifting the weight evenly between the feet. Slide the left fist along under the right arm to drill forward to a crosscut strike at shoulder height, fist heart turning up. Tuck the right fist over and press down, pulling back to the waist.



Press the head up and look past the left fist. (image 1.6)

Pointers

- The right fist should complete the elbow cover as the right foot withdraws. The left fist should complete the crosscut as the left foot lands.
- Be sure to first do a small pre-load forward with the body, to give power to the backward movement.

6. Right Splitting Strike yòu pīquán 右劈拳

ACTION: Advance the right foot a half-step straight forward and follow in with the left foot a half-step. Bring the right fist to the sternum, along the left arm, and then unclench the hand and split forward to chest height. Unclench the left hand and pull it back to the belly. Press the head up and look forward. (image 1.7)



Pointers

- The right hand should complete the split as the right foot lands. Reach the right shoulder forward, keeping it released and the elbow down. Exhale and settle the *qi* to the *dantian* to put power into the strike.

7. Golden Rooster Drinks Water jīnjī zhuó shuǐ 金鸡啄水

ACTION 1: Withdraw the right foot to in front of the left foot, lifting the knee with the foot hooked up at the belly of the calf. Stand firmly on the left leg, keeping the knee bent. Clench the right hand and bring the fist back to the belly, then drill it up by the sternum and mouth to eyebrow height. Clench the left hand and lift it to the chest. Look at the right fist. (image 1.8)

6 THE EIGHT MOVES, *BA SHI*

ACTION 2: Land the right foot with a thump and lift the left foot at the right ankle. Bend the right leg to lower the body. Drill the left fist up along the right arm, then unclench it and split forward and down to chest height. Unclench the right hand and pull it down to the right hip, palm down. Press the head up and look forward. (image 1.9)



Pointers

- Coordinate the hands with the action of the right foot. Complete both the pull back and the drill up with the right hand as the right foot withdraws. Split down with the left hand as the right foot lands with a thump.
- The right foot should thump with a settled, powerful feeling. The lower back should be firm, with the buttocks tucked in, and the head pressed up. Release the tension in the shoulders to reach forward, and settle the elbows. The whole body must be stable.

8. Golden Rooster Pecks A Grain Of Rice jīnjī shí mǐ 金鸡食米

ACTION: Advance the left foot a long step and follow in the right foot with a rubbing step to land with a thump just at the left heel. Clench the right fist to punch forward to chest height. Set the left hand on the right wrist. Press the head up and look past the right fist. (image 1.10)

Pointers

- The left foot must take a long step forward. The right punch hits as the right foot lands.



9. Retreat And Restrain tuìbù lēiquán 退步勒拳

ACTION 1: Retreat the right foot a half-step. Place the left palm over the right fist and circle the hands, keeping them connected. Circle and turn the right fist over, first turning underneath the left hand and finishing above it, fist heart up. The left hand finishes palm up. Look at the right fist. (image 1.11)

ACTION 2: Withdraw the left foot to land beside the right foot, immediately shifting onto the left leg. Pull the hands back forcefully into the belly. Press the head up and look forward. (image 1.12)



Pointers

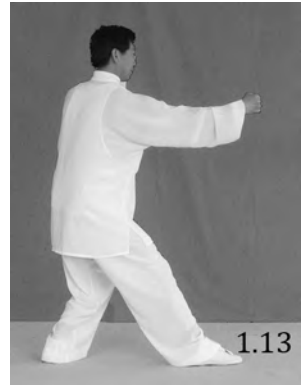
- Strike the belly with some force with the joined hands, hitting as the left foot thumps. Settle the *qi* to the *dantian*.
- Be sure to drag the foot back to thump, do not lift it to stamp. Sit into the buttocks, draw in the hips, pull the leg, and thump with the foot.

10. Right Aligned Stance Cannon, or Pounding Punch

yòu shùnbù pàokuán

右顺步炮拳

ACTION: Take a long step forward with the right foot and follow in a half-step with the left foot. Clench the left fist and drill it up by the sternum to the mouth, then drill it forward and up to nose height. Lift the right fist to the chest, then, as the right foot steps forward and the body turns leftward, punch it forward to chest height, fist eye up. Turn the left fist and pull it back so the fist eye faces the left temple. Keep the left elbow down. Look past the right fist. (image 1.13)



Pointers

- The right punch arrives as the right foot lands. Be sure to reach the right shoulder forward.
- Drill and turn the left fist, do not block directly up. Use the turn of the body and the right shoulder to deflect with the left arm.

