

FALK'S DICTIONARY OF CHINESE MARTIAL ARTS CHINESE TO ENGLISH

Comprehensive vocabulary for techniques, training methods, applications, weapons, routines, styles, sayings and phrases relevant to the theory, practice, and study of the modern and traditional martial arts of China, plus many representative *zhaofa*. Also contains vocabulary helpful in reading martial arts reference books – anatomical terms, dynastic dates, historical, literary, and folklore references, military stratagem, and traditional Chinese medical terminology.

Compiled and translated by Andrea Mary Falk

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The techniques described in this book are intended for experienced martial artists. The author, translator, and publisher 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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INTRODUCTION

If you don't know what *zhaofa* means, but would like to, then you've picked up the right book. This is a comprehensive dictionary of Chinese martial arts terminology, with character lookup in Pinyin order from āi to zuò, Radical order from 一 to 龜, and Stroke order from 一 to 鸞.

Chinese martial arts terms use characters, words, and phrases that have meanings specific to martial artists. Sometimes, because of the oral transmission of so much of martial arts knowledge, characters are changed slightly or invented to suit the meaning of a word that everyone knew. For instance, changing the hand radical to a foot radical to indicate a technique done with the leg is much like an action normally done with the arm. This is part of what makes translating martial arts materials so much fun, and such a specialised profession. Trying to translate with only the use of a standard dictionary takes a lot of experience in the martial arts in addition to knowledge of Chinese – the martial meanings, and sometimes the characters themselves, are not there. The primary purpose of this dictionary is to give the martial arts meanings of the characters a reader will come across in a manual. A secondary purpose is to give the reader words that constantly occur in martial writings, but you can never remember, so have to look up again, like acupuncture points and dates of dynasties.

This dictionary is the culmination of almost fifty years of martial arts and language study. I started studying Chinese at the University of Victoria in about 1972, the same time I started training kungfu, and moved to Vancouver to be able to major in Chinese at the University of British Columbia and train kungfu with an excellent instructor. The Chinese course was an intensive course of modern Chinese with the practical vocabulary of the Cultural Revolution. We read newspapers, memorized Mao's speeches, and couldn't order a meal to save our lives. Fortunately, I also studied classical Chinese, which seemed a world unto itself, but turned out to be essential to the martial arts. I won a national scholarship to China, arriving in 1980, and immediately applied to the Beijing Sports University to major in wushu. The Chinese language course there consisted of my reading the wushu textbook out loud to the teacher, asking any time there was something I didn't understand. Since the only characters I couldn't read were specialised vocabulary, and he wasn't a wushu specialist, the course lasted about two weeks. From then on, my Chinese studies consisted of training, listening, reading, asking, and making notes.

My notes collected on scraps of paper and in notebooks, and years later started moving into my computer. Eventually I printed an unofficial edition of my dictionary in 2012. In this first official edition I have added a great deal more words and phrases, corrected the errors that my friends and I found in the earlier edition, and formatted as a normal Chinese dictionary, especially adding the indices to help find the characters, and a lot of cross referencing. Most of the contents are practical words – stances, strikes, kicks, controls, and throws – but there are also many words and phrases necessary to be able to read and understand a book about the martial arts. This is not just a list of words useful to me in my normal translations, or from books on my shelves. Once I decided to publish a proper dictionary I spent years working on making it as complete as possible. I made a concerted effort to find books on as many styles as possible, and spent a lot of time in the libraries in Beijing and Shanghai, learning quite a lot more as I compiled the dictionary.

This is not an encyclopedia. I do not attempt to explain why things are called the way there are or to explain the meanings. This dictionary is a tool to allow you to quickly access the words you need for your own research. I tried to define words and phrases without commentary, and with a relatively casual language, so that martial artists can enjoy and interpret for themselves. A few personal remarks slipped in, just to remind you that it is just a martial artist, not a learned committee, who has written this dictionary.

Another purpose of the dictionary is to gather together the imaginatively named *zhaofa* – moves – because of the playfulness and creativity that they show. There are too many to put them all in. They are like a secret code for each style – without having learned the move, the name only hints at the movement possibilities. During my research I found the first martial arts book I ever bought, on the tiger and crane routine that probably everybody learned at some point. Back then I had to look up Every. Single. Character. I put the entire routine in the dictionary, because it brought back to me the fun of the thing just for itself.

I hope that this dictionary will lighten the work of the next generation of translators. At the very least, it will cause less eye strain. I put the characters in a square, unpretty but functional font that has very clear strokes, and made them all large.

I also hope that anyone who wants to know more about the Chinese martial arts will enjoy flipping through the pages. Please take the time to wander through related phrases when you've looked something up. Sometimes unexpected treasures and new understandings are there waiting for you. I particularly like it when a character has clearly been written down and passed on wrong because it sounded like something else.

I've tried not to have any mistakes, but that is not possible, especially given the complexity of a dictionary. I know that there are words left out, especially for the names of moves, routines, and styles – the infinite variety made it impossible to include them all. As I find new words or make corrections, I will post a PDF addenda to the website www.thewushucentre.ca.

Andrea Mary Falk
Québec, Canada
July, 2019

ACKNOWLEDGEMENTS

Thanks to Neil Bates in Basingstoke for encouraging me to soldier on and for finding mistakes and omissions that snuck through my net during the proof-reading process. Thanks to James Saper, who yet again explained TCM terminology to me. Thanks also to Byron Jacobs in Beijing for having a look at my work in progress. And many thanks to Di Guoyong, for sharing his love of words with me over the years. Even for the word lá, which I found in his handwriting in the border of a Xingyiquan book after the 'final' dictionary proof had been printed.

And of course, infinite thanks to all my teachers for all the moves and words.

My favourite word in the dictionary is dǒu. During my trip to Beijing in October 2018, when I thought I was almost done with word collection, in a training session with Lu Yan, she, in complete innocence, said, 'zhècì lánqiāng yào dǒu', doing a cool sneak kick. Just as my skills will never be perfect, and I will never know all the techniques out there, I will have mistakes and omissions in the dictionary, but it is still worth while to have a go.

Andrea Mary Falk
Québec, Canada
July, 2019

The order of the dictionary is by pronunciation, written in *pinyin*. The secondary order is determined thusly:

The alphabetical order of *pinyin* goes by full syllable, as they represent characters. For instance, the phrase yǐn jìn luò kōng comes before yǐn jǐng because *jìn* comes before *jǐng*, not *jǐng* before *jìn luò*. For clarity, I have kept the *pinyin* syllables separate, as the characters are written. Normally *pinyin* is written in the appropriate full words, often linked.

The tones are called 'first, second, third, and fourth', so first tone *jīn* comes first in order, then second tone *jín*, then third tone *jǐn*, and finally fourth tone *jìn*.

When the pronunciation is the same, the order is by radical (see the radical chart).

When the pronunciation and the radical are the same, then the order is by number of strokes, less coming before more.

When looking up from written material, and if you do not know the pronunciation of the character you see in writing, look it up using the Radical Order or Stroke Order in the back. Refer to the Character Indices by Radical Order or by Stroke Order. You need some familiarity with how to write characters in order to look them up. Use either the radical plus stroke order, or the total stroke order. To look up by Radical Order, look up the number of the radical first, then go to the radical and look up by stroke order. When the number of strokes is the same, then the list is in *pinyin* order. To look up by Stroke Order, use the stroke order table and count out the strokes. When the number of strokes is the same, the list is in radical order, then *pinyin* order. Even if you are new to Chinese characters, although looking them up takes a few steps, you soon get to know the radicals quite well and each step can be quickly done. This method is standard in Chinese to English dictionaries.

The dictionary includes both traditional and simplified characters. Within the *pinyin* index and main dictionary, the order is by the traditional characters, so they are listed first and the simplified characters follow. In the main dictionary, if the simplified differs from the traditional, it follows in square brackets, like this 單 [单]. The multi-character words and phrases are in simplified characters. Within the Character Indices, where there are two characters for one word, the traditional is first, followed by the simplified. When looking up in the Radical Order or Stroke Order Indices at the back, each character is included by its own radical and stroke order. The simplified characters are placed with the proper radical that makes most sense, I did not use the over-simplified radicals that were used for a while in China.

The final reference that I chose to confirm radical identification, number of strokes, and correspondence of simplified to traditional characters is the Far East Chinese-English Dictionary, Beijing, 1995. It is one of the few dictionaries to contain both simplified and traditional characters. It does not meld them to the extent that I have – I suspect I am the first to try to treat them equally.

There about a dozen characters that cannot be written by the computer input keyboard. I inputted them in separate parts, then condensed the parts together. They look a bit disjointed, like this ㄗ ㄋ ㄅ.

Further help in looking up characters is in the Notes on Looking up Characters, just before each of the Radical and Stroke order Indices.

Abbreviations and short cuts used:

TCM refers to Traditional Chinese Medicine.

When cross referencing, the character is not written out when there are more than one or two repetitions of the character, a hyphen stands in for the repeated cross-referenced character. For example, "For techniques specific to the palms, see also under àn zhǎng, bǎi-, bān-, bào lián-, bào qiú-, bào yīng-..."

'From' means that a name or term is likely to be seen in written texts of that style. The name or term may certainly be used in other styles. Where no attribution is given, the name or term is commonly used.

When an application is used to help describe a move, it is only one of many possibilities.

A _____ A				bǎo	保	保	23	biǎo	表	表	30	cèng	蹭	蹭	37
āi	挨	挨	13		寶	宝	23	biē	憋	憋	30	chā	叉	叉	37
ǎi	矮	矮	13	bào	報	报	23	bié	別	别	30		杈	杈	38
ān	安	安	13		抱	抱	23		蹙	蹙	30		插	插	38
àn	按	按	13		暴	暴	25	biè	弊	别	30	chá	查	查	38
	暗	暗	13		爆	爆	25	bìn	髒	髒	30	chāi	拆	拆	39
āo	凹	凹	14	bēi	揸	揸	25		鬢	鬢	30	chān	攙	搀	39
ào	拗	拗	14		臂	臂	25	bīng	棚	棚	30	chán	禪	禅	39
B _____ B				běi	北	北	25	bǐng	丙	丙	30		纏	缠	39
bā	八	八	15	bèi	背	背	26		柄	柄	31	chǎn	鏟	铲	40
	巴	巴	16	bēn	奔	奔	26	bīng	秉	秉	31		闡	阐	40
	扒	扒	16	běn	奔	奔	26	bō	並	并	31	cháng	嫦	嫦	40
bá	拔	拔	17	bèn	本	本	27		剥	剥	31		腸	肠	40
bǎ	把	把	17	bēng	笨	笨	27		撥	拨	31		莨	莨	40
	把	把	17		笨	笨	27		波	波	32		長	长	40
	鈹	鈹	17	bèng	崩	崩	27	bó	搏	搏	32	chǎng	場	场	41
	靶	靶	17		弮	弮	27		搏	搏	32	chàng	暢	畅	41
bà	弮	弮	17	bī	弮	弮	27		脖	脖	32	chāo	抄	抄	41
	把	把	17	bì	逼	逼	27	bō	跛	跛	32		綽	绰	41
	耙	耙	17	bí	鼻	鼻	27	bǔ	補	补	32		超	超	41
	霸	霸	17	bǐ	匕	匕	27	bù	不	不	32	cháo	朝	朝	41
bāi	掰	掰	18		彼	彼	28		不	不	33	chē	車	车	42
bái	白	白	18	bì	比	比	28		步	步	33	chě	捨	扯	42
bǎi	擺	摆	20		庇	庇	28	C _____ C				chè	徹	彻	42
	百	百	20		碧	碧	28	cā	擦	擦	35		掣	掣	42
bài	敗	败	21		避	避	28	cái	裁	裁	35		撤	撤	42
bān	扳	扳	21		鈹	鈹	28	cǎi	採	采	35	chēn	揶	揶	42
	搬	搬	21	biān	編	编	28		採	采	35	chén	晨	晨	42
bǎn	板	板	22		編	编	28	cài	踩	踩	35		晨	晨	42
bàn	半	半	22		邊	边	28		蔡	蔡	35		沈	沈	43
	拌	拌	22		鞭	鞭	29	cān	參	参	36	chèn	稱	称	43
	絆	绊	22	biǎn	匾	匾	29	cán	殘	残	36		趁	趁	43
bāng	幫	帮	22		扁	扁	29	cāng	蒼	苍	36	chēng	撐	撑	43
bǎng	膀	膀	23	biàn	卞	卞	29	cáng	藏	藏	36		稱	称	43
bàng	棒	棒	23		變	变	29	cāo	操	操	36	chéng	乘	乘	43
bāo	包	包	23	biāo	標	标	29	cè	側	侧	36		成	成	43
	胞	胞	23		標	标	29		策	策	37	chī	吃	吃	44
					鏢	鏢	30								

CHARACTER INDEX BY PINYIN ORDER

EACH COLUMN: PINYIN | TRADITIONAL CHARACTER | SIMPLIFIED CHARACTER | PAGE NUMBER

	藕	藕	44	cuān	躡	躡	49	dáo	捋	捋	60	dǐng	頂	顶	67
chí	持	持	44	cuán	攢攢	攢	49	dǎo	倒	倒	60		鼎	鼎	67
	遲	迟	44	cuàn	竄	窜	49		導	导	60	dìng	定	定	68
	馳	驰	44	cuī	催	催	50		搗	捣	60		鉞	铤	68
chǐ	尺	尺	44		摧	摧	50	dào	倒	倒	60	diū	丟	丢	68
	齒	齿	44	cuì	脆	脆	50		道	道	61	dōng	東	东	68
chì	瘳	瘳	44	cún	存	存	50	dé	得	得	61	dǒng	懂	懂	68
	翅	翅	45	cùn	寸	寸	50	dèn	鈍	钝	62	dòng	動	动	68
	赤	赤	45	cuō	搓	搓	50	dēng	掙	掙	62	dōu	兜	兜	68
chōng	充	充	45		撮	撮	50		登	登	62	dǒu	抖	抖	69
	衝	冲	45		蹉	蹉	50	děng	等	等	62		陡	陡	69
chóng	重	重	45	cuò	挫	挫	51	dī	低	低	62	dòu	鬥	斗	69
chōu	抽	抽	45		銼	锉	51	dí	滴	滴	62	dū	督	督	69
chǒu	丑	丑	46		錯	错	51		敵	敌	63	dú	毒	毒	69
chū	出	出	46	D _____ D				dí	滌	涤	63		犖	犖	69
	初	初	46					dǐ	底	底	63	dǔ	堵	堵	70
chǔ	杵	杵	46	dā	搭	搭	52		底	底	63	dù	杜	杜	70
	處	处	46	dá	達	达	52		抵	抵	63		肚	肚	70
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chuài	踹	踹	46	dà	大	大	53		的	的	63	duǎn	短	短	70
chuān	川	川	46	dāi	呆	呆	55		第	第	63	duàn	斷	断	71
	穿	穿	47	dài	代	代	55	diān	顛	颠	63		段	段	71
chuán	傳	传	47		帶	带	55	diǎn	典	典	64	duì	兌	兑	71
chuǎn	喘	喘	48		待	待	55		踮	踮	64		對	对	71
chuàn	串	串	48		戴	戴	56	diàn	點	点	64		罇	罇	71
chuǎng	闖	闯	48		袋	袋	56		墊	垫	64	dūn	隊	队	71
chuí	垂	垂	48	dān	逮	逮	56	diào	電	电	65		墩	墩	71
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	槌	槌	48		單	单	56	diào	吊	吊	65		盾	盾	72
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chuō	戳	戳	48	dàn	膽	胆	58		釣	钓	66	duó	多	多	72
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chuò	綽	绰	49	dāng	臙	臙	59	dié	疊	叠	66	duò	躲	躲	72
cǐ	跣	跣	49		當	当	59		蝶	蝶	66		剝	剥	72
cì	刺	刺	49	dǎng	擋	挡	59	dīng	丁	丁	66		搯	搯	72
	次	次	49	dàng	蕩	荡	59		釘	钉	67		搯	搯	72
còu	揍	揍	49	dāo	刀	刀	59						踩	踩	72

