

Part 4 of 4

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YIQUAN

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意拳



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Dear Students,

You have passed the Elementary, Intermediate and Advanced-I Yiquan correspondences courses, therefore you learnt most of Yiquan training courses including every healing and combat post of Yiquan, a large variety of testing force, issuing force and actual combat steps, but also punching exercises, and beside this, you learnt also single /double pushing hands and practice with real opponent issuing force.

In the fourth part of Yiquan correspondence course (Advanced-II), we will continue to introduce and explain Yiquan Advanced Zhuang fa seeking force in six directions simultaneously practice, leg, foot, step exercise for combat applications, pads and sandbag training, but also knee, elbow and shoulder issuing force exercises. Each exercise has been designed to complete your sparring basics. As the last part of our Yiquan correspondence course, Advanced-II is the necessary complement to link all basic techniques you learnt before in combat situation and check your overall efficiency in sparring. With this final tutorial, students can approach more advanced Yiquan techniques, improving concretely their combat skills. I sincerely hope that my students will continue to study and train assiduously and will rapidly confirm their skills as accomplished Yiquan martial artists.

MODULE 37

37.1

XIANG LONG ZHUANG (LIU MIAN LI TONG SHI MO JIN)

LANDING DRAGON COMBAT POST (SEEKING FORCE IN SIX DIRECTIONS SIMULTANEOUSLY)



Figure 37.1.1



Figure 37.1.2

Step and hands posture are the same than in Module 19 introducing “Landing dragon combat post (seeking force forwards backwards)” posture. First, let’s set up your mind activity, imagine your body merged with gigantic tree or everything in nature. Between everything in nature (from any direction) and your body, you have like springs slightly stretching, you are in such a mood that “If

the slightest things move and your whole body will move” and your whole body has a strong resistance feeling forward-backwards, leftward-rightward, upwards-downward but also in far distance and in your immediate proximity. Then your body is moving slightly, imagine that within a perimeter between 3-foot and 7-foot distance, you have like a viper or any other dangerous predator which can attack you at any time. During this time, inside of your body, you should



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always have high frequency alternations of relaxation and contraction: contraction and relaxation should convert into each other “not stop”, whole body fully excited, as prepared to strike the enemy at any moment. Enabling any part of your body to strike, mobilizing the whole body power as ready to burst, your mind activity should not bear any interruption. Again you should focus only on using your mind, not using force, just driving your force to relax and contract as we described previously. Your intention should be “enlarged” to your