

**Excerpt from the book Li Tianji's The Skill of Xingyiquan
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This file has been altered to make a PDF file for download and is not exactly the same as the book. The formatting has been moved around to make less pages for printout. The pinyin has been removed due to problems matching old files with new programs. The book has pinyin pronunciation for every movement name. This excerpt is intended to give you an idea of the quality of the book and the translation only.

Excerpt from CHAPTER THREE: SOLO FORMS

3.1 FIVE ELEMENTAL PHASES CONNECT

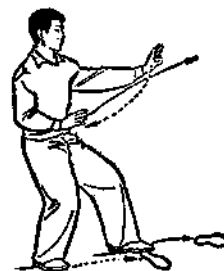
五行连环拳

This form is based on the five elemental phases. It repeats itself back and forth with a short, compact, lively style. As the basic form in *xingyi*, it is very widespread in China.

1. Ready stance

预备式

The opening is exactly the same as for *santishi*. See the description of *santishi* (figure 1).



2. Enter with right driving punch

进步右崩拳

Form fists, drive the left foot forward from the right leg then bring up the right foot, keeping the weight back on the right leg. The heels are in line about 20-30 cm apart. Punch straight forward with the right fist, following the line of the left arm, and pulling the left fist back to the side (right fist eye up with the fist surface slightly tilted forward, left fist heart up). Look at the right fist (figure 2).



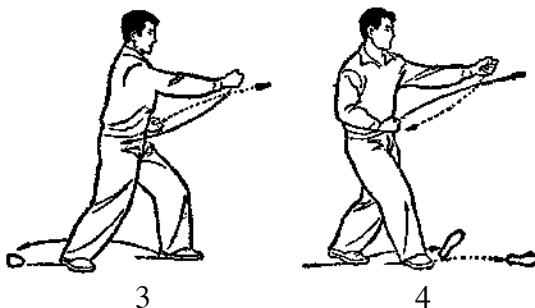
Main points: Hit with the left foot and the right fist at exactly the same time. Don't lift the foot too high. Keep the body steady and the lower back area flat and solid.

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3. Step back, left driving punch Green dragon shoots out of the water
退步左崩拳 青龙出水

Without moving the left foot or right fist, draw the right foot a half-step to the back, then slide the left foot back along the same line as the right, dropping behind the right foot with the legs crossed, the left foot on line and the right foot turned out. The left heel is slightly raised, forming a half-squat sitting stance. As the left foot withdraws, drive forward with the left fist and pull the right fist back to the side (left fist eye and right fist heart face up). Look at the left fist (figures 3, 4).



Note: This movement is optionally done as a left wringing punch, in two different ways. Keeping the same footwork, either twist the fists into a wringing punch - left fist heart up and right fist heart down - or leave the left fist eye up but swing the punch slightly in a circle, giving it a wringing force.

Main points: Don't move the body or turn the right shoulder as you withdraw the right foot. When you withdraw the left foot, first hit hard with the heel, then raise the heel to set into the stance. Put the knees tightly together (the left knee nestled in the hollow of the right). Punch at exactly the same time you stamp the left heel.

4. Aligned right driving punch Black tiger shoots out of its cave
顺步右崩拳 黑虎出洞

Drive the right foot forward, and then follow in with the left. Drive the right hand out in the direction of the right foot to chest height (fist eye up). Bring the left fist back to the side (fist heart up). This forms an aligned driving punch, with both right foot and right fist forward. Look at the right fist (figure 5).



Main points: The right foot and fist hit at exactly the same time. Keep the shoulders settled. Keep the left forearm tight on the ribs. Keep the head straight and the lumbar area flat.

5. Step back, hold
退步抱拳

White crane flashes its wings
白鹤亮翅

Draw the left foot back to the rear and a bit to the left. Flex the right arm and stab down near the abdomen (fist heart up). The left fist is under the right (fist centre down) (figure 6).

Turn to the right and circle the hands (right in a fist, left open) in front of the head, then separate and circle out and down, coming together in front of the abdomen. Nestle the right fist in the left palm. Draw the right foot back in front of the left. Look forward (figures 7, 8).



6



6, from the back



7



8

Main points: Stab the right fist down at exactly the same time that you withdraw the left foot. Keep the forearms tight to the sides, and make sure you don't shrug your shoulders.

When separating the arms, look at the right fist. Hit the right fist into the left hand at exactly the same time as you bring the right foot back, and make a sound as you hit. This sound shows that the whole body is working together - you don't have to make a sound, as long as you do the movement all together. Keep the head up, the shoulders set, and the lumbar area flat. Keep the forearms tight to the abdomen - don't let them move away. Settle your *qi* down.

6. Enter with cannon punch
进步炮拳

Stride the right foot forward and a bit to the right, then follow with the left. Form a fist with the left hand and punch forward. Drill the right fist up past the chest then rotate and block up to the right side of the head. This forms a reverse stance punch, with the right foot and left fist forward. Look at the left fist (figure 9).

Main points: Hit with the right foot and the left fist at exactly the same time. As the right arm blocks, the fist heart should follow the rotation of the body and roll in then forward, drilling first up then turning out - make sure you don't block straight up. Keep the shoulders settled and the lumbar area flat.



9

7. Step back, left splitting palm

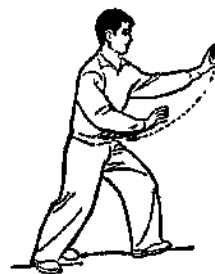
退步左劈掌

Lower the right fist in front of the body and bring the left fist to the left side (both fist hearts up). Draw the right foot back. Look at the right fist (figure 10).