E _____ E				fū	敷	敷	84	gē	戈	戈	89	guài	怪恠	怪	95
é	囧	囧	73	fú	跼	跼	84		格	格	89	guān	觀	观	95
	峨嵋	峨嵋	73		伏	伏	84		歌	歌	89		關	关	95
	額	額	73		荆	荆	85		胛	胛	89	guǎn	管	管	96
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è	惡	恶	73		拂	拂	85		格	格	89		慣	惯	96
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	餓	饿	73		浮	浮	85		隔	隔	90		灌	灌	96
ér	兒	儿	73		蚨	蚨	85		隔	隔	90	guāng	光	光	96
ěr	耳	耳	73		俯	俯	85	gě	搗	搗	90	guī	歸	归	96
èr	二	二	74		府	府	86	gè	個	个	90		規	规	97
F _____ F					附	附	86	gēn	根	根	90		龜	龟	97
fā	發	发	76	fù	斧	斧	86		跟	跟	90	guǐ	癸	癸	97
fá	乏	乏	76		腑	腑	86	gēn	艮	艮	90		軌	轨	97
	伐	伐	76		輔	辅	86	gēng	庚	庚	90	guì	跪	跪	97
fǎ	法	法	76		釜	釜	86		耕	耕	91	gǔn	滾	滚	97
fān	翻	翻	76		副	复	86	gěng	梗	梗	91	gùn	棍	棍	98
fǎn	反	反	77		復	复	86	gōng	公	公	91	guó	國	国	98
	返	返	79		父	父	86		功	功	91		膾	脍	98
fàn	犯	犯	79		腹	腹	86		弓	弓	91	guǒ	裹	裹	99
fāng	方	方	79		複	复	86		攻	攻	92	guò	過	过	99
fáng	防	防	79		負	负	86		肱	肱	92	H _____ H			
fǎng	仿倣	仿	79		附	附	87	gōng	躬	躬	92	hā	哈	哈	100
fàng	放	放	79	G _____ G					拱	拱	92	há	蛤	蛤	100
fēi	非	非	80	gǎi	改	改	88	gōu	勾	勾	92	hǎi	海	海	100
	飛	飞	80	gài	蓋	盖	88		鈎	鈎	93	hài	亥	亥	100
féi	腓	腓	81	gān	乾干	干	88	gòu	構	構	93	hán	含	含	100
fèi	肺	肺	81		桿	杆	88	gū	孤	孤	93		寒	寒	100
fēn	分	分	81		竿	竿	88	gǔ	古	古	93		涵	涵	100
fēng	封	封	82	gǎn	橄	橄	88		穀	谷	94		韓	韩	101
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	鋒	锋	82		剛	刚	89	gù	固	固	94	hāng	夯	夯	101
fèng	風	风	82		扛	扛	89		顧	顾	94	háng	行	行	101
	縫	缝	83		缸	缸	89	guā	刮	刮	94	hāo	薈	薈	101
fó	佛	佛	84	gàng	槓	杠	89	guà	掛	挂	94	hào	耗	耗	101
				gāo	膏	膏	89	guǎi	拐	拐	95		號	号	101
					高	高	89								

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A

挨 (rad.64) **āi** 1. To be or get close to. 2. Close range techniques in general. 3. In wrestling, to lean on, a throwing technique. 4. To get in very close to the adversary's torso for a short strike, often used for a throw or control. From Bajiquan, one of its ten major techniques, see also *shí dà jī fǎ*.

āi shēn pào 挨身炮 Close Range Barrage: one of Xingyiquan's traditional partner routines, common to many branches, develops close range techniques, written up as twenty-one to twenty-three moves. Also called *ān shēn pào*.

矮 (rad.111) **ǎi** Short of stature; low.

ǎi gōng bù 矮弓步 Low bow stance, the hip joint well set in and the torso often leaning onto the thigh. See also *gōng bù*.

ǎi zhuāng 矮桩 Low stake standing posture.

安 (rad.40) **ān** 1. Peaceful, calm. 2. At ease. 3. To pacify. 4. To arrange.

ān shēn pào 安身炮 Keep the Body Safe Barrage, see *āi shēn pào*.

按 (rad.64) **àn** 1. To push down with one or two hands, usually with the palm facing down: the technique is used to shut down an adversary. 2. To press forward, up then down, or down then up. 3. While taking the pulse, to press while looking for tenderness in the channels. From TCM. 4. To push down, one of the falling hands in Chuojiào, see also *luò shǒu*.

àn dāo 按刀 Press down with a broadsword, the left hand pressing on the spine of the blade or on the right wrist, edge down or pressing down with the flat of the blade.

àn fǎ 按法 Pressing methods 1. A twisting press, firm but not to the point of pain. From TCM. 2. As joint control or manipulation, to press down sharply with the palm against the natural movement of a joint.

àn jìn 按劲 The power and skill used to do a press forward and down, usually first controlling an adversary then pushing away.

àn ná fǎ 按拿法 Pressing grappling hold: press down on an adversary's arm to direct his attention there, in preparation for another attack. From wrestling.

àn qiú zhuāng 按球桩 Press the ball standing: standing up

in an open stance, press the hands down at belly height as if pushing a ball down in water, an internal training stake standing of Taijiquan and other styles.

àn shì 按势 Pressing-down posture: sit into empty stance and push down with both palms. From Wu Taijiquan.

àn shǒu 按手 Press, push; double-handed push.

àn tán shì lì 按弹试力 Press and spring testing power: stand in sixty-four stance with the palms facing down, alternating raising and lowering the hands, feeling as if they are on springs. From Yiquan, one of its combat testing moves.

àn tiān gǔ 按天鼓 Press Down the Celestial Drum: a head lock. From behind, bring your hands up under your adversary's armpits and wrap them around his neck, pushing his head down.

àn tóu duàn jǐng 按头断颈 Press down the head to break the neck: move into an incoming attack, reaching around to grab the adversary's back and gouging his eyes with the other hand, pushing his head back.

àn zài yāo gōng 按在腰功 The key to the power and efficiency of the press down lies in the waist and back. A martial saying.

àn zhǎng 按掌 1. Press down with the palm or both palms. 2. Press down. From Baguazhang, one of its set circle-walking positions. See *xià chén zhǎng*. Also called *shuāng àn zhǎng*.

àn zhǒu 按肘 Press down with the elbow in close grappling situations.

àn zhù 按住 Press and control.

暗 (rad.72) **àn** Dark; obscure; covert.

àn dù chén cāng 暗渡陈仓 Take a Hidden Ford by way of Chencang: pretend to take one path while taking another. The eighth of the Thirty-six Stratagems of Warfare, which apply to many situations.

àn dù jīn zhēn 暗渡金针 Take a Hidden Ford with a Golden Needle: step forward with a large slicing action, continue the large circle to the rear, then drop to a cross legged stance and bring the sword through to snap up in the direction of travel. From Qingping sword.

àn jìn 暗劲 Hidden power. 1. A soft, supple application of power, light and coordinated power without recourse to strength. 2. Power within the body that is hidden from view.

àn qì 暗器 Hidden weapon: small weapons such as throwing knives, darts, metal balls.

àn tuǐ fǎ 暗腿法 Hidden leg techniques: kicks hidden in stepping. From Baguazhang. See *tào tuǐ*, *gōu tuǐ*, *cuō tuǐ*, *cǎi jiǎo*, and *chuài tuǐ*, among others. See also *míng tuǐ fǎ*.

àn yǎn fǎ 暗眼法 Hidden look method: to appear to be looking at obvious targets on an adversary, while actually looking for unprotected areas and weaknesses in defense.

B

八 (rad.12) **bā** 1. Eight. 2. Often used in movement names to refer to the shape of the character.

bā bā liù shí sì zhǎng 八八六十四掌 Eight (times) Eight Sixty-four Palms. See **liù shí sì shǒu**. Also called **bā duàn liù shí sì zhǎng**, **zhí tàng liù shí sì zhǎng**.

bā bù táng láng quán 八步螳螂拳 Babu (eight step) Tanglangquan, a branch of Preying Mantis style, which specialises in close techniques.

bā dǎ bā bù dǎ 八打八不打 Eight allowed targets and eight disallowed targets. The eight allowed targets that hurt a lot are: between the eyebrows, the top of the lips, the ears, the shoulder blades, the ribs, the bone near the groin, the knee, and hitting any bone hard. The eight targets that do too much damage and so are disallowed are: the acupoint Taiyang at the temple, full on the chest plate, the walls in the body core, the ends of the floating ribs, the groin, the kidneys, the coccyx, and the ear openings. This is not competition rules, but rules of conduct.

bā dà zhǎng 八大掌 Eight great palms: eight palm changes to practice the principles and techniques of Baguazhang. Also called **lǎo bā zhǎng**, **mǔ zhǎng**.

bā dà zhāo 八大招 Eight main methods: The eight main concepts of Bajiquan, each containing a variety of techniques.

bā duǎn 八短 Eight short. 1. Eight short elbow strikes to eight sensitive parts of the body, see **bèi zhǒu**, **bì zhǒu**, **bó zhǒu**, **gǔ zhǒu**, **tóu zhǒu**, **xié zhǒu**, **zǔi zhǒu**. From Tanglangquan 2. Eight close range techniques, see also **dūn shēn bó chuī**, **kào shēn tún chuī**, **liǎng zhǒu liǎng xī sì chuī**, **yíng miàn tóu chuī**, **zhān ná xiōng chuī**. From Tanglangquan.

bā duǎn zhī qiáng 八短之强 The strength of the eight short techniques. From Tanglangquan. See also **qī cháng zhī qiǎo**.

bā duàn jīn 八段锦 Baduanjin (eight pieces of brocade), an internal strength training method, consisting of eight exercises.

bā duàn liù shí sì zhǎng 八段六十四掌 Eight sections, Sixty-four Palms. See **liù shí sì shǒu**. Also called **bā bā liù shí sì zhǎng**, **zhí tàng liù shí sì zhǎng**.

bā fǎ 八法 The eight methods: the eight basic skill sets that need to be mastered in any style. Hand techniques, eyes, body work, legs, spirit, *qì* control (some lists say

breathing), strength, and effectiveness.

bā fān quán 八翻拳 Bafanquan (eight rolls fist), a style from Shandong province, developed during the Song dynasty. Also called **bā shǎn fān**, **bā fān shǒu**.

bā fān shǒu 八翻手 See **bā fān quán**.

bā fāng 八方 The eight directions: Four cardinal and four non-cardinal directions: East, West, South, North, South-west, North-west, North-east, South-east.

bā fēn jiàn quán 八分箭拳 Eight Parts Arrow Punch: from a right bow stance, sit to a horse stance and punch the right fist to the side with an upright fist, pulling the left to the waist. The 55th move of the tiger and crane routine.

bā fēng 八风 Extraordinary acupoint Bafeng (eight winds), EX-LE10. Four points at the foot (with two feet, eight altogether), at each web between the toes, where the darker skin meets the lighter skin. From TCM.

bā guà chuī 八卦捶 See **bā guà quán**.

bā guà dāo 八卦刀 Bagua broadsword, a single-edged sword about the length from floor to solar plexus or up to head height, with a handgrip about a foot long, and a blade that curves towards the end. The weight is usually as heavy as the player can handle.

bā guà gǔn shǒu dāo 八卦滚手刀 Bagua Rolling broadsword, a routine of Baguazhang, written up as thirty-two moves.

bā guà lián huán duì dāo 八卦连环对刀 Bagua Connected partner broadsword, a partner routine of Baguazhang, written up as twenty-five moves.

bā guà quán 八卦拳 Baguaquan (eight trigrams fist), a style from Shandong province, developed during the Qing dynasty. Also called **bā guà chuī**.

bā guà tuǐ 八卦腿 Eight Trigrams kick: first do a hook kick from a half squat, retract the leg while standing up, then do a side kick. From Chuoqiao.

bā guà yóu shēn lián huán zhǎng 八卦游身连环掌 Bagua Swimming Continuous Palms: a Baguazhang routine, written up as thirty-five moves.

bā guà zhàn shēn qiāng 八卦战身枪 Bagua Battle spear, a spear routine of Baguazhang, written up as sixty-four moves.

bā guà zhǎng 八卦掌 Baguazhang (eight trigrams palm), a style attributed to Dong Haichuan and first taught in Beijing in the mid 1880s. Based on walking and applying power while moving. Originally called **zhuàn zhǎng**.

bā guà zhuàn jiàn 八卦转剑 Bagua Turning sword: circle-walking and eight changes done with a sword. From Baguazhang.

bā guà zhuàn qiāng 八卦转枪 Bagua Turning spear: circle-walking and eight changes done with a spear. From Baguazhang.

bā guà zhuāng 八卦桩 Bagua stake standing. 1. Varies with style, may be sitting in a partial squat with the knees

C

擦 (rad.64) **cā** 1. To rub, wipe. 2. To apply or spread something on.

cā jiǎo 擦脚 Rubbing slap kick. Tends to mean a lifted kick, or slightly snapping kick, rather than a fully cocked snap kick. The emphasis of the slapping hand is to move forward, rather than down onto the foot.

cā shāng 擦伤 A scrape, graze, abrasion; a surface, skin injury.

裁 (rad.145) **cái** 1. To judge; decide. 2. To cut into parts.

cái pàn 裁判 Officials. A referee, a judge.

cái pàn rén yuán 裁判人员 Officials. A referee, a judge.

cái pàn zhǎng 裁判长 Chief official, head judge of a judging team.

cái pàn zǔ 裁判组 Team of officials in a competition, jury: the team of head judge, A, B, and C judges for Taolu competition.

採 (rad.64) [采] (rad.165) **cǎi** To pick, pluck, or gather. To grab and pull with a twist. Pluck, which implies a double handed pull, one hand holding steady while the other pulls. Usually implies separating with a short power, to change the direction of an incoming attack.

cǎi jìn 采劲 Plucking power: the power and skill used to grab and pluck.

cǎi jiàn 采肩 Pluck the shoulder: when an adversary is face down on the ground, lift his arm up with the other hand controlling at the shoulder.

cǎi shǒu 采手 Plucking hand: loop around an adversary's arm with the wrist to finish with a grab. From Tanglangquan.

綵 (rad.120) [彩] (rad.59) **cǎi** Vari-coloured silk.

cǎi chóu 彩绸 Coloured silks or synthetic fabrics attached to the handles of broadswords, steel whips, etc. Usually called flags in English.

cǎi dié liàn huā 彩蝶恋花 Colourful Butterfly Yearns for Flowers: to escape from a double-handed grab on the wrist, reach through to use both hands as leverage to twist out of the grab.

cǎi fèng shū yǔ 彩凤舒羽 Colourful Phoenix Smooths its Feathers: a front cross step with a cut low behind, extending both arms, the left reaching up to the front.

From Wu Taijiquan sword.

踩 (rad.157) **cǎi** To trample, step on.

cǎi bù 踩步 Trampling step: a walking step that sets a root on landing – not rubbing forward. From Baguazhang.

cǎi fǎ 踩法 Trampling methods: using the foot to press any part of an adversary down.

cǎi jiān 踩肩 Trample on the shoulder: when an adversary is face down on the ground, pull his arm up behind with his arm twisted, kneeling or standing on his shoulder joint. From Qinna.

cǎi jiǎo 踩脚 Trample, a crushing kick. 1. A low kick, just under the knee, with the foot turned out. In the category of snap kicks, see qū shēn xìng tuǐ fǎ. 2. Landing with the foot turned out to stamp on an adversary's foot. In Baguazhang, is a hidden kick, appearing to step with a bǎi bù. 3. In some styles is a kick to the shin or a kick and slide down. Also called lán mén jiǎo. From Chuoqiao, one of its middle-basin kicks.

cǎi jìn 踩劲 Trampling power: to reach out and land the foot as if trampling on a poisonous snake. One of Xingyiquan's five powers. See also guǒ jìn, jué jìn, pū jìn, shù jìn.

cǎi shāo jiǎo 踩梢脚 Stamp on the tip: same as a crushing kick, but more with the intent to stand on the foot to pin it to allow for another technique. From Xingyiquan. See also cǎi jiǎo.

cǎi shǒu ér rù shǒu 采手而入手 If grabbed with one hand, control an adversary's grabbing hand and attack his elbow. From Tanglangquan, one of its twelve soft counters, see also shí èr rǒu.

cǎi tuǐ 踩腿 See cǎi jiǎo.

cǎi tuǐ bù 踩腿步 Trampling step: stepping forward circling outward slightly, with the feet turned out to step on an adversary. Also called jiǎo bù.

cǎi xī 踩膝 Trample on the knee: from behind, reverse and control your adversary's arm and step on his knee, pushing it down (allowing it to bend naturally, not a knee break). From wrestling.

cǎi yī zhǎng 踩一掌 Trample with a Palm: a trampling low kick in combination with a rising palm strike. From Chen Taijiquan.

cǎi yóu shé 踩游蛇 Trample on a roving snake: a metaphor for the walking of Baguazhang. At each step, the feet must be firm, accurate, steady, and flat, as if trampling on the head and tail of a snake, not allowing it to escape or attack.