11. Advance Left Crosscut jìnbù zuǒ héngquán 进步左横拳

ACTION: Advance the right foot a half-step and follow in a half-step with the left foot, keeping most weight on the left leg. Lower the left fist to the chest then slide it forward under the right forearm, drilling and turning the fist heart up to complete a crosscut strike. Tuck, press down, and pull the right fist back to the belly. The left fist finishes at shoulder height with the left shoulder reaching forward. Press the head up and look past the left fist. (image 1.14)

Pointers

- Use body technique to get power into the crosscut. First pull slightly back, then send the fist down and forward. Pay attention in every technique to use the principle of pre-loading the body prior to launching force.
- The left crosscut should arrive as the right foot lands, and the legs should have a scissoring power between them. Tuck in the left knee, stabbing it down into the stance. Twist the waist and reach forward into the shoulder, tucking in the buttocks and pressing the head up. This creates a lengthening feeling, with power stretching up and down.



12. Dragon And Tiger Play Together lóng hǔ xiāngjiāo 龙虎相交

ACTION: Advance the right foot a half-step and settle solidly onto the right leg. Then lift the left knee and kick forcefully forward with the heel to waist height. Punch the right fist straight forward to chest height with the fist eye up and the arm slightly bent. Pull the left fist back to the left side. Keep the right knee slightly bent. Press the head up and look forward. (image 1.15)



Pointers

- Be sure to punch and kick quickly, and at exactly the same time. Stand firmly on the right leg. The kicking knee extends fully with the foot pulled back to drive into the heel.
- Keep the trunk straight, be careful not to lean backwards, forwards or sideways.
- Pull the left fist back as the right fist punches, so that the action and force is complete and together.

13. Left Aligned Stance Drive, or Crushing Punch

zuǒ shùnbù bēngquán 左顺步崩拳

ACTION: After completing the kick, land the left foot forward and follow in a half-step with the right foot, putting most weight on the right leg. Punch straight forward with the left fist to chest height, arm slightly bent and fist eye up. Pull the right fist back to the belly. Press the head up and look forward. (image 1.16)



Pointers

- Three actions are done as one: punch with the left fist, pull the right fist back, and land the left foot. Be sure to coordinate the left and right, up and down, and forward and backward forces.

14. Right Aligned Stance Cannon, or Pounding Punch

yòu shùnbù pàoguán

右顺步炮拳

ACTION 1: Withdraw the left foot to inside the right foot and land it, shifting immediately onto the left leg. Bend the left arm and do an elbow over in front of the chest turning the torso slightly rightward, then drill the left fist up to nose height. Do not move the right fist yet. (image 1.17)

ACTION 2: Take a long step forward with the right foot and follow in a half-step with the left foot. Turn the torso leftward and extend the right shoulder forward to punch the right fist forward with the fist eye up. Rotate the left fist and bring it back to the left temple, fist eye facing the temple and elbow hanging down. Press the head up and look past the right fist. (image 1.18)



Pointers

- First tuck the left elbow in and then drill up with the left fist, combining the actions smoothly.
- Do the elbow cover as the left foot withdraws. Punch the right fist as the right foot steps forward.
- Be sure to shift immediately onto the left leg after the left foot withdraws. This is the only way that you can step the right foot forward smoothly and quickly.

15. White Crane Flashes Its Wings báihè liàngchì 白鹤亮翅

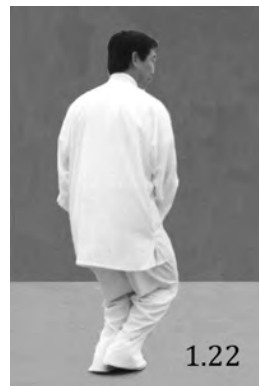
ACTION 1:

Withdraw the left foot a half-step and sit into a horse stance. Lower the fists in front of the body to cross in front of the belly, then brace out. Then drill up to head height with the fist hearts in. Look at the right fist. (images 1.19, 1.20)



ACTION 2: Without moving the feet, rotate the fists so the fist hearts are out, and circle them to brace out to the sides, arms slightly bent. Look at the right fist. (image 1.21)

ACTION 3: Shift back to the left leg and withdraw the right foot to land with a thump beside the left foot. Bring the fists back to the belly, pulling in forcefully to strike the belly. Press the head up, settle the *qi* to the *dantian*, and look forward. (image 1.22)

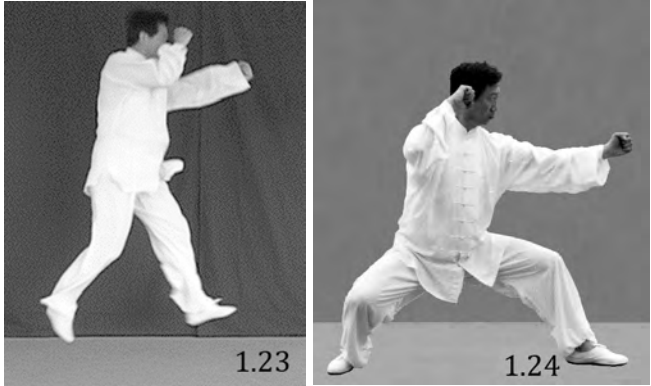


Pointers

- Sit down as the hands lower and then drill up. After the fists drill up to head height, rotate them to brace out to the sides. When circling them down, keep a wrapping power in the arms. When they pull back to the belly, keep a holding power.
- The weight shifts first left, then right, and then left again. Pull the fists in to hit the belly as the right foot lands. Settle the *qi* to the *dantian* to help launch power forcefully.
- The right foot should land with a thump, not a stamp. This is a raking and settling type of power that unites the whole body.