Extend the left fist forward along the top of the right forearm, turning it over and opening to a palm to strike forward in a split. As the left hand strikes, open the right as well and press down in front of the abdomen. Look at the left hand (figure 11).



10



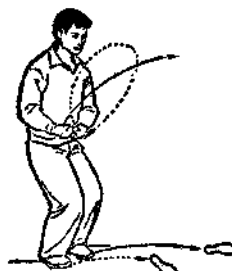
11

Main points: Do this all as one movement, without a pause. When lowering the right fist, first roll in the elbow. When extending the left arm, first turn the fist heart up then open the hand and rotate it. Keep the shoulders settled, the elbows dropped, and make sure not to over-extend the arms.

8. Reverse stance, right drilling punch

拗步右钻拳

Pause, then turn to the right without moving the right foot, and bring the left foot back to the right ankle. Lower the palms down the left side to in front of the abdomen, forming fists with the forearms stuck to the sides (fist hearts up). Look ahead (figure 12).



12

Turn left, drill the left fist up in front of the chest then step the left foot forward and follow a half-step in with the right. Drill the right fist out along the left arm to nose height. Turn over the left fist, rotate and bring it down in front of the abdomen (fist heart down). Look at the right fist (figure 13).



13

Note: This movement may alternatively be done as a wrapping posture [ba@oguo# shí~ 包裹式] as follows: drill the hands out in a character eight palm, and change the stance to forward-weighted dragon-riding stance with the left leg bent and the right heel raised.¹

Main points: Bring the hands and left foot back at exactly the same time. Hit with the right hand and left foot at exactly the same time. Keep the lumbar area flat and the head up.

9. Hop, double splitting palm

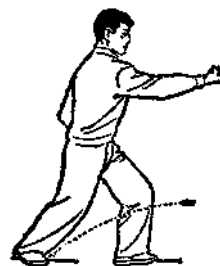
跳步双劈掌

Leopard cat climbs up a tree

狸猫上树

Step the left foot forward with the knee flexed without moving the hands (figure 14).

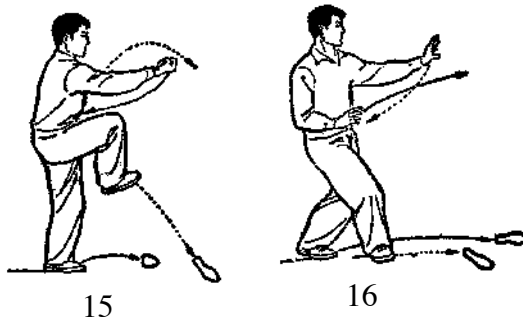
Lift the right knee with the foot hooked up (figure 15).



14

¹ tr. note: This version allows you to charge into the following jump with good momentum.

Push off from the left foot to hop forward, driving the right to kick forward then down with the foot turned out to stamp the ground. Follow in with the left foot, heel raised, forming a half-sitting stance (right foot turned, left foot straight). Slide the left fist out alongside the right arm then turn it over and hit with a splitting palm forward and down, no higher than the mouth. Open and pull the right hand back to the abdomen. Look at the index finger of the left hand (figure 16).



Main points: As you lift and kick the right foot, don't over-extend the left leg - keep your balance. The left palm strikes exactly when the right foot lands. In the cross-sit stance the rear knee is nestled into the concavity of the front knee. Keep the head up, the shoulders settled and the lumbar area flat.

10. Enter with right driving punch

进步右拳

Form fists and step the right foot forward, then take a further step forward with the left. Follow in with the right a half-step, keeping the weight on the back leg. Punch the right fist out along the line of the left arm (fist eye up) and pull the left fist back to the side (fist heart up). Look at the right fist (figure 17).



Main points: Don't change your body position as you take the first step forward with the right foot. The left foot should step a good distance, steady and fast. Keep the body steady – do not rise or drop suddenly.

11. Turn around

回身式

Leopard cat climbs down a tree

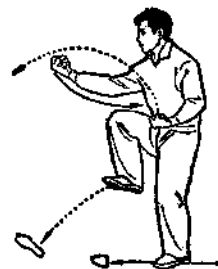
狸猫倒上树

Turn the left foot in and pivot on the ball of the right foot. Turn around a full 180° and sit onto the left leg. Bring the right fist back to the right side (fist heart up). Look ahead (figure 18).

Drill the right fist up past the chest then out from under the jaw to drill forward at nose height. Lift the right knee with the foot hooked up then kick with the heel forward and down, land with the foot hooked out. Bring the left foot in a half-step with the heel raised, settling the knee into the hollow of the right knee - this forms a half sitting cross-sit stance with the front foot hooked out and the back foot on the line of action. Extend the left fist out along the right arm then open it and turn it over - strike with a splitting palm forward and down no higher than the mouth. Bring the right hand back to the abdomen. Look at the index finger of the left hand (figures 19, 20).



18



19

Main points: Turn around quickly without rising or falling. Keep your left leg bent as you lift the right knee, to maintain balance. Hit with the right foot and the left hand at exactly the same time. When sitting into the half crouch, settle the rear knee tightly into the concavity of the front knee. Keep the head straight, the shoulders settled, and the lumbar area flat.



20

12. Closing of the form

收式

To get back to the starting place repeat the whole line of movements just described (movements 2 through 10). First step the left foot forward a bit then step the right foot forward and punch with the right fist as in the first *advance right driving punch* (movement 2). Then follow the rest of the sequence of moves in the opposite direction (movements 3 through 10).

When you get back to your starting place in a *right driving punch* (figure 21), turn around as in movement 11. Then close the form the same as the closing in the driving punch form described in chapter two.