蔡 (rad.140) **cài** A surname.

cài jiā quán 蔡家拳 Caijiaquan (Cai family fist), a southern style attributed to the Fujian province Shaolin temple and the Cai family, popular in Guangdong province. Known of since the mid 1700s. Also called cài quán.

cài lǐ fú quán 蔡李拂拳 Cailifujia (Cai, Li, and Fu fist),

D

搭 (rad.64) **dā** 1. To build, put up, build. 2. To come into contact. 3. To take (a taxi).

dā bǎ 搭把 1. Touching hands or crossing arms before sparring. 2. Since it means the gesture of politeness before sparring, sometimes is used with the meaning of sparring. 3. Taijiquan push hands.

dā qiáo 搭桥 Build a bridge, a forearm technique: keep the forearm in contact to frame and press up (see also jià) as move in with an attack.

dā shǒu 搭手 See dā bǎ.

dā wàn zǒu quān 搭腕走圈 1. Prepare for circle-walking with a partner, by touching wrists. 2. Circle-walking with a partner, touching wrists. From Baguazhang.

達 [达] (rad.162) **dá** 1. To extend. 2. To reach, to attain. 3. To express, to communicate. 4. A surname.

dá mó 达磨 Da Mo, a monk from India purported to have developed kungfu training at the Song mountain Shaolin temple.

dá mó jiàn 达磨剑 Da Mo sword: a Tanglangquan routine, written up as thirty-eight moves.

dá mó zhàng 达摩杖 Da Mo cane, a Shaolinqun routine with a rod or cane, written up in forty-nine moves.

dá zūn quán 达尊拳 Dazunquan (attain respect fist): a style from Fujian province, which primarily uses palm techniques.

打 (rad.64) **dǎ** 1. To hit; strike. 2. To play a game or play a routine. To play a sport or play the martial arts. 3. The category of strikes using hands, arms, or body that exist in each move. See also sì jì. 4. As one of the eight attack and defense models, to initiate the attack as soon as there is an opportunity. See also bā zì gōng fáng fǎ zé.

dǎ bìn chuí 打鬓锤 Hit the hairline on the temple: a backfist. Also called fǎn bèi chuí.

dǎ cǎo jīng shé 打草惊蛇 Beat the Grass to Startle the Snake. The 13th of the Thirty-six Stratagems of Warfare, which apply to many situations.

dǎ fǎ 打法 Hits: category of strikes that use the upper limbs, including fists, open hand, elbows, forearms, and arms. Common to most styles are bēng, chōng, jǐ, pī, tiǎo, zá, zhuàng. See also sì jì.

dǎ gǔ 打鼓 Hit the Drum: an extended double strike to the

head, reaching over and under. From Taiji Changquan.

dǎ héng 打横 See dǎ héng zhǎng.

dǎ héng zhǎng 打横掌 Hit with a crossing palm: bring the hand up on the opposite side then swing across to its own side, getting power from the waist, hitting with the palm edge or back of hand. From Tongbeiquan. Also called dǎ héng, héng zhǎng.

dǎ hǔ bù 打虎步 Hit the Tiger stance: a side bow stance, a bow stance with the feet parallel but turned. Also called cè gōng bù.

dǎ hǔ shì 打虎势 Hit the Tiger position: a double strike or block with the fist surfaces facing each other, one high and one low. The actual technique varies with styles. May be with the fist heels turned outwards, the arms curved, one arm over the head or near the temple, the other at chest or hip height. Often done with one fist over the head and one at the knee, either in a raised knee stance, an empty stance, a bow stance or a horse stance. The fists may be held close or far from each other. Also called fú hǔ, wǎn gōng shè hǔ. See also wǔ sōng, wǔ sōng dǎ hǔ.

dǎ jià 打架 Fighting, scuffling, brawling.

dǎ kāng bāo 打糠包 To hit a husk filled bag, a training method to develop hard skills, especially fist, palm, and forearm strikes. The bag is usually about a foot square.

dǎ lèi 打擂 Sparring by Chinese rules, allowing hitting, kicking, trips, and throwing, but not grappling on the ground.

dǎ lèi tái 打擂台 1. To accept a challenge for a sparring match. 2. To undertake a sparring match.

dǎ luàn chéng xù mō jìn 打乱程序摸劲 Seeking power with changing directions: without moving the torso outwardly, seek out power lines in random directions. May be done in different stances or stepping. From Yiquan.

dǎ lún 打轮 To play the circle: push hands with only the four basic techniques. From Taijiquan, see also àn, jǐ, lǚ, péng.

dǎ quán 打拳 To practice or play drills or routines. Also called xíng quán, yǎn liàn, yǎn quán.

dǎ quán róng yì zǒu bù nán 打拳容易走步难 It is easy to learn hand techniques, hard to get the stepping and stances. A martial saying.

dǎ sān xīng 打三星 To hit the three stars: a training method with a pole or a partner to develop the forearm strike. Hit with the forearm, alternating continuously between three strikes on each arm – thumb edge palm down, thumb edge palm up, and little finger edge palm down.

dǎ shǒu 打手 Play hands: old name for push hands. From Taijiquan. See also kā shǒu, tuī shǒu.

dǎ wǔ shù 打武术 To practice or play Chinese martial arts in general.

dǎ xué 打穴 To attack pressure points. This term includes

F

𢇛 (rad.31) é 1. To decoy. 2. To cheat.

é quán 𢇛拳 Equan (decoy fist): a style known of before the Ming dynasty, written up in general Qi Jiguang's book on martial arts.

峨 峩 [峨] (rad.46) é Lofty; high.

é méi 峨媚 Relating to Emei mountain or Emei temple.

é méi cì 峨媚刺 Emei daggers. A double short weapon, about thirty centimetres long, sharp at both ends but not along its length, held with a ring in the middle.

é méi quán 峨媚拳 Emeiquan (Emei mountain fist), Emei temple's category of styles.

é méi shān 峨媚山 Emei mountain. One of the famous mountains in martial lore, in Sichuan province.

é méi shí èr zhuāng 峨媚十二桩 Emei twelve posts: internal health training methods, twelve in all.

額 [额] (rad.181) é 1. The forehead. 2. A horizontal tablet.

鵞 鶩 鵞 [鵞] (rad.196) é A goose. Sometimes used in movement names for the actions or qualities of wild geese, see also under bái é.

惡 [恶] (rad.61) è Evil. Fierce. Wicked.

è hǔ bā xīn 恶虎扒心 Fierce Tiger Rakes out the Heart. 1. A short, strong strike down with the heels of the palms in a pouncing action towards the midsection. May also rake down the face or pull down the clothes at the chest. 2. A double palm out fixed position held in circle-walking: From Baguazhang. See bào yuè zhǎng.

è hǔ pū shí 恶虎扑食 Fierce Tiger Pounces on its Prey. 1. Step forward, reaching out and pulling down and back to the hips, leaning forward with the shoulder. From Wudangquan. 2. Jump the knee up into an adversary's chest while pulling or striking down with a double pouncing action. From Baguazhang.

è shé zhuān xīn 恶蛇钻心 Fierce Snake Bores into the Heart: drop back and turn sideways while executing a kick to the navel.

扼 搯 [扼] (rad.64) è 1. To grip; grasp; clutch. 2. Control. 3. Choke, strangle. 4. To restrain.

è hóu 扼喉 Choke: grab an adversary's throat tightly with the fingers and thumb. From Qinna.

è hóu fǎ 扼喉法 Choking, strangling, throttling techniques: grabbing the throat with the palm stretched, thumb web on the larynx.

餓 [饿] (rad.184) è 1. Hungry; hunger. 2. Greedy.

è hè xún há 饿鹤寻虾 Hungry Crane Searches for Frogs: land to a left bow stance and strike with a left extended beak hand on line with the front leg, right hand hooking back at the body. The 76th move of the tiger and crane routine.

è hǔ bā xīn 饿虎扒心 Hungry Tiger Rakes Out the Heart: a double shove to the chest, prepared for with a deflection across to tie up an adversary or turn him sideways. From Baguazhang, one of its sixty-four hands. See also píng tuī zhǎng.

è hǔ pū shí 饿虎扑食 Hungry Tiger Pounces on its Prey. 1. From many styles, usually for a pouncing type of action striking or pushing with both hands. 2. A straight stab with a sword in Taiji sword. 3. A reverse grip reaching stab with a sword in Qingping sword.

è hǔ qín yáng 饿虎擒羊 Hungry Tiger Catches a Sheep: step to a right reverse bow stance and push/grab through with both palms in tiger claws, left further out at head height, right below near its elbow. Lean into the push. The 61st move of the tiger and crane routine.

è hǔ tāo xīn 饿虎掏心 Hungry Tiger Rips out the Heart, a knee technique: an outwards opening knee butt to the belly.

è hǔ zhú lù 饿虎逐鹿 Hungry Tiger Chases a Deer: twist an adversary's elbow and wrist over, pressing both joints in reverse.

兒 [儿] (rad.10) ér Child; a youth.

ér tóng sài 儿童赛 Child category competition: competition for children under twelve.

ér tóng zǔ 儿童组 The children's age group at a competition: the under twelve group.

耳 (rad.128) ěr 1. Ear, ears. 2. Ear, as one of the five sensory organs, see also wǔ guān. 3. Ear shaped things.

ěr duǒ 耳朵 The ear; ears.

ěr gēn 耳根 A sensitive point, just in front of the base of the ears. Colloquial term for the Yifeng acupoint. Best to hit with the palm edge.

ěr hé liáo 耳和髎 Acupoint Erheliao (ear harmony bone-hole), SJ22. At the head, just above and in front of the ear, at the edge of the hairline (on each side of the head). From TCM.

ěr hòu 耳後 Behind the ears. As the ears in general are one of the main targets on the body, this can also mean in front of the ears.

F

發 (rad.105) [发] (rad.29) fā 1. To release (an arrow); send out; discharge, shoot. 2. Send out. From Taijiquan, one of its four principles of push hands, see also sì zé.

fā biāo 发镖 Launch a rope dart; release the dart of a rope dart, shooting it out.

fā hěn 发狠 To be savage, show anger. Considered a fault in most styles, and likely to lead to defeat in a fight due to excess tension. See also hěn.

fā hòu tuǐ 发后腿 Back kick, a swinging kick to the rear with the leg slightly bent. From Chuojiào. Also called yuān yáng jiǎo.

fā jìn 发劲 To launch power, issue force, initiate a hit, release a strike, throw a punch, shoot, explosive release of power. Involves first a subtle gathering power within the body then releasing with a coordinated expression through the body for the targeted strike. An efficiently timed, directed, and regulated energy burst. Some also call this fā lì.

fā lì 发力 1. Launch strength: most styles use fā lì interchangeably with fā jìn. See fā jìn. 2. Some use fā lì to mean an error, or using brute strength in a fā jìn attempt.

fā luò diǎn 发落点 Point of contact on an adversary where you are able to control and use a power launch.

fā shēng 发声 To shout: shout to gain or express power in a technique. Commonly used in southern styles, with the specific traditional sounds of dī, hēi, wā, yì.

fā shǒu 发手 To attack, an attack.

fā tóu shǒu dǎ èr shǒu 发头手打二手 Fake the first hand high and hit low with the other.

fā zhāo yào zhǔn 发招要准 The technique must be accurate. From Tongbeiquan, one of its requirements.

乏 (rad.4) fá 1. To lack; deficient. 2. Tired; exhausted.

fá lì 乏力 Tired, worn out.

伐 (rad.9) fá 1. To fell, to cut down. 2. To send an expedition against an enemy.

fá shù sòng yǒu 伐树送友 Fell a Tree to Send to a Friend: stab a sword up to the high right in a right raised knee stance, land and lift the left knee, slicing down and up to the other side with the palm down, then land into a reverse bow stance and chop down, the wrist cocked. From Qingping sword.

法 (rad.85) fǎ 1. A law. 2. A method; way; mode. 3. Standard; model.

fǎ lún dǎo zhuǎn 法轮倒转 The wheel of the Buddhist Law Spins Backwards: continuous horizontal inward bent arm pulling, moving forward. From Tongbeiquan.

fǎ lún yùn zhuǎn 法轮运转 The wheel of the Buddhist Law Spins: horizontal inward bent arm pulling, lifting the knee and shifting back. From Tongbeiquan.

翻 (rad.124) fān 1. To turn upside down or inside out. 2. To wheel around, wheel over, turn over, a turn which pivots rather than stepping around, often involves a rolling action or turning face up. One of the sixteen key techniques of Baguazhang, see also shí liù zì jué.

fān bà qiāng 翻把枪 Reverse grip spear: a spear routine that utilizes the butt more than usual for a spear.

fān bì chōng chuí 翻臂冲捶 Rolled over thrown punch. 1. An extended flicking backfist to between the eyes. 2. A crossing punch. From Baguazhang, one of its sixty-four hands. Also called fān bì pī chuí, fān bì shuāi chuí.

fān bì fá zhú 翻臂伐竹 Roll Over Fell the Bamboo: bring a sword around with a large slice up to throat height, palm up. From Wu Taijiquan.

fān chē 翻车 Flip the Cart: from a prone position, push off with hands and feet, flip over in the air, and land on the back with the body still straight. From Ditangquan.

fān dòng yīn yáng 翻动阴阳 Flip Over Yin and Yang: lift the left knee and slice a sword up to head height, land and lift the right knee and rotate the wrist to block up with the blade, then land and lift the left knee and circle to slice up again to the same place. From Qingping sword.

fān gǔn 翻滚 Roll over, overturn by rotating.

fān huā pào 翻花炮 Overturn Flowers Punch: from a single whip posture, spring over with an elbow stab, land and punch. From Chen Taijiquan.

fān huā wǔ xiù 翻花舞袖 Overturn Flowers by Twirling the Sleeves: jump and turn while twisting and swinging the arms over. This refers to an action you would do with the long sleeves of an old-style Chinese robe. From Chen Taijiquan.

fān huán diǎn tuǐ 翻环点腿 Rolling continuous poke kicks. From Chuojiào, one of its middle-basin kicks.

fān jiāng dǎo hǎi 翻江倒海 Overturn Rivers and Turn Back the Sea. 1. Rising on one leg, coil the arms from close to the body to open up one high, one low, with opening power. From Chen Taijiquan. 2. Continuous vertical circling with the arms to come over and slap downwards with the back of each hand in succession. From Liuhebafa and Taiji Changquan. 3. Cross the forearm in front of the body then step back and roll the fist over to punch forward. From Wudangquan.

fān làng jìn 翻浪劲 Wave breaking power: to hit by rising and falling with an action like a breaking wave. One

G

改 (rad.66) **gǎi** 1. To change; convert; transform. 2. To alter; revise; modify. 3. To correct; remedy. 4. To switch over.

gǎi pàn 改判 To alter a judge's decision or score.