16. Wheel Around And Pound fānshēn pào 翻身炮

ACTION: Push off with both legs and turn one-eighty degrees rightward around in the air. Separate the feet in the air and land in a half-horse stance or a *santi* stance with the left foot forward. Drill the right fist up and bring it to the right temple as the body turns, fist eye in and elbow set down. Punch straight forward to chest height with the left fist, fist eye up. Keep the left arm slightly bent. Press the head up and look past the left fist. (images 1.23, 1.24)



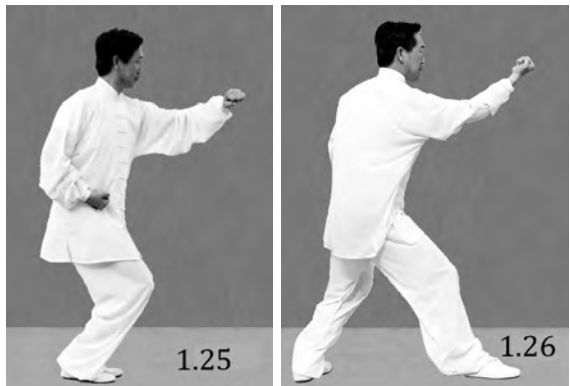
Pointers

- Push off and land equally with both legs at the same time. There must be no timing difference between them. Land with an opening power between the feet, pressing forward and back. That is, the rear foot presses forward and the lead foot presses back.
- Complete the pounding punch simultaneously with the landing.

17. Sparrow Hawk Pierces The Sky yàozi zuān tiān 鷓子钻天

ACTION 1: Advance the left foot a half-step and follow in the right foot to the left ankle without touching down. Turn the left fist over to tuck in and press down with the fist heart down and the elbow slightly bent. Lower the right fist to the right side. Look at the left fist. (image 1.25)

ACTION 2: Take a long step forward with the right foot and follow in a half-step with the left foot. Drill the right fist up and forward to nose height, ulnar edge rotated up. Pull the left fist back to the belly. Press the head up and look forward. (image 1.26)



Pointers

- Land the right drilling punch as the right foot lands. Exhale to put power into the punch.

18. Sparrow Hawk Wheels Over yàozi fānshēn 鷓鴣翻身

ACTION 1: Pivot the feet in place, turning around one-eighty leftward to face back along the line of the form. Rotate the thumb side of the right fist in and lift the elbow then, as the body turns, bring the fist forward and press down with the fist heart down. Drill the left fist up through the right arm to nose height, fist heart in. At this point the weight is on the left leg and the right fist is pressing down in front of the belly. Look at the left fist. (images 1.27, 1.28)



ACTION 2: Lift the right fist with the forearm crossways, passing outside the left arm, to block up above the head. Press the left fist down and settle the elbow, pulling back to in front of the chest. Shift back onto the right leg. Pull the right fist back to in front of the right shoulder. Lift the left elbow and rotate the thumb side in so that the fist eye is on the body, and slide it along the left ribs to stab down at the hip. Look at the left fist. (image 1.29)

ACTION 3: Squat down on the right leg and extend the left leg, to sit into a pouncing stance. Slide the left fist forward along the outside of the left leg, gradually turning the fist eye up. Pull the right fist back to beside the waist. Move the trunk forward as the left fist extends. Look at the left fist. (image 1.30)



Pointers

- The leftward, rightward, and leftward rotation of the trunk must come from the waist, keeping the whole body together. The right fist covers and presses down as the left fist drills up. The right elbow blocks up as the left elbow settles and pulls in. The right fist pulls back as the left elbow lifts and the left fist lowers to stab forward.
- Be sure to use the shoulders, rolling one closed and opening the other. Transfer power from the waist to the shoulders, from the shoulders to the elbows, and from the elbows to the hands.
- The whole movement is done without a pause, as one coordinated action that moves upward and downward, leftward and rightward. Keep the spirit focussed and the power soft but not slack. The power in this move is hidden, not hard.