蓋 (rad.140) [盖] (rad.108) **gài** 1. A cover, a lid. 2. The original, practical, meaning is to put a cover on a pot, reaching over to avoid the heat. 3. A hard striking or a controlling move downwards. 4. To cover an adversary's attack by adjusting your power first, such that he is unable to attack effectively.

gài bǎ 盖把 Cover with the butt of a long weapon: strike strongly downwards with the right hand along the aft-section of the shaft, the left hand along the fore-section.

gài bù 盖步 Cross-over step, cover step, front cross-over step: rear foot comes through to cross over in front, stepping forward.

gài bù bié 盖步别 Cross-over step throw: step the leg across both of an adversary's legs, getting in close, then swing that leg up, turn, and throw him over your hip. From wrestling, a throw.

gài bù rù 盖步入 Cross-over step entry: to enter for a throw by stepping in crossing the foot in front, used for a turning throw.

gài chā bù 盖插步 See gài bù.

gài dǎ 盖打 Covering hit: cover with a palm and straight punch over the forearm with the other hand.

gài fǎ 盖法 See yā fǎ.

gài gùn 盖棍 Cover with a staff: slide a hand and swing one end to strike down with the shaft level.

gài lán chuān xīn 盖拦穿心 Cover and Trap, then Pierce to the Heart: retreat and draw back a sword, then step forward to pierce. From Taijiquan.

gài ná fǎ 盖拿法 Covering grappling hold: grab with the arms wrapped over and around an adversary's body, wrapping one arm over his shoulder and one under his arm to grip one wrist in the other hand to keep a strong hold. From wrestling.

gài pī gùn 盖劈棍 Cross-over chop: chop down with a staff, crossing the arms to tuck one in at the armpit.

gài quán 盖拳 Downward cover with the fist or forearm, a straight swinging punch (can also have the arm slightly bent) from behind and over the head. Can strike with the

fist clenched with the palm down or with the knuckles. Normally used to strike the top of an adversary's head, like putting a cover on a pot.

gài shēn dāo 盖身刀 Cover the body with a broadsword: turn around, bringing the blade flat over the head to press down with the flat of the blade.

gài tiào bù 盖跳步 Covering jump: jump forward, bringing the rear foot across in front of the leading foot.

gài zhǎng 盖掌 Covering palm, pressing down with the palm down or forward, with the arm curved, thumb inside. The hand passes behind or past the head in its trajectory.

gài zhōu 盖肘 Cover with the elbow, pressing down with the elbow or forearm.

乾 干 (rad.5, 7) [干] (rad.7) **gān** 1. Clean. 2. Dry; dried. 3. In martial arts can also refer to a shield. 4. The traditional character is also pronounced qián, the heaven trigram, see qián.

桿 [杆] (rad.75) **gān** 1. A pole. 2. The shaft of a long wooden weapon. 3. The wooden shaft of a long weapon that has a metal sleeved tip.

gān shǒu 杆手 A straight punch, thrown directly with little corkscrewing.

gān zǐ 杆子 Short pole: a thin pole, about 1.1 to 1.4 metres long, slightly tapering. Both ends are used. Also called biān gān.

gān zǐ biān 杆子鞭 Pole whip, a soft weapon: rope with a section of wooden staff attached to one end and a metal spike attached to the other end.

竿 (rad.118) **gān** A pole or rod, usually bamboo.

gān zǐ 竿子 A pole or rod, usually bamboo.

肝 (rad.130) **gān** 1. The liver. 2. The Liver, the organ associated with the Zu Jue Yin channel. It is a *yin* organ.

gān jīng 肝经 The Liver meridian. From TCM. See zú jué yīn.

gān shū 肝俞 Acupoint Ganshu (liver transport), BL18. At the back, level with the depression below spinous process of the ninth thoracic vertebra, 1.5 *cun* lateral to the midline (on each side). From TCM.

橄 (rad.75) **gǎn** An olive, in conjunction with lǎn 榄.

gǎn lǎn quán 橄榄拳 Olive fist, a hand shape. See lì zhǐ quán. Also called lóng zhū quán.

趕 [赶] (rad.156) **gǎn** 1. To pursue, to try to catch. 2. To catch up with; to overtake. 3. To drive; to expel. 4. To hurry; to rush.

gǎn bù 赶步 Catch up step: stride forward with the front foot, bring the rear foot up to meet the front foot, then stride the front foot forward again.

H

哈 (rad.30) **hā** To breathe out strongly. with the mouth open. In martial arts, 'ha' is one of the specific sounds used to gain or express power in a technique, using the breath to assist the power. The use of this word originally comes from the temple doorway guardian Guhyapada, 'the blower', who blows a gust of yellow energy from his mouth. See also *hēng, jīn gāng*.

哈腰 *hā yāo* Bend the back, stoop; bow slightly.

蛤 (rad.142) **há** Frog, toad, usually in combination with *蟆*.

蛤蟆式 *há mǎ shì* Frog posture. From Chuojiào, one of its low basin kicks.

海 (rad.85) **hǎi** Sea, ocean.

海豹伸腰 *hǎi bào shēn yāo* Seal Stretches its Back: pin an adversary flat on the ground with his legs crossed to lock them and your arm around his neck, pressing down on his back with your knee. From wrestling.

海底 *hǎi dǐ* The sea bottom: colloquial term for the Huiyin point, the groin, see also *huí yīn*.

海底翻花 *hǎi dǐ fān huā* Turn Over Flowers at the Sea Bottom. From Taijiquan.

海底捞月 *hǎi dǐ lāo yuè* Scoop up the Moon from the Sea Bottom. 1. In Taijiquan, continuous upward slicing with a sword. 2. In Baguazhang, to slice with a broadsword across close to the ground in a drop stance, then lift up. 3. In Baguazhang, to grab in incoming knee strike at the knee and ankle, to twist the bent leg outward. 4. In Baguazhang, to lift the knee and hook downward with a deerhorn blade, then step forward and scoop up with the other blade.

海底擒鳌 *hǎi dǐ qín áo* Catch the Turtle at the Sea Bottom: turn and do a low reaching stab with a sword, held in a reverse grip. From Wu Taijiquan.

海底取宝 *hǎi dǐ qǔ bǎo* Fetch Treasure from the Sea Bottom: a low horse stance punching one fist straight down in the middle, blocking up with the other.

海底纫针 *hǎi dǐ rèn zhēn* Thread a Needle at the Sea Bottom: a low stab in an empty stance or a drop stance.

海底生云 *hǎi dǐ shēng yún* Generate Clouds at the Sea Bottom: dodge with a sweeping scoop with a sword. Sweep the blade across to the right, turning and shifting right, then sweep across to the left, turning and shifting left. Finally shift again to the right and lift with the blade

flat in front of the face. From Qingping sword.

海底针 *hǎi dǐ zhēn* Needle to Sea Bottom. Varies with style, but is generally a low empty stance with one hand reaching out and down, a low strike or move into a throw. From Taijiquan.

海泉 *hǎi quán* Extraordinary acupoint Haiquan (sea spring), EX-HN11. Inside the mouth, under the tip of the tongue, on the midline. From TCM.

亥 (rad.8) **hài** The twelfth of the twelve Terrestrial Branches, used in combination with the ten Celestial Stems to designate years, months, days, and hours. For the sixty year cycles, see also under *dīng hài, guǐ-, jǐ-, xīn-, yì-*. The period of the day from 9:00 p.m. to 11:00 p.m. See also *dì zhī, tiān gān*.

亥时 *hài shí* The period of the day from 9:00 p.m. to 11:00 p.m. (21:00 – 23:00).

含 (rad.30) **hán** 1. To hold in the mouth. 2. To contain; to include.

含步 *hán bù* Contained step: a type of circle-walking step – a careful, contained stepping, but not held back to be purposefully slow. From Baguazhang.

含柔鸳鸯掌 *hán róu yuān yāng zhǎng* Soft Mandarin Duck Palms, the sixth routine of Duanquan, written up as twenty-four moves.

含胸 *hán xiōng* Hollow, contain, the chest: keep the shoulders down and very slightly forward, so the chest is held in naturally. The chest feels broad and relaxed. This is a requirement in many styles.

含胸塌腰 *hán xiōng tā yāo* Contain the chest and settle the waist.

寒 (rad.40) **hán** 1. Cold. 2. Cold: as one of the six *qi* of nature, environmental influences that can cause disease when in excess. See also *liù qì, liù yín*.

寒鸡步 *hán jī bù* Cold Chicken stance: sitting on one leg, the other touching the toes in front but not weighted (as if not wanting to put the foot down in the cold). Usually called *xū bù*.

寒肩 *hán jiān* Hunch the shoulders: hunch up the shoulders as if cold. An error in most styles.

寒结 *hán jié* Cold binding, a pattern applied in channel diagnosis. From TCM.

寒钺冲霄 *hán máng chōng xiāo* Cold Point Shoots up into the Sky: sit into a low cross stance with a reverse grip slice up with a sword behind, to chase after an adversary to cut under his wrist. From Qingping sword.

涵 (rad.85) **hán** 1. To contain. 2. Damp and marshy.

涵劲 *hán jìn* Contained power. From Tongbei quan, one of its nine types of power, see also *jǐu gōng jìn*.

涵胸 *hán xiōng* Hold the chest without thrusting it out. The

J

基 (rad.32) **jī** 1. Base, foundation. 2. An origin. 3. On the basis of.

jī běn 基本 Basic, fundamental.

jī běn dòng zuò 基本动作 Basic techniques, basic movements.

jī běn gōng 基本功 Basic skills, basic abilities.

jī chǔ 基础 Foundation, base; basics; underlying.

擊 (rad.64) [击] (rad.17) **jī** To strike, to hit. To strike as if hitting a large bell.

jī bù 击步 Hitting step, skip step: push off the lead foot and jump forward, the rear foot tapping the lead foot in the air, then land the rear foot first. Often used to develop momentum for jump kicks.

jī dǎ lèi 击打类 Striking methods, the category of methods that include striking with any part of the body.

jī dǎ shā dài 击打沙带 Heavy bag training.

jī dǎ shǒu bǎ 击打手靶 Training by punching a small hand held target.

jī dà dāo 击大刀 Striking cut with a big cutter: with the right hand near the blade, palm down, cutting edge down, press down strongly, putting power into the shaft to press down with both the shaft and the blade.

jī dì chuí 击地捶 Pummel the Ground: a low punching action to the ground, a take-down or a follow through to an adversary on the ground. From Chen Taijiquan.

jī gǔ pào 击鼓炮 Bombard the Drum: a repeating, building one-two punch to the head. From Chen Taijiquan.

jī gùn 击棍 Strike with a staff: hit to either side with the tip or butt, with the shaft horizontal.

jī jiàn 击剑 Strike with the final few inches of a sword blade, striking strongly from the wrist, using either a dabbling action or a snapping action. The action may be done in any direction. See also bēng, diǎn.

jī sān quán 击三拳 Three quick punches: three punches in succession with the same fist, using the other hand to cover and scoop. From Chaquan and Fanzi.

jī shuǐ chōng yuè 击水冲月 Hit the Water to Charge the Moon: step back to hit a right bow stance, stabbing a sword forward. From Qingping sword.

jī xiǎng tuǐ fǎ 击响腿法 See jī xiǎng xìng tuǐ fǎ.

jī xiǎng xìng tuǐ fǎ 击响性腿法 Slap kicks: the category

of kicks that involve slapping the foot. Also called jī xiǎng tuǐ fǎ. See for example, bǎi lián pāi jiǎo, dān pāi jiǎo, lí hé pāi jiǎo, xié pāi jiǎo.

jī xiǎng wài bǎi tuǐ 击响外摆腿 Outside crescent slap kick: an outside crescent kick contacting with the hand or hands to make a sharp sound.

jī zhǎng 击掌 A palm strike. 1. A straight pushing strike. 2. To clap the hands together.

jī zhōu 击肘 An elbow strike: strike the elbow into the palm.

激 (rad.85) **jī** To dash; to surge. As footwork, to surge in on an adversary.

箕 (rad.118) **jī** A winnowing basket, a sieve.

jī mén 箕门 Acupoint Jimen (winnowing gate), SP11. At the thigh, on the vastus medialis muscle, six *cun* above acupoint SP10, in line to SP12 (on each leg). From TCM.

肌 (rad.130) **jī** Muscle, muscles; flesh.

jī ròu 肌肉 Muscle, muscles.

雞 (rad.172) [鸡] (rad.196) **jī** 1. A chicken, chickens; rooster. Often used in movement names, both for their fighting spirit and for the positioning of the legs. For more movement names using the actions or qualities of the chicken or rooster, see also under hán jī, jīn-, jǐn-, yě-. 2. Rooster, as the tenth of the twelve animals from the Chinese zodiac, associated with a twelve year cycle symbolic of the earthly branches. The twelve animals make up a sixty year cycle when combined with the five phases. See also dì zhī, shēng xiào, wǔ xíng.

jī bù shì 鸡步式 Chicken stance: a high empty stance, front foot touching the toes down lightly.

jī dāo lián 鸡刀镰 Chicken blade sickle, Rooster sickle: a traditional weapon, a double-edged straight sword about eighty centimetres long with a double hooked tip that resembles a beak and a cockscomb. From Xinyiquan. Also called yōng huā yāo zi.

jī dēng tuǐ 鸡蹬腿 Chicken thrusts its legs, a combination kick: first an inch kick to an adversary's shin, then just on landing, a forward thrust kick with the other foot.

jī tuǐ 鸡腿 Chicken legs, a stepping pattern: the legs are neither overextended nor over flexed, the crotch is tucked in with the legs tight together, the feet grip the ground steadily, and pass close by each other when stepping. One of the requirements of Xingyiquan.

jī xíng 鸡形 Chicken form of Xingyiquan, involving a number of actions done in the way a chicken fights, combining soft moves with hard hits.

jī xíng bù 鸡形步 Chicken form stance or stepping. 1. A one legged stance, with the unweighted foot held dorsi-flexed midway at the shin or at the ankle. 2. Circle-walking with a specific method of lifting the rear leg, flicking the heel up behind. From Baguazhang.

K

扞 (rad.64) **kā** To grab around something.

kā yāo 扞腰 Grab the waist: grab around an adversary's waist to prevent yourself from being thrown.

扞 (rad.64) **kā** To scrape; to scrape with a knife. Pronounced gě, also means to scrape.

kā shǒu 扞手 Push hands partner practice. Usually called tuī shǒu. From Taijiquan.

卡 (rad.25) **kǎ** To block, hit or grab (colloquially used for its sound).

kǎ bó zǐ 卡脖子 Grab the throat. Also called huáng yīng nié sù.

kǎ jīn 卡筋 Grab a tendon: grab a tendon, artery or vein. From Qinna.

kǎ miàn chuí 卡面锤 Hit the Face punch: a rising drilling punch. From Xingyiquan.

開 (rad.169) [开] (rad.55) **kāi** 1. To open. 2. Open to the outside.

kāi bù 开步 Open parallel stance, usually shoulder width, with relatively straight legs. Also called kāi lì bù when the legs are fully straight.

kāi dāng 开裆 Open the crotch: turn the forward knee out in a bow stance, exposing the groin to attack. This is considered an error in most styles, unless the foot and knee are turned out in a specific way to suit a specific technique.

kāi fēng yǎn 开凤眼 Open the phoenix eye. See fēng yǎn quán.

kāi gōng sā jiàn 开弓撒箭 Pull the Bow to Cast Arrows: pull an adversary's arm out and push to strike the throat. From Baguazhang.

kāi gōng shì 开弓式 Pull the Bow stance: extend the fist forward while pulling back the other by the ear, in an open bow stance. From Bajiquan.

kāi gōng zhǒu 开弓肘 Pull the Bow Elbows: open both elbows flat out to the sides with a short power, to strike the ribs.

kāi hé bù 开合步 Open and close stepping: step to the side by first stepping out then stepping in, keeping the feet parallel.

kāi hé shì lì 开合试力 Open and close testing power: stand in sixty-forty stance with the arms in front of the chest, palms facing, open and close the arms. From Yiquan, one of its combat testing moves.

kāi hé zhuāng 开合桩 Open and close stake standing: standing upright with the hands in holding posture, allow the arms to open and close with the breathing.

kāi jìn 开劲 Opening power. 1. Spreading open, a close range technique. 2. A light power that opens out a strong attack, making it fail.

kāi kē 开磕 Knock open (with a broadsword): to strike or block outwards by wrapping the blade around the head. See also guǒ nǎo dāo.

kāi kǒu quán 开口拳 Open mouthed fist, a hand shape: the index and middle fingers are tightly clenched and the thumb presses on the middle segment of the index and middle fingers, the little and ring fingers are only loosely clenched. From Bajiquan.

kāi kuà 开胯 Open the hips 1. Hip joint training to open and release the hip joints, includes kicks and general exercises such as stretching, swinging, pressing. 2. The rear hip splayed out in a bow stance, an error. Also called fàng kuà.

kāi lì bù 开立步 Open parallel standing stance, shoulder width, with straight legs. Also called kāi bù.

kāi mǎ 开马 Open to stance: set up, settle into stance. This refers to horse as in stance, a fighting stance, not to a horse stance.

kāi mén 开门 Open the door. 1. Take a ready stance for fighting. 2. Fakes or actions that make an adversary open his defensive doors, making him vulnerable to getting in close.

kāi mén fǎ 开门法 Open the Door techniques: methods to open up an adversary or make him vulnerable to attack.

kāi mén quán 开门拳 Kaimenquan (open the doors fist). See bā jí quán.

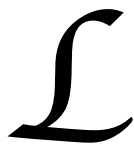
kāi mén yíng kè 开门迎客 Open the Door and Greet the Guest: stand up with double straight palm thrusts, then roll the hands back and do double straight punches, then roll again to punch down. From southern styles.

kāi mén zhuō yǐng 开门捉影 Open the Door and Catch a Shadow. 1. Open out the arms to the sides, exposing the whole torso as an open target, to draw in an adversary in preparation for a counter attack. 2. To take a ready stance while making unnecessary moves as if catching a shadow. An error in most styles.

kāi pì shān chuān 开辟山川 Open up Mountains and Rivers: stand up straight with a large hooking swing, finally chopping down with the arm aligned with the sword blade, to the right. From Qingping sword.

kāi quán 开拳 Kaiquan (opening fist). See bā jí quán.

kāi shān fǔ 开山斧 Mountain opening axe: a long handled



拉 (rad.64) **lā** To pull, draw, tug, drag.

lā fǎ 拉法 Grab and pull sharply back, simultaneously snapping downward.

lā jià zǐ 拉架子 Pull the moves: practice a routine slowly.

lā kāi jià zǐ 拉开架子 Open up the stance: take a ready stance for fighting.

lā lā bù 拉拉步 Pulling steps: take a step in any direction and pull the other foot to follow along.

lā mǎ bù 拉马步 Pulling horse stance.

lā mó 拉磨 Pulling the millstone: circle-walking with the body turned at least one-twenty degrees. From Baguazhang.

lā ná fǎ 拉拿法 Pulling grappling hold: pull an adversary into close contact with your body in preparation for a throw. From wrestling.

lā shāng 拉伤 A strain or sprain injury, a pulled tendon or muscle injury.

lā tuǐ 拉腿 Pull the leg: hook onto your adversary's foot and pull it forward, releasing your grip on him so he falls backwards.

lā tuǐ fān shēn tiào 拉腿翻身跳 Layout body wheel: jump up and turn the body over fully in the air with the arms and legs open, leaving a leg behind so that body appears to float in the air.

lā qiāng 拉枪 Pull a spear: extend the spear behind the body with the shaft on the body.

刺 (rad.18) **lā** A cutting slice with a pulling action towards you. To chop and pull simultaneously to increase the depth of the cut, like a cook slicing ham with a sharp knife.

攔 [拦] (rad.64) **lán** General meaning is to bar, block, hold back; impede; obstruct; hinder. Martial meaning is a circular cover and trap, keeping pressure away from yourself controlling to the outside. When deflecting with a blade, refers to using its rear side. When empty hand, is usually with the forearm. With the leg, is a pressure or kick to trip. One of the sixteen key techniques of Baguazhang, see also **shí liù zì jué**.

lán dà dāo 拦大刀 Trap with a big cutter: with the right hand near the blade, circle with both hands so that the blade circles horizontally around from one side to the

other.

lán dēng tuǐ 拦蹬腿 Trap and Thrust kick: an inward hook kick followed by a side kick with the same leg. From Chuoqiao.

lán jié qiāng 拦截枪 Intercepting outer trap with spear: to do an outer trap while bringing the spear back from a stab.

lán mǎ jué 拦马槓 Horse trapping double stick, a representative routine of Chaquan, written up as forty-six moves.

lán mén jiǎo 拦门脚 Trapping kick: trap an adversary with the sole of the foot, contacting his foot, knee, or body. A low kick is specifically also called **cǎi jiǎo**.

lán mén tuǐ 拦门腿 Trapping kick: hop forward while doing a skimming hook up kick. From Chuoqiao.

lán ná qiāng 拦拿枪 1. An outer, then inner trap with a spear. 2. Traditionally, this dual trapping action done as a high defense. See also **fēng bì qiāng**, **tí lū qiāng**.

lán ná zhā 拦拿扎 Spear technique of outer trap, inner trap, stab. Also called **fēng bì qiāng**, **yī qiāng fēn xīn**. See also **lán qiāng**, **ná qiāng**, **zhā qiāng**.

lán qiāng 拦枪 Outer trap with a spear, circling counter-clockwise with the shaft horizontal. Parry or cover outward. Also traditionally called **wài bǎ mén fēng**.

lán shǒu 拦手 1. A forearm bar: the forearm in front of the body and horizontal, blocking across the body. This can be single or double arm. From Wing Chun. 2. Close the fist and pull in, turning the fist heart up. From Moqiaoquan.

lán shǒu mén 拦手门 Lanshoumen (barring hands style) from Henan province, known since the beginning of the Qing dynasty, and spread across the northern provinces. Known for clear, solid stances and powerful techniques.

lán shǒu quán 拦手拳 Lanshouquan (barring hands fist), a southern style, attributed to Emei mountain.

lán tī 拦踢 Trapping kick, a trip or throw, curling the leg around an adversary's leg and using leverage for a takedown. From wrestling.

lán yāo cáng dāo 拦腰藏刀 Hide a broadsword around the waist: hide a broadsword with the right hand at the left waist, blade flat behind the body, edge out.

lán yāo dāo 拦腰刀 Wrap a broadsword around the waist. Used with the large bladed Bagua broadsword. See **lán yāo jiàn**.

lán yāo héng sǎo 拦腰横扫 Wrap a broadsword sweeping around the waist: standing still, sweep the blade around at waist height a full circle and a half, cutting edge leading.

lán yāo jiàn 拦腰剑 Wrap a sword around the waist: with the blade flat, grip at the waist, tip out, step around, bringing the edge around flat, pushing into the blade (used with the larger bladed Bagua sword).

lán zhǒu 拦肘 Obstruct with the elbow, trap, hinder.

M

扞 [扞] (rad.64) **mā** To pull like pulling a horse.

mā jiān kào 扞肩靠 Pull into a shoulder strike: if your arm is being pulled, go down and along, moving in to hit with your shoulder. From Xingyiquan.

馬 [马] (rad.187) **mǎ** 1. A horse, horses. 2. Sometimes refers to stances in general. 3. Sometimes refers to the legs or thighs when describing stances or stepping. 4. Horse, as the seventh of the twelve animals from the Chinese zodiac, associated with a twelve year cycle symbolic of the earthly branches. The twelve animals make up a sixty year cycle when combined with the five phases. See also dì zhī, shēng xiào, wǔ xíng.

For more movement names using the actions or qualities of the horse, see also under bái mǎ, èr-, jīng-, kuài-, nù-, shuāng-, tiān-, yě-, yī-, yǐ-. Showing the close relationship of martial artists with horses, many movement names relate actions done to horses or on horseback, see also under cè mǎ-, huí-, jìn-, jū-, kuà-, lā-, lè-, piàn-, qí-, qiān-, tàn-, tuì-, xìn-, zǒu-, zuò-.

mǎ bēn tí 马奔蹄 Horse Charges with its Hooves: driving forward into a seventy-thirty stance with double straight jabs or shoving fists. From Xingyiquan. Also called shuāng mǎ xíng.

mǎ bù 马步 Horse stance, horse riding stance: feet open three foot-lengths apart (distance varies with style), feel parallel, thighs parallel with the ground (height varies with style). Also called qí mǎ, qí mǎ bù, zuò mǎ shì. See also zhèng dāng bù.

mǎ bù dǐng zhǒu 马步顶肘 Horse stance elbow strike: in a horse stance, strike upward at the side with the elbow. From Bajiquan.

mǎ bù jià dǎ 马步架打 Horse stance upper frame and hit: upper frame and punch into a horse stance. In traditional styles the raised arm is often bent and in front of the head. In many northern styles the raised arm is extended above and behind the head.

mǎ bù jiāo chā shǒu 马步交叉手 Horse stance with hands crossed. Often used as a landing from jumps in competition routines.

mǎ bù shuāng tuī dān zhǐ 马步双推单指 Horse stance double push with the single finger palm shape: sit in horse stance and push forward, either slowly with power or quickly. From southern styles.

mǎ bù tuō dǎ 马步托打 Horse stance lift and hit: lift while

moving into a horse stance, completing the punch with the stance. From Chaquan.

mǎ chā 马叉 Horse fork: a long handled, three tined fork with flat blades on the outer tines.

mǎ hòu pāo dāo 马后抛刀 Toss the Blade Behind the Horse: stand up straight legged, stepping the right foot in front in a high cross step, cutting a sword downwards behind. Raise the left arm so the left elbow, right arm, and blade form a straight line heading towards a point a few inches from the ground. From Qingping sword.

mǎ jǐ 马戟 Horse halberd: a double weapon, about forty centimetres long with two parallel blades. The second blade is attached out halfway along the shaft, out to the side with a grip so that the weapon can be used double handed, one at the butt and the other on the grip of the second blade.

mǎ shàng jiā biān 马上加鞭 Apply a Whip Mounted on a Steed: strike before and behind, like whipping a horse. From Piguan.

mǎ shàng kāi gōng 马上开弓 Pull a Bow Mounted on a Steed: in a horse stance, first cross the arms, bringing the rear arm over to cover, then open out the arms, pulling the rear arm back and up, and bracing forward with the front arm. From Baguazhang.

mǎ xíng 马形 Horse form: charging forward with a double or single straight jab or ram with the fists. From Xingyiquan.

mǎ yá cì 马牙刺 Horse tooth sword: a straight sword with twelve tooth-like protuberances on both sides of the blade, arcing back towards the grip. Used for slashing horses' legs or trapping weapons.

mǎ yǒu jí tí zhī gōng 马有疾蹄之功 Horses have the skill of quick hooves. A quality sought in Xingyiquan's horse form.

麻 (rad.200) **má** 1. Hemp and the fibre of hemp. 2. Sesame. 3. Numbness, feeling numb or tingling. This is the sensation sought in many control grips.

má gū xiàn shòu 麻姑献寿 Wish your Auntie a Long Life: catch an adversary's hand and twist the wrist little-finger side inwards.

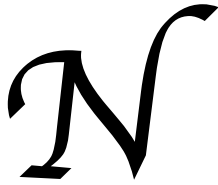
má huā bāi 麻花掰 Break the fried dough twist, a wrestling move. See chán tuǐ.

má huā jìn 麻花劲 Fried dough twist power: a torquing power within the body.

má mù 麻木 1. Numb. Numbness. 2. Paralysed.

má què bù 麻雀步 Sparrow stepping: in a half squat with the heel off the ground, kick the other leg forward in a heel kick, alternating legs by jumping to switch them. A training method similar to the Cossack kick squat dancing move.

má zhàng gǎn 麻胀感 To have a tingling and distending feeling, especially in reference to stimulating an acupoint.



拿 拏 [拿] (rad.64) **ná** 1. To seize and hold; grasp; capture, control; put someone in a difficult situation. 2. A wrestling takedown: a technique that involves grabbing and lifting the foot of an adversary. 3. A controlling or grappling technique: to grasp with a twist. 4. The category of controlling technique that are in each move. See also *sì jī*. 5. One of the four principles of Taijiquan push hands. See also *sì zé*. 6. Seize, one of Ziranmen's nineteen main methods.

ná fǎ 拿法 1. Capture techniques, catch techniques, grasping techniques: category of techniques that include joint locks, holds, dislocations, pressure point grips, and counters and escapes from controls. Common to most styles are *bì, cuò, diào, fēng, jié, kòu, ná, xiāo*. See also *sì jī*. 2. Sometimes refers specifically to joint grasping techniques. 3. A treatment method, pinching and pulling firmly. From TCM.

ná gǔ 拿骨 Control a bone: grasp and control an adversary's bone structure or head of a small bone, causing pain, injury, or loss of control. From Qinna.

ná jiān 拿肩 Shoulder controls: a category of Qinna, controlling and using leverage at the shoulder joint.

ná jiē 拿节 Control a joint by sticking and coiling. From Qinna.

ná jīn 拿筋 Control a tendon, tendon grasping: grasp and control an adversary's tendon, vein or artery. From Qinna.

ná jīn mài 拿筋脉 Control a tendon or blood vessel: grasp and control an adversary's tendon or blood vessel. From Qinna.

ná jìn 拿劲 Seizing strength: grabbing with the palm rather than a full grip, often used with a two handed control move. Combined with body technique and footwork, used to grab or control an adversary.

ná kòng lèi 拿控类 Grappling methods, the category of methods that include seizing and controlling.

ná qiāng 拿枪 Inner trap with a spear: circle clockwise and press with the shaft horizontal. To parry inward. Also traditionally called *lǐ bǎ mén fēng*. Traditionally, combined with a stab, called *fēng qiāng*.

ná tóu jǐng 拿头颈 Head and neck controls: controlling and using leverage at the head and neck. A category of control used in Qinna.

ná wàn 拿腕 Wrist controls: controlling and using leverage at the wrist joint. These are among the most common

methods as the wrist is easy to grab and is quite small and mobile. A category of control used in Qinna.

ná xī 拿膝 Knee controls: controlling and throwing by using leverage at the knee joint. A category of control used in Qinna.

ná xióng quán 拿熊拳 Seize the bear routine: a routine of TongbeiQuan, written up as twenty moves.

ná xué 拿穴 Control a pressure point or cavity: to grab or poke a pressure point with a controlling grasp, using a thumb and two fingers. From Qinna.

ná xuè 拿血 Grasp a blood vessel: to grab or pressure over a blood vessel with a controlling grasp. From Qinna.

ná yāo 拿腰 Control the lower back. 1. While the upper body maintains a straight position, the lower back and abdomen swallow in or to left or right. From TongbeiQuan. 2. Waist controls, a category of control, controlling and throwing the waist with leverage.

ná zhǎng gǔ 拿掌骨 Grab the palm bones: when shaking hands, grasp an adversary's fingers very firmly and press down with the thumb. From Qinna.

ná zhǎo 拿爪 To grab and twist inward.

ná zhǐ 拿指 Finger controls: controlling and using leverage at the finger joints. These are among the easiest methods, as the fingers are easily grabbed and separated. A category of control used in Qinna.

ná zhǒu 拿肘 Elbow controls: controlling and using leverage at the elbow joint. A category of control used in Qinna.

ná zú huái 拿足踝 Foot and ankle controls: controlling and throwing by using leverage at the foot and ankle joint. A category of control used in Qinna.

捺 (rad.64) **nà** 1. To press down; restrain. 2. The downward right concave character stroke.

nà shǒu 捺手 1. To press down and restrain. 2. A pinning hand: a strong push down with a straight arm at the side of the body. From Wing Chun. Pronounced *gun sau* in Cantonese.

纳 [纳] (rad.120) **nà** 1. To receive; accept. To catch and draw in with hands while rotating the forearm. Uses a smooth power.

乃 (rad.4) **nǎi** 1. Literary, to be. 2. So; therefore. 3. Only then. 4. You, your.

nǎi zì bù 乃字步 1. A hunkered squat (a position that looks like the character 乃), squatting with one foot flat, one heel raised, sitting between the feet. 2. A drop stance, both feet flat on the ground. May be slightly higher than a full drop stance. Also called *pū bù*. See also *dī nǎi zì bù*.

耐 (rad.126) **nài** To be able to endure, bear.

nài lì 耐力 Endurance, stamina.

P

趴 (rad.157) **pā** 1. To lie prone. 2. Leaning over, face down, but not lying down.

pā diǎn 趴点 Leaning poke kick: lean forward to place the hands on the ground and poke kick up to the rear, then bring the foot down to 'stab' the ground behind the supporting foot. From Chuojiào, one of its middle-basin kicks.