19. Sparrow Hawk Folds Its Wings yàozǐ shùshēn 鷓鴣子束身

ACTION: Extend the left fist forward and shift forward onto the left leg, keeping the knee bent. Take a long step forward with the right foot and land with stability. Bring the left foot to the right ankle without touching down, pressing the legs together. Lift the right fist to the sternum then punch forward and down to groin height. Pull the left fist back to the belly. The arms are crossed, the right fist outside the left arm. The right fist eye is forward and the left fist heart is in. Press the head up and look forward. (image 1.31)



- The following moves, 20 through 37, are a repetition of the moves 3 through 19, and then move 3 again.
- In this way, all the moves repeat going back in the returning direction. The first section of the form goes out, and the second section comes back.
- Move 35 turns around again. Moves 36 and 37 repeat moves 2 and 3, in the original direction of the form.
- Moves 38 to 42 are the closing combination.

14 THE EIGHT MOVES, *BA SHI*

20. Sparrow Hawk Enters The Woods

This movement is the same as movement 3, going back in the returning direction. (image 1.32)



- | | | |
|-----|--------------------------------------|---|
| 21. | Reverse Stance Right Horse | see move 4 |
| 22. | Retreating Left Crosscut | see move 5 |
| 23. | Right Splitting Strike | see move 6 |
| 24. | Golden Rooster Drinks Water | see move 7 |
| 25. | Golden Rooster Pecks A Grain Of Rice | see move 8 |
| 26. | Retreat And Restrain | see move 9 |
| 27. | Right Aligned Stance Cannon | see move 10 |
| 28. | Advance Left Crosscut | see move 11 |
| 29. | Dragon And Tiger Play Together | see move 12 |
| 30. | Left Aligned Stance Drive | see move 13 |
| 31. | Right Aligned Stance Cannon | see move 14 |
| 32. | White Crane Flashes Its Wings | see move 15 |
| 33. | Wheel Around And Pound | see move 16 |
| 34. | Sparrow Hawk Pierces The Sky | see move 17 |
| 35. | Sparrow Hawk Wheels Over | see move 18 |
| 36. | Sparrow Hawk Folds Its Wings | see move 2, going once again in the original direction. |

37. Sparrow Hawk Enters the Woods

This is the same as move 3, going once again in the same direction as at the beginning. (image 1.33)

**38. Turn Around With A Left Elbow Strike**

huíshēn zuǒ dǐngzhǒu 回身左顶肘

ACTION: Retreat the left foot back and turn the body around one-eighty degrees to the left, pivoting on both feet. Pull the left fist back, bend the elbow to butt to the rear at shoulder height. The left fist finishes in front of the left shoulder, fist heart down. Lower the right fist in front of the left chest, fist heart down. Press the head up and look at the left elbow. Keep the body weight evenly between the feet. (image 1.34)

**Pointers**

- Butt with the left elbow as the left foot lands and the body turns around. The point of focus is the tip of the elbow. Relax and reach forward with the shoulder.

39. Right Aligned Stance Crosscut

yòu shùnbù héngquán 右顺步横拳

ACTION: Take a long step forward with the right foot and follow in a bit with the left foot. Do a crosscut with the right fist, hitting forward from under the left elbow, finishing fist heart up at shoulder height. Pull the left fist back to the belly. Press the head up and look at the right fist. (image 1.35)



Pointers

- Complete the right crosscut as the right foot lands. First withdraw the trunk a bit, then strike. Settle the right shoulder down with a wrapping power. Twist and drill the right fist to complete a crosscut punch.

40. Three Basins Touch The Ground sānpán luòdì 三盘落地

ACTION: Bring the right fist leftward to cover with the elbow, unclenching the hand and circling it to outside the left shoulder. Follow the movement of the right hand with the eyes. Step the left foot behind the right foot, landing with the ball of the foot and turning the right foot across to take a scissors stance with the weight evenly distributed between the legs. Unclench the hands and brace out to both sides with the arms rounded and the palms down at hip height, thumb webs in. Release tension in the shoulders, press the head up, and look at the left hand. (images 1.36, 1.37)



Pointers

- Gather power as the right elbow circles and covers, wrapping in the elbows and closing the chest. Launch power equally to both sides as the left foot steps back and the arms brace out.

41. Retreat With A Left Splitting Strike

tuìbù zuǒ pīquán 退步左劈拳

ACTION 1: Retreat the right foot a step and shift onto the right leg, withdrawing the left foot to in front of the right foot. Clench both fists and drill the right fist up by the sternum and forward to nose height, ulnar edge twisted up. Pull the left fist back to the belly. Look at the right fist. (image 1.38)



ACTION 2: Advance the left foot a half-step without moving the right foot, to take a *santi* stance. Bring the left fist up to the sternum then out along the right arm, unclenching and splitting forward to chest height. Unclench the right hand and pull it back to the belly, palm down. Press the head up and look past the left hand. (image 1.39)



Pointers

- Drill the right fist forward as the right foot retreats. Split the left hand forward as the left foot advances.

42. Closing Move

shōu shì

收勢

- The closing is the same as usual from *santishi*.