爬 (rad.87) **pá** 1. To crawl; creep. 2. To climb; clamber; scramble. 3. In wrestling, a throwing technique.

pá xíng bù 爬行步 Clambering steps: to hop about alternating with the hands and feet on the ground. From Houquan.

耙 钯 [耙 钯] (rad.127, 167) **pá** 1. A harrow (a raking plough); a rake. 2. To rake, to smooth with a rake. 3. An ancient weapon resembling a rake: a long wooden shaft with a single or double five to ten tooth metal rake at the end. Pronounced bǎ, a harrow; to draw a harrow over a field.

pá fǎ 耙法 Raking technique, takedowns that use an action similar to raking: combining a twisting of the upper body with a low placement of the foot to trip up an adversary. Usually involves an opposite action of arms with the catching foot. From wrestling.

pá ná 耙拿 Rake and lift, takedowns that combine raking and grabbing: often grabbing and lifting one leg while hooking the other, or grabbing and trapping a foot and applying leverage to the leg. From wrestling.

pá tī 耙踢 Rake and trip, a takedown: catch the foot in behind the ankle of your adversary and rake back towards yourself to trip. From wrestling.

pá zǐ 耙子 1. A harrow: a raking plough. A rake. 2. A takedown, see pá fǎ.

拍 (rad.64) **pāi** 1. To slap, pat, or control with an open hand. 2. A downward slam with the palm.

pāi dǎ shōu gōng 拍打收功 Patting cool-down: patting the body all over as part of a cool-down.

pāi dǎ fēi dié 拍打飞蝶 Slap the Flying Butterfly, stepping into a bow stance, cut across with the rear hand, slice the front hand up, then pull it in a fist back to the chest. From Shaolinquan.

pāi dǎng 拍挡 Slapping block: block with the palm, using a

slapping action.

pāi jī 拍击 A slap hit: a slapping defensive hit on an incoming punch.

pāi jiǎo 拍脚 A slap kick, pat kick.

pāi shǒu 拍手 1. A slap block: control an adversary's forearm with your palm down, usually slapping and recoiling. 2. A slapping attack to the face. 3. A push to the outside with a vertical palm. From Wing Chun.

pāi tuǐ 拍腿 A slap kick, slapping the foot. 1. In competition Taolu, to slap the foot, leg straight, at shoulder height. 2. In Chuojiào, a straight slap kick, one of its middle-basin kicks. Also called kòu jīn zhōng. 3. In wrestling, to quickly slap an adversary's leg to initiate a takedown.

pāi wèi 拍位 A slapping block, usually rebounding into a counter attack.

pāi xiōng pū zhǒu 拍胸扑肘 Pat the Chest with an Elbow Pounce: step in with a turning elbow strike, to strike directly into the chest with the point of the elbow or to press down with the forearm. From Baguazhang, one of its sixty-four hands.

pāi xué 拍穴 Slap a pressure point; hit an acupoint with the heel of the palm. See also dǎ xué.

pāi yā 拍压 Slapping press down: block with the palm, using a slapping action downwards.

pāi zhāng 拍张 Slapping palms: old term for wrestling. Usually called shuāi jiāo.

pāi zhǎng sì xùn diàn 拍掌似闪电 Slap like a shock of electricity. From Tongbeiquan, one of its five requirements, see also wǔ zì yāo qiú.

排 (rad.64) **pái** 1. To arrange, put in order. 2. A line. 3. To push.

pái dǎ gōng 排打功 Striking training to develop hard skills. Includes bag striking, grabbing, finger drilling, and iron crotch training.

pāi tún 排臀 (pronounced pǎi in this context) Press with the buttocks: a counter to a trip or throw. Sit back, rather than down, into an adversary when in very close quarters, to prevent a throw.

派 (rad.85) **pài** 1. A tributary. 2. A school of thought, sect, branch. 3. A branch or school of martial arts.

pài chuī 派捶 A chopping cut with the fist and forearm, turning the fist to strike with the meaty edge of the fist and bone of the forearm. From Mojiaquan.

攀 [扳] (rad.64) **pān** 1. To drag down, seize and pull. 2. Hold onto, to climb. To clamber; climb by pulling oneself up. 3. To grab and kick at the same time. 4. To grab and pull while hooking on behind the neck with the other hand. From Wing Chun. Pronounced bān, to pull; turn; to recoup.

pān jǐng shǒu 扳颈手 Drag the neck: hook the hand onto

Q

七 (rad.1) **qī** Seven.

qī cháng 七长 Seven long: the seven long range techniques of Tanglangquan. See also *chán fēng shuāng zhǎng, fān shēn jí rù, hán tōng tōng bèi, jiǎo shǒu kǎn zhǎng, shùn bù qiàn shǒu, yáo bù rù shǒu, yíng miàn tōng chuī.*

qī chōng mén 七冲门 Seven gateways to attack: painful targets on the body, related to midline acupoints. The philtrum, jaw, throat, solar plexus, navel, belly, and groin. See also *chǎn mén, fēi mén, guàn mén, hù mén, hún mén, xī mén, yōu mén.*

qī cūn kào 七寸靠 Seven Inch Lean: drop, move in, and contact an adversary's shin with your shoulder. From Chen Taijiquan.

qī cūn tuǐ 七寸腿 Seven Inch Kick: lift the knee, turn the foot out and stamp downwards. The foot should lift only about seven inches. From Duanquan.

qī jí 七疾 The seven things that must be quick: eyes, hands, feet, mind, initiation of attack, entry, and bodywork. From Xingyiquan.

qī qiào 七窍 The seven orifices: the mouth and two each of nostrils, ears, and eyes.

qī quán 七拳 Seven fists. See **qī xīng**.

qī shùn 七顺 Seven flows: seven requirements of smooth power flow: the power flows from shoulders to elbows, from elbows to hands, from hands to fingers, from waist to hips, from hips to knees, from knees to feet, and from head to body. From Xingyiquan.

qī xīng 七星 Seven stars: the seven striking parts of the body: feet, knees, hips, hands, elbows, shoulders, head. Also called **qī quán, qī yào.**

qī xīng bù 七星步 Seven stars stepping: advance on a zigzag line, not turning on each step, but on every few steps.

qī xīng diǎn zǐ 七星点子 Seven stars dot. See **dǔ mén tuǐ.**

qī xīng gānr 七星杆 1. Seven star stick: a thin stick, usually about 1.2 metres long. 2. In Baguazhang, a thin, whippy, hollow bamboo pole, containing mercury inside that slides back and forth with the movement, making the whipping strikes very heavy.

qī xīng jiàn 七星剑 Seven stars sword. 1. A straight sword with the seven stars engraved on the blade. 2. A traditional sword routine.

qī xīng luò dì 七星落地 Seven Stars Land on the Ground: thread the palms forward stepping forward, then set to horse stance pressing down at the thighs. From Wudangquan.

qī xīng quán 七星拳 Seven Stars Punch: a straight punch past the crossing forearm of the other arm.

qī xīng táng láng quán 七星螳螂拳 Qixing (seven stars) Tanglangquan, a branch of Preying Mantis style, known for quick movement.

qī xīng zhuāng 七星桩 1. Seven star stakes: seven stakes set into the ground (usually wrapped in hemp rope) about three feet (one metre) apart in the shape of the seven stars (three in straight line then four in a square). Used to practice sweep kicks and develop the lower legs to take the impact of sweep kicks. 2. Seven star stake standing. Varies with style, may be sitting in a seventy-thirty stance, turned around to face the rear, the rear hand up and the front hand at the ribs.

qī yào 七曜 The seven luminaries. 1. The sun, moon, metal, wood, water, fire, and earth. 2. In Xingyiquan, see **qī xīng.**

qī zì bù 七字步 Character seven (七) step: take a long step forward with the rear foot and draw the other foot a half step to the side, so the body has turned to present the side to an adversary while advancing.

期 (rad.74) **qī** A period of time; phase; stage. A measure word for periods of time, cycles.

qī mén 期门 Acupoint Qimen (cycle gate), LR14. At the chest, below the nipple, in the sixth intercostal space, four *cun* from the midline (on each side). From TCM. Sensitive to the extent that striking it may cause death. This point facilitates *qi* flow through the body – when open, the cycle can be completed.

欺 (rad.76) **qī** 1. To deceive. 2. To bully. 3. To take advantage of someone's weakness.

qī shēn 欺身 Move in close to take advantage or cause weakness in an adversary, to initiate or prevent a throw.

qī xiōng 欺胸 Chest press: when in contact, press forward on an adversary with the chest using all the power of the body. From wrestling.

奇 (rad.37) **qí** 1. Strange; rare. 2. Wonderful. 3. To feel strange about something.

qí fāng 奇方 Unconventional tactics.

qí jīng bā mài 奇经八脉 The eight extraordinary vessels: the grouping of acupoints that are not within the twelve channels that relate to the organs. From TCM.

qí quán 奇拳 Unusual fist: a fist shape, pressing the thumb on the second joint of the middle and ring fingers, leaving the index finger bent but unsupported. From Tongbeiquan.

qí xíng jiàn 奇行剑 Remarkable sword, a traditional sword

R

然 (rad.86) **rán** 1. Right, correct. 2. So; like that.

rán gǔ 然谷 Acupoint Rangu (blazing valley) KI2. At the foot, on the inside, at the proximal end of the big toe's metatarsal bone, at the line of the lighter and darker skin (on each foot). From TCM.

讓 [让] (rad.149) **ràng** 1. To give way; give ground; yield; concede. 2. Let, allow. Offer. 3. As one of the eight attack and defense models, to move to the side, not engaging on the midline. See also *bā zì gōng fáng fǎ zé*.

ràng tī 让踢 Conceding kick: immediately on making contact, pull across to twist your adversary and kick behind his ankle, twisting to take him down on his back. From wrestling.

橈 [桡] (rad.75) **ráo** An oar, oars.

ráo cè wàn cháng shēn jī 桡侧腕长伸肌 Extensor carpi radialis longus muscle: a forearm muscle, on the outside, the backhand side. Assists in wrist and finger extension, pulling the back of the hand up towards the forearm.

ráo cè wàn qū jī 桡侧腕屈肌 Flexor carpi radialis muscle: a forearm muscle, on the inside, the palm side. Assists in wrist and finger flexion, pulling the palm and fingers towards the forearm.

ráo gǔ 桡骨 Radius, one of the principle bones of the forearm. The radius is smaller at the elbow and becomes the principle bone at the wrist, at the thumb side. It pivots around the ulna for supination and pronation of the hand. See also *chǐ gǔ*.

繞 [绕] (rad.120) **rào** 1. To go around, detour. 2. To move around; circle. 2. To wind, coil.

rào bì 绕臂 Wind around the upper arm, into the armpit, to control it while moving in for a throw. From wrestling.

rào bù 绕步 Step around, roundabout step.

rào fǎ 绕法 Detouring methods: Stepping around to avoid or counter attack. Also called *guǎi fǎ*.

rào hóu chuān gùn (qiāng) 绕喉穿棍(枪) Thread a staff (or spear) past your throat: with the shaft horizontal, bring the tip towards the throat, sliding it through the left hand, then shoot it past to the back.

rào mǎ tuǐ 绕码腿 1. Roundabout kick: cock the leg with the foot turned out and up, then thrust to knee height. This will, for example, kick your adversary's left knee to his

left with your right foot. 2. Roundabout Kicks, the fifth of Chuojiào's nine literary routines, written up as thirty-nine moves. See also *wén tàng zì*.

rào tuǐ huàn bà chuān qiāng 绕腿换把穿枪 Thread a spear past the leg, switching grip: lift a leg and thread the spear tip out through underneath it. Start out holding a spear in both hands, and switch grips quickly as the spear passes under the leg.

rào tóu guà bì 绕头挂臂 Coil the head and hook the arm, a steep whip technique: vertical circles in front of the body, bring the whip to the neck but lifting the hand so that it continues and hooks to the elbow, continuing the circles.

rào yāo chuān qiāng 绕腰穿枪 Thread a spear past the waist: thread the left hand from behind the back to take the spear tip on the right side and pull it back to the left. Slide the right hand and push the spear to the left so that the spear tip and shaft stabs out sticking close to the back. When the spear butt reaches the left hand, turn and take it in the right hand.

熱 [热] (rad.86) **rè** 1. Hot. Heat. 2. Fever. 3. Summerheat, humid heat: one of the six *qi* of nature, environmental influences that can cause disease when in excess. Also called *shǔ*. See also *liù qì*, *liù yín*.

rè shēn liàn xí 热身练习 Warm-up exercises. More commonly called *zhǔn bèi huó dòng*.

人 (rad.9) **rén** Person; people, humanity.

rén bù zhī wǒ, wǒ dú zhī rén 人不知我我独知人 Only I figure out my adversary, he must not figure me out. A martial saying.

rén qiāng wéi yī tǐ, yóu rú qīng lóng xì shuǐ 人枪为一体 犹如青龙戏水 Man and spear move as one, moving as smoothly as a green dragon playing in water. A martial saying.

rén suí dāo zǒu, dāo suí rén zhuàn 人随刀走刀随人转 The person follows the broadsword, the broadsword turns with the person. From Baguazhang. Describes the harmony of movement required with the broadsword.

rén suí jiàn zǒu, jiàn suí rén xuàn 人随剑走剑随人旋 The person follows the sword, the sword whirls with the person. From Baguazhang. Describes the harmony of movement required with the sword.

rén yíng 人迎 Acupoint Renying (person's welcome), ST9. At the neck, about 1.5 *cun* behind the larynx, at the forward border of the sternocleidomastoid muscle (on each side). From TCM. Hitting here causes blockage of *qi* and blood and induces dizziness.

rén zhōng 人中 Sensitive point Renzhong (person's centre), colloquial term for acupoint Shuigou. See *shuǐ gōu*.

rén zì shì 人字式 Character for person position: standing with the legs open to shoulder width, hands down at the sides, held out at a forty-five degree angle, similar to the

S

S xíng bù S 行步 Walking in an S shape. See chuān lín bù.

撒 (rad.64) sā, sǎ 1. To scatter; to disperse; cast. 2. An expansive throw, swinging the adversary horizontally.

sǎ dà wǎng 撒大网 Cast a Big Net, a large throw, holding your adversary's belt and swinging him horizontally (this needs a fair bit of strength and good timing).

sǎ shǒu 撒手 Block by hitting your adversary's attacking hand (with an action like scattering seeds).

腮 颧 (rad.130, 181) [腮] (rad.130) sāi The cheeks (of the face).

sāi gǔ 腮骨 The cheek bones.

三 (rad.1) sān Three. Thrice.

sān bǎo 三宝 The three treasures, or valuable things. In nature, the sun, moon, and stars. In humans, essence (see jīng), qì (see qì), and spirit (see shén).

sān bào 三抱 Three holdings: the *dantian* holds the *qì*, bravery holds the body, and the elbows hold the ribs. From Xingyiquan, one of its requirements

sān bìng 三病 Three diseases: see sān jí.

sān bù gòu 三不够 Three Insufficiencies: inadequate duration of training, inadequate angle of stance, inadequate intent. Any one of these three may prevent you from advancing in stake standing. From Yiquan.

sān bù luò 三不落 Three Without Landing: a three kick combination – front slap kick, landing with a hop slap to the other foot kicked up to the buttocks, then a flying outside crescent kick. From northern styles.

sān bù wěn 三不紊 The three ‘not disorderly’: the mind must not be flustered, the hands must not be rushed, and the feet must not be confused.

sān cái 三才 The three attributes, three powers. 1. Heavens, humanity, and earth. 2. Head, hands, and feet; the upper, middle, and lower basins of the body. 3. Body, spirit, and *qì*.

sān cái bù 三才步 Three attribute stepping: advance the lead foot at an angle, bring the rear foot to the ankle and advance it at an angle. Also called shé xíng qián bù.

sān cái zhuāng 三才桩 Three attribute standing. Varies with style, usually is a seventy-thirty stance with the front hand forward at eyebrow height and the rear hand at the

dantian. The name ‘three attributes’ emphasizes the internal meaning, that it is not just a posture, but is a type of training to develop deep ability. From Xingyiquan. Some branches of Xingyiquan use this name instead of sān tǐ shì. Also called sān tǐ shì zhuāng, zǐ wǔ zhuāng.

sān chā pá 三叉耙 A three tined rake.

sān chuān zhǎng 三穿掌 Three piercing palms: three quick stabs with alternate hands. From Baguazhang and Wudangquan.

sān chuí 三垂 Three hangings, three sinkings: the *qì*, shoulders, and elbows should be dropped or sunken. From Xingyiquan, one of its requirements.

sān cuī 三催 Three Urgings, or Three Pushes: pressing the distal segments of the body forward from the proximal segments to create a whole body power. The waist urges the shoulders forward, the shoulders urge the elbows, and the elbows urge the hands.

sān dào 三到 The three arrivals: in completion of a move, the eyes, hands, and feet must arrive together in a coordinated way.

sān dào yāo 三道腰 Three Ways with the Waist, a takedown. See dà dé hé. Also called lǐ dǎo gōu, lǐ gōu.

sān diǎn yī xiàn 三点一线 Three points one line: a reference to spear technique. The tip and both hands should form a straight line.

sān dīng zhǎng 三丁掌 Three T palm, a hand shape: thumb tucked in, fingers separated, index and middle fingers extended, ring and small fingers bent.

sān dǐng 三顶 Three presses, three pressings, three pushing against: the crown of the head should press up, the palms should press forward or outward, and the tongue should press up to the palate. From Baguazhang and Xingyiquan.

sān dú 三毒 Three poisonous things: the heart/mind, the eyes, and the hands should be fierce. From Xingyiquan, one of its requirements.

sān guān 三关 Three passes. 1. Three ways in that must be protected or that give a way in on the adversary. The shoulders, elbows, and wrists are the three passes of the upper limbs. The hips, knees and ankles are the three passes of the lower limbs. 2. The three passes in meridian flow in the torso: three sets of acupoints in the torso that must be unblocked to allow the others to flow (the Spine Squeezing pass, the Coccyx pass, and the Jade Pillow pass). See also jiā jí guān, wěi lū guān, yù zhēn guān.

sān guó 三国 Three Kingdoms period (220-280). See also shǔ hàn, wèi, wú.

sān hài 三害 Three calamities: to hold the breath, to use brute strength, and to puff up the chest and suck in the belly. The internal styles consider that these three actions infringe on the natural flow in the body.

sān hé 三合 The three unities: three things that are united or in harmony, divided into the three internal and three external unities. See also liù hé, sān nèi hé, sān wài hé.

T

塌 (rad.32) **tā** 1. To collapse; fall down; cave in. 2. To implode. Sink. 3. To settle down, sink down.

tā jī bù 塌鸡步 Settling chicken stance: with the feet front and back, sit on the rear leg and extend the front leg straight with the heel on the ground. Similar to an empty stance but for the extension and placement of the heel.

tā wàn 塌腕 Sit the wrist, settle the wrist down (with the arm extended).

tā yāo 塌腰 Flatten the lower back to form a straight line up to the head, aligning the vertebrae. In some styles this means that the lumbar vertebrae are pulled in so that the lower back is slightly arched.

tā zhǎng 塌掌 1. To tamp with the palm to cause an adversary to cave in. Sometimes used to mean the same as a push, but should be used for a heavier, dropping shock, not a push. Sometimes written 搨 or 踏 for this technique, see also tà below.

搨 (rad.64) **tà** 1. The original meaning is to make rubbings from stone inscriptions, an action that is a rolling pat, or tamping. 2. To crush, stamp, tamp with the hand.

tà zhǎng 搨掌 To shock with the palm, tamp firmly with the palm. Could almost be translated as bounce, but is a heavier power that comes from the body. Sometimes written 塌 or 踏 for this technique, see also tā above and tà below.

撻 [挞] (rad.64) **tà** To whip; flog.

tà qiáo 撻桥 Whipping bridge, a forearm technique: with an internal rotation, snap the forearm down.

踏 (rad.157) **tà** To step on, tread, stamp. Sometimes written 蹋 with the same meaning.

tà bù 踏步 Stomp, a stamp that drives forward. Bring in the rear foot, plant it on the ground beside the front foot, then move the front foot forward.

tà jìn 踏劲 Stamping power: settle the body down heavily.

tà jiān xiè bì 踏肩卸臂 Stand on the shoulder to dislocate the arm: when your adversary is face down on the ground, put your foot on the back of his shoulder/armpit and pull his arm back.

tà zhǎng 踏掌 Tamp with the palm: place the palm down then apply abrupt, shocking power down.

蹋 (rad.157) **tà** See tà 踏.

胎 (rad.130) **tāi** Embryo, foetus.

tāi lì 胎力 Natural strength. See běn lì. Also called xiān tiān lì.

tāi xī 胎息 Embryo breathing: easy breathing that cannot be heard.

抬 [抬] (rad.64) **tái** To raise, lift, carry.

tái jiǎo 抬脚 1. Raise the foot. 2. Often refers to dorsi-flexing the foot to raise the toes, in an action like hooking onto an adversary for a trip.

tái tóu 抬头 Raise the head. 1. If lying on the stomach, lift the head up off the ground. 2. If standing up, raise the chin.

tái zhǒu 抬肘 Raise the elbow: grab your adversary's hand at the wrist and pull it forward, turning and using your forearm to lift his elbow, reversing it. From Qinna.

太 (rad.37) **tài** 1. Great, to the extreme. 2. Highest, more or most. 3. Excessively; extremely.

tài bái 太白 Acupoint Taibai (supreme white), SP3. At the foot, behind the proximal segment of the big toe (on each foot). From TCM.

tài chōng 太冲 Acupoint Taichong (great surge), LR3. At the foot, on the top, between the tendons of the big and second toes, near where the metacarpals come together (on each foot). From TCM.

tài gōng chuī diào 太公垂钓 Great-grandfather Goes Fishing: step forward into a high empty stance and lift the butt of a staff up over the head with the right hand, sweeping and chopping with the tip down, the left hand just past midway along the staff. From Baguazhang.

tài gōng diào yú shì 太公钓鱼式 Great-grandfather Goes Fishing model. One of twenty-four classic spear moves. Most spear routines will have a move with a like name. In general, this name refers to smooth techniques such as rubbing with the shaft.

tài gōng zhí gān 太公执竿 Great-grandfather Holds the Rod: step to an empty stance and dab with a sword. From Qingping sword.

tài hé jiàn 太和剑 Great Peace sword, a Wudang sword routine, written up as sixty moves.

tài jí 太极 The supreme ultimate, the undifferentiated whole of the universe sorted into *yin* and *yang*.

tài jí bāng (zǐ) 太极棒(子) Taiji stick: a short stick, about the length and thickness of a forearm, attributed to the original use of a rolling pin for training. Used in Taijiquan to train coiling power and controlling ability.

tài jí bǔ xīn 太极补心 The Supreme Ultimate Fills the Heart: snap from a bow stance to the other side bow stance, to stab a sword forward in a reverse bow stance.

W

哇 (rad.30) **wā** Original meaning is the sound of crying. In the martial arts, especially in southern styles, it is a shout to gain or express power in a technique.

挖 (rad.64) **wā** To dig, excavate.

wā gùn 挖棍 Uproot with a staff: chop across from the side with a staff, stopping sharply when extended in front.

wā jīn 挖筋 Uproot a tendon: dig into an adversary to grasp and pull a tendon, artery, or vein. From Qinna.

wā xíng bù 挖行步 Digging steps: walking away (walking forwards but looking back), legs bent, digging into the ground with the balls of the feet as if kicking sand in an adversary's eyes as you get away.

瓦 (rad.98) **wǎ** Tile, roof tile made of clay.

wǎ léng quán 瓦棱拳 Roof ridge fist, a hand shape. 1. In Tongbeiquan, the thumb is tucked on the index finger, the fist is clenched but the other fingers spread the knuckles outward. 2. In Shaolinqian, the fist is tightly clenched and the thumb tucked along the index finger eye.

wǎ léng zhǎng 瓦棱掌 Roof ridge palm, a hand shape: the fingers are together and naturally straight, drawing the palm in. The thumb and index finger are spread apart, and the thumb is tucked in. From Piguaquan.

wǎ lǒng zhǎng 瓦拢掌 Roof tile palm, a hand shape: thumb and little finger gathered slightly, middle, index and ring fingers pulled back slightly, palm centre slightly hollow, all fingers slightly gathered. From Chen Taijiquan.

wǎ miàn zhǎng 瓦面掌 Tile face palm, a hand shape: the fingers are together and bent at the second joint. The thumb is tucked into the thumb web. From Piguaquan. In some styles, the fingers are straight.

搨 (rad.64) **wāi** 1. Using the whole of the foot to pivot with a short, sharp movement, keeping firmly on the ground. 2. Wrestling throws that use this movement (pivoting whilst keeping the feet on the ground).

歪 (rad.64) **wāi** A torqueing takedown, using twisting from the side to take an adversary into an awkward position. From wrestling.

歪 (rad.77) **wāi** Crooked, askew, inclined. In martial arts, often meaning as an error.

wāi xié 歪斜 Crooked and tilted: the neck, head, or body tilted to the side. An error in many styles.

外 (rad.36) **wài** Outside; outer; outward.

wài bǎ 外把 Outer grip: holding a short weapon in a normal grip, turning the palm facing away from yourself.

wài bǎ mén fēng 外把门封 Outside sealing off the gate. See lán qiāng.

wài bǎ mén jiù hù 外把门救护 Outside gate save: retreat doing an outer cover with a spear, then retreat again with a stab.

wài bāi 外掰 Outward break off. 1. Grab an adversary's hand in a reverse grip, turn it over and hyper-flex his wrist, taking him down. You can add to the effect by flexing his fingers as well. Also called chē chī. 2. Step out, pressing the thighs outward.

wài bǎi 外摆 Outer step, outer circling step: step out, turning the leg and foot outward.

wài bǎi lián 外摆莲 Outer Swinging Lotus. 1. An outside crescent kick, without a slap. Also called wài bǎi tuǐ, wài biāo tuǐ. 2. A jumping outside crescent kick.

wài bǎi pāi jiǎo 外摆拍脚 Outside slapping crescent kick.

wài bǎi tuǐ 外摆腿 Outer crescent kick, a straight swinging kick to the outside, without a slap. From Chuojiao, one of its middle-basin kicks. In the category of straight swinging kicks, see also zhī bǎi xìng tuǐ fǎ. Also called wài bǎi lián, wài biāo tuǐ.

wài bì hóng mén 外闭鸿门 Close the Outer Door to the Feast. 1. Circle the tip of a staff, then strike sharply across to the outside. From Baguazhang. 2. Move forward to a rasping sword strike in a reverse bow stance. From Qingping sword. See also hóng mén yàn, nèi bì hóng mén.

wài bēng 外绷 Outer draw, a wrist snap with a straight sword to cut an adversary's wrist from the outside. See also nèi bēng.

wài biāo tuǐ 外摆腿 Outward waving leg: a straight swing kick outwards. From Mizongquan. Also called wài bǎi lián, wài bǎi tuǐ.

wài cǎi 外采 Outer pluck: use the forearm to cover up a punch to the head, circle outwards and turn the hand to grab an adversary's wrist.

wài chā bù 外插步 Outside insertion step: lift the leading foot and bring it from the inside to step into your adversary's stance, from the outside.

wài chā tuǐ 外插腿 Outside insertion kick: step your leg into your adversary's stance, outside his stance, pressing with the inside of your leg. From Chuojiao, one of its middle-basin kicks.

wài chā xiǎo chán sī tuǐ 外插小缠丝腿 Outside coiling insertion: step your leg into your adversary's stance, contacting at his ankle, outside his stance, pressing into your knee to control at the shin. From Chuojiao, one of its

X

吸 (rad.30) Xī 1. To breathe in, inhale. 2. As body technique, to absorb; to suck in. 3. To absorb an adversary's attempt at a throw and prevent the throw.

xī huà zhǎng 吸化掌 Absorbing palm: absorb and alter the incoming force by sticking to and following an adversary. Used in Baguazhang.

xī kuà 吸胯 To absorb into the hip joints, 'breathe' into the hip joints.

xī mén 吸门 Sensitive point Ximen (breathing gateway). The softest point of the throat, at the depression between the two collarbones, on the midline. One of seven painful gateways to attack that are related to midline acupoints. See also qī chōng mén.

xī yāo 吸腰 To absorb into the waist, suck in the waist.

扱 (rad.64) Xī To collect; draw in; gather; receive.

xī zhèng 扱挣 Collecting elbow: a vertical downward block with the elbow and forearm.

犀 (rad.93) Xī 1. Sharp-edged and hard (weapons). 2. A rhinoceros. 3. The reference is often to a water buffalo, which is common in Chinese fields, and a natural analogy to use. It has large side horns rather than the single nose horn of the rhinoceros.

xī bīng 犀兵 Sharp weapons.

xī niú bié jiǎo 犀牛别角 Rhinoceros Jams with its Horn: drive your knee into the thigh or groin of an adversary as he does a high kick.

xī niú dǐng jiǎo 犀牛顶角 Rhinoceros Stabs with its Horn: a snap kick punch landing into a horse stance elbow strike. From Yangjia style.

xī niú fēn shuǐ 犀牛分水 Water Buffalo Splits the Water: a bow stance double stabbing palm. From Piguaquan.

xī niú gēng tián 犀牛耕田 Water Buffalo Tills the Field: lower the tip of a pole and push it forward, both hands with the palms up, rear hand at the butt, front hand extended along the shaft. From Ziwu pole.

xī niú gōng jiǎo 犀牛攻角 Rhinoceros Attacks with its Horn: drive your knee into the belly of an adversary.

xī niú shuāi jiǎo 犀牛甩角 Water Buffalo Swings its Horns: turn around with a snapping palm strike. From Piguaquan.

xī niú wàng yuè 犀牛望月 Water Buffalo Gazes at the

Moon. 1. In an open horse stance, brace high with one arm while pushing though underneath with the other, tilting the body. 2. Sit into a resting stance with the arms embracing to tuck and press with the deerhorn blades at shoulder height. From Baguazhang. 3. Cover and strike through over top the forward hand. From Liuhebafa. 4. A long back cross step with a high reverse slice up behind with a sword, leaning forward to get more height. From Qingping sword.

xī niú xià shuǐ 犀牛下水 Water Buffalo Goes into the Water: sit back to empty stance, pulling and pressing down. From southern styles.

xī niú yìn shuǐ 犀牛饮水 Rhinoceros Drinks Water: a knee butt to the groin.

xī niú zhèng jiǎo 犀牛攻角 Water Buffalo Gores with its Horns: butt with the elbow and knee simultaneously.

膝 (rad.130) Xī Knee, the knees. Often pronounced qī in the martial arts in colloquial speech.

xī bì gōng 膝臂功 1. Training the knee and elbow strikes. 2. The skill of the knees, shins, and elbow strikes.

xī bìn gǔ 膝髌骨 The patella, the knee cap. An easy target, but a very sensitive point. Alright to strike with hammer fist, but kick to this point only in extremity.

xī cè 膝侧 The side of the knee. An easy target, but crippling. Kick to this point only if in real danger.

xī fā lì 膝发力 A knee strike, and training for knee strikes. From Yiquan.

xī fǎ 膝法 Knee striking techniques.

xī fān guì 膝犯规 A knee foul in a Sanda or wrestling competition.

xī gài 膝盖 The patella, the knee cap. See xī bìn gǔ.

xī guān 膝关 Acupoint Xiguan (knee pass), LR7. At the calf, behind the head of the tibia, in the medial head of the gastrocnemius, one *cun* behind acupoint Yinlingquan (on each leg). From TCM.

xī guān jié 膝关节 The knee joint.

xī wō 膝窝 The depression behind the knee. An easy target.

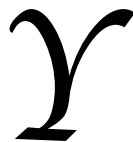
xī yǎn 膝眼 Extraordinary acupoint Xiyan (eye of the knee), EX-LE5. At the knee, at the depressions made on either side of the patellar ligament (two on each leg, inside and outside). From TCM. When used in movement descriptions, usually refers to the inner depressions.

xī yáng guān 膝阳关 Acupoint Xiyangguan (knee *yang* joint), GB33. At the knee, on the outside, three *cun* above acupoint Yanglingquan (on each leg). From TCM.

xī yāo cuī zú ér zú bù ní xī 膝要催足而足不逆膝 Power should flow from knees to feet, the feet should not run counter to the knees. From Xingyiquan.

西 (rad.146) Xī West, Western, Westerly.

xī fāng 西方 The West. Sometimes written descriptions of



壓 [压] (rad.32) yā 1. To press down; hold down; weigh down. 2. In wrestling includes pressing down with the entire body. 3. Press, one of the falling hands in Chuojiào, see also luò shǒu. 4. To grasp and press down on an acupuncture needle and turn clockwise slowly, then hold, to encourage the *qi* to arrive at the needle. From TCM.

yā àn 压按 Press with the fingers, a channel palpation method. From TCM.

yā bà 压把 Press down with the base. 1. Press down with the butt of a long weapon. 2. Press down with the palm on the handgrip of a short weapon, opening your grip slightly at the little finger to ensure a solid push down with the palm.

yā bì tuō wàn 压臂脱腕 Press the arm wrist release: press down on the forearm when gripped with a one handed grab on the wrist. From wrestling.

yā biàn 压鞭 Press the whip. See yā qiáo.

yā fǎ 压法 Pressing methods: press down on an adversary's joint with whatever part your body is in contact. Also called gài fǎ.

yā jiān 压肩 Shoulder press. 1. Press the shoulder: grab an adversary's wrist and twist it over while pressing down on his shoulder from the back. 2. A shoulder press exercise: lean forward with the hands on a support, using the upper body weight to open the shoulder joints. 3. A close range, controlling, move, pressing with the shoulder.

yā jiàn 压剑 Press down with the flat of the blade of a sword, palm down, tip forward.

yā jīng tuī xī 压颈推膝 Press down the neck and push the knee: in a clinch, with an adversary embracing your knees from the front, press down on his neck with one hand and push and lift his knee, dropping to take him down on his face.

yā qiáo 压桥 Press the bridge: press down with the forearm with the elbow bent, the forearm flat. A defensive move. Also called yā biān.

yā tuǐ 压腿 Press the legs: stretch the legs and back by setting one leg straight on a support and pressing down, a passive or rocking stretch.

yā wàn 压腕 Pressing wrist lock. 1. If an adversary's hand is on your shoulder, reach across to press one hand to keep his hand there, lift the same side arm then bring it down to control his wrist with a shearing force. 2. Non-twisting

wrist pressure techniques, pressing the hand directly to the forearm. From Qinna.

yā wàn dān tuī shǒu 压腕单推手 Wrist press down push hands: fixed step push hands with single hand connection, back and forth pressing down. From Taijiquan.

yā xià jiān 压下肩 Press the shoulder down: press down with the head of your shoulder on an incoming attack, applying pressure from the whole body.

yā xiōng 压胸 Chest press: when in contact, press down on an adversary with the chest using all the power of the body. From wrestling.

yā xué fǎ 压穴法 Cavity press methods. See diǎn xué fǎ.

yā zhǒu 压肘 Elbow press, arm bar. Lift the bent elbow and press down to the opposite side. One way is to get an adversary's arm across your shoulder, roll your arm over his arm to press down the elbow with the arm trapped.

yā zhuàn dāo 压转刀 Turning press down with a broadsword: circle-walking pressing the blade flat down in front of the body. From Baguazhang.

鴉 鴉 [鸦] (rad.196) yā A crow, crows. For movement names referencing crows, see under wū yā.

yā zuǐ 雅咀 Crow beak: a fist with the index finger slightly extended, the thumb pressing on its first segment. Used in Shaolinquan, particularly for hitting pressure points.

鴨 [鸭] (rad.196) yā A duck, ducks. For movement names referencing ducks, see under bǎo yā.

yā xíng quán 鸭形拳 Yaxingquan (duck form fist). An imitative style with short and solid techniques.

牙 (rad.92) yá 1. Tooth, teeth. 2. Tooth-like thing. 3. Ivory.

yá chǐ 牙齿 Tooth, teeth.

yá hù shì 牙笏势 Ivory Tablet posture: drop back, pressing a sword blade down at the side, then step forward and stab directly to the throat. From Yang Taijiquan.

yá sāi 牙腮 The cheek at the teeth: a sensitive point on the cheek, below the cheekbone.

啞 [哑] (rad.30) yǎ 1. Dumb, mute. 2. Cries of a crow. 3. Hoarse, husky.

yǎ mén 哑门 Acupoint Yamen (mute's gate), DU15. At the nape of the neck, 0.5 *cun* into the rear hairline, in the depression below the first cervical vertebra, on the midline. From TCM. A sensitive point, striking it may induce temporary dumbness, dizziness, or even unconsciousness.

yǎ xué 哑穴 Dumbness points: pressure points that striking can cause so much pain the person cannot even call out. Lightly striking the death or crippling points may cause this. See also cán xué, sǐ xué.

Z

砸 (rad.112) **zá** 1. To break, smash. Shatter. 2. As a hand technique: to pound, tamp. 3. Pound, one of the falling hands in Chuojiào, see also *luò shǒu*.

zá fǎ 砸法 Smashing method: to pound the fist down, especially onto a joint.

zá quán 砸拳 Smashing punch, a hammer fist downwards with a backfist.

zá zhǒu 砸肘 Smash with the elbow. 1. An arcing strike upwards with the elbow bent. 2. A strong press with the forearm to an adversary's elbow, as a takedown.

zá zhuāng 砸桩 Tamping stake stance and power training. In a sixty-four stance with the arms in a pressing position, compress slightly back and forth, with a tamping action with the front or rear foot to find whole body power. From Xingyiquan.

雜 (rad.172) [杂] (rad.75) **zá** Mixed; miscellaneous; sundry.

zá shì chuī 杂势捶 Mixture of moves fists: a routine of Xingyiquan, written up as forty-one to forty-seven moves. Also called *zhá shì quán*.

栽 (rad.75) **zāi** 1. To stick in, insert. 2. To plant; to grow a plant.

zāi bēi 栽碑 A straight front break fall: a straight forward fall, breaking with the forearms, keeping the body straight.

zāi chuī 栽捶 A planting hammer fist, a downward punch, landing low. From Wu Taijiquan.

zāi quán 栽拳 A planting punch, a downward punch with the knuckles, landing low.

zāi quán fā lì 栽拳发力 A planting punch: a dropping punch, but remaining in a high stance. From Yiquan.

zāi zhǒu 栽肘 To plant the elbow: a downward strike with the point of the elbow.

載 [载] (rad.159) **zài** 1. To carry, hold. 2. To be loaded with.

zài zhǒu 载肘 Stab down with the elbow in a cocked position.

攢 [攒] (rad.64) **zǎn** To accumulate; hoard; save. Also pronounced *cuán*, see *cuán*.

zǎn zhú 攢竹 Acupoint Zanzhu (bamboo gathering), BL2. At the face, at the inside corner of the eyebrow (on each side). From TCM.

暫 [暂] (rad.72) **zàn** Of short duration. Temporary.

zàn tíng 暂停 Time out in a competition.

鑿 [凿] (rad.167) **zàn** 1. To engrave. 2. To chisel.

zàn tuǐ 暂停 Chisel kick: a poke kick leaning back to put the hip into it. From Baguazhang. Usually called *diǎn tuǐ*.

臟 [脏] (rad.130) **zàng** The *yin* organs of the body, the viscera: Lungs, Liver, Spleen, Kidney, Heart, and Pericardium. The *yin* organs deal with the inside environment of the body, produce and store *qi*, and generate the fluids of the body. From TCM. Also called *wǔ zàng*. See also *fèi*, *gān*, *pí*, *shèn*, *xīn*, *xīn bāo*. See also *fǔ*.

燥 (rad.86) **zào** 1. Dry. 2. Dryness: one of the six *qi* of nature, environmental influences that can cause disease when in excess. See also *liù qì*, *liù yín*. From TCM.

造 (rad.162) **zào** 1. The standard meaning is to make; build; create. 2. To create an opening: feint intended to draw a counter, to prepare the way for one's own counter attack.

仄 (rad.9) **zè** 1. Narrow. 2. To tilt.

zè diǎn tuǐ 仄点腿 Slanting poke kick. From Chuojiào, one of its middle-basin kicks.

扎 紮 (rad.64, 120) [扎] (rad.64) **zhā** To stab, plunge into. Usually used for thick blades such as spear and broadsword rather than thin blades such as straight sword.

zhā dāo 扎刀 Stab with a broadsword. The edge may be in any direction, as long as the tip is stabbing straight ahead, the arm and blade forming a straight line.

zhā gōu 扎钩 Stab with hooks: with the double hooks, turn the blades to strike with the sharpened tips at the grip end.

zhā mǎ 扎马 Stab the stance: regularly sit in horse stance for extended periods of time to build up the endurance and conditioning for the stance.

zhā qiāng 扎枪 Stab with a spear: the spear travels in a straight line to the tip, the left hand slides to meet the right hand. Sometimes called *cì qiāng*.

zhā zuò mǎ shì 扎坐马势 Stab the horse sitting stance: sit firmly into a horse stance.

揸 (rad.64) **zhā** 1. To spread one's fingers. 2. To pick up something with the fingers.

1 stroke radicals				乙 乚 (5)			
<u>一 (1)</u>				0	乙	~	yǐ 287
1	丁	~	dīng 66	1	九	~	jiǔ 135
	七	~	qī 185	6	乱	luàn	158
2	三	~	sān 202	7	乳	~	rǔ 200
	上	~	shàng 207	10	乾		gān 88
	万	wàn	255		乾	~	qián 188
	下	~	xià 264	12	亂		luàn 158
	丈	~	zhàng 303	<u>丨 (6)</u>			
3	不	~	bù 32	2 stroke radicals			
	丑	~	chǒu 46	<u>二 (7)</u>			
4	丙	~	bǐng 30	0	二	~	èr 74
	丘	~	qiū 194	1	干	~	gān 88
	世	~	shì 216	2	互	~	hù 110
5	丢	丢	diū 68		井	~	jǐng 134
<u>丨 (2)</u>					五	~	wǔ 260
3	丰	fēng	82		云	yún	298
	中	~	zhōng, zhòng 309 311	<u>亠 (8)</u>			
5	并	bìng	31	3	市	~	shì 216
6	串	~	chuàn 48	4	亥	~	hài 100
7	並	bìng	31		交	~	jiāo 125
<u>丶 (3)</u>				6	京	~	jīng 133
2	义	yì	288		夜	yè	285
3	卞	~	biàn 29	7	亮	~	liàng 152
	丹	~	dān 56		亘	yè	285
	之	~	zhī 306	8	离	lí	147
4	主	~	zhǔ 312	<u>人 亻 (9)</u>			
8	举	jǔ	136	0	人	~	rén 199
<u>丿 (4)</u>				1	个	gè	90
1	乃	~	nǎi 168		亿	yì	287
4	乏	~	fá 76	2	化	~	huà 111
	乍	~	zhà 301		内	nèi	170
5	杀	shā	206		仆	~	pū 183
9	乘	~	chéng 43		仁	~	rén 199
					以	~	yǐ 287
					仄	~	zè 300
3	代	~	dài 55	3	令	~	lìng 154
	仙	~	xiān 266		仗	~	zhàng 303
4	伐	~	fá 76		仿	~	fǎng 79
	伏	~	fú 84		合	~	hé 101
	会	huì	115		任	~	rèn 199
	伤	shāng	207		休	~	xiū 274
	仰	~	yǎng 281	5	传	chuán	47
	低	~	dī 62		佛	~	fó 84
	两	liǎng	152		你	~	nǐ 171
	伸	~	shēn 210		体	tǐ	240
	余	yú	293		估	zhàn	302
	传	zhuàn	313		作	~	zuò 320
6	併	bìng	31		侧	cè	36
	侠	jiā	120		侠	xiá	264
	佯	~	yáng 280	7	保	~	bǎo 23
	俠	xiá	264		俠	xiá	264
	信	~	xìn 272		修	~	xiū 274
8	倒	~	dǎo, dào 60 60		倣	fǎng	79
	俯	~	fǔ 85		個	gè	90
	借	~	jiè 128		條	tiáo	242
	脩	xiū	274		倚	~	yǐ 287
9	偈	bī	27		側	cè	36
	假	~	jiǎ 121		偏	~	piān 180
	停	~	tíng 245		偷	~	tōu 246
	偃	~	yǎn 279		僂	~	wēi 255
11	傳	chuán	47		僂	~	wēi 255
	催	~	cuī 50		傷	shāng	207
	傷	shāng	207		傳	zhuàn	313
12	僧	~	sēng 206		僊		

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PRONUNCIATION GUIDE FOR CHINESE IN PINYIN

CONSONANTS

- p similar to the 'p' in pet, with a considerable puff of air.
- b similar to the *pinyin* "p" but without the puff of air (unvoiced, neither pet nor bet).
- t similar to the 't' in tag, with a considerable puff of air.
- d similar to the *pinyin* "t" but with no puff of air (unvoiced, not dog).
- k similar to the 'k' in kill, with a considerable puff of air.
- g similar to the *pinyin* "k" but with no puff of air (unvoiced, not get).
- c like exaggerating the 'ts' in cats, with a considerable puff of air.
- z like the *pinyin* "c" but without the puff of air (unvoiced).
- ch somewhat similar to chat with a puff of air, but with the tip of the tongue rolled back.
- zh like the *pinyin* "ch" but with no puff of air (unvoiced).
- q somewhat similar to the 'ch' in chat with a puff of air, but with the front of the tongue raised and the tip on the lower teeth.
- j like the *pinyin* "q" but without the puff of air (unvoiced).
- m similar to the 'm' in met.
- n similar to the 'n' in net.
- ng similar to the 'ng' in sing.
- f similar to the 'f' in fat, but with the teeth just touching lightly behind the lower lip.
- s similar to the 's' in set.
- sh somewhat similar to the 'sh' in show, but with the same tongue placement as the *pinyin* "ch" and "zh."
- x somewhat similar to shine but with the same tongue placement as the *pinyin* "q" and "j."
- h raise the back of the tongue and let the breath come through the obstructed passage without vibrating the vocal cords.
- l similar to the 'l' in let.
- r like the *pinyin* "sh" but with voicing.

<u>place of articulation</u>	<u>manner of articulation</u>						
	Unaspirated Stops	Aspirated Stops	Unaspirated Affricates	Aspirated Affricates	Nasals	Fricatives	Voiced Continuants
bilabials	b	p			m		
labio-dentals						f	
dental-alveolars	d	t	z	c	n	s	l
retroflexes			zh	ch		sh	r
palatals			j	q		x	
velars	g	k				h	

VOWELS

- a usually close to far (not pat). Like yet when written “-ian” or “yan.”
- e usually similar to pet.
- i usually similar to bee. Similar to wet when written “ui.” After c, s, sh, and z is similar to skill. After ch, zh, sh, and r it is similar to sir.
- o usually close to roll. Similar to cow when written “ao,” and owe when in “ou.” After bilabial and labio-dental consonants (b-, p-, m-, f-) it is wo.
- u usually similar to boot. After the *pinyin* “x”, “q”, and “j” and in the vowel groups starting with these consonants, it is pronounced “ü.”
- ü pronounced ü. It is written after “n” or “l,” because these are the only positions where both “u” and “ü” are possible.

When written together, vowels are not a diphthong, but more a combination of 'w' or 'y' with a clean vowel. The tone marker is placed over the clean vowel.

- ai similar to ‘buy’
- ao similar to ‘cow’
- ei similar to ‘hey’
- ia similar to ‘yet’
- iao similar to ‘yow’
- ie similar to ‘yes’
- io similar to ‘yonder’
- iu similar to ‘your’
- ou similar to ‘oh’
- ua similar to ‘want’
- uai similar to ‘wise’
- ui similar to ‘wet’, verging towards ‘way’
- uo similar to ‘worn’

TONES

#	<i>pinyin</i>	name	range
1	ā	high level	55
2	á	high rising	35
3	ǎ	dipping	214
4	à	high falling	51

In a normal vocal range, 5 is high and 1 is low.

When combined as one word, two third tones together are pronounced as a second and a third tone. A third tone followed by any other tone is pronounced as a half- third tone – 21 – not rising.

The symbol ° indicates a neutral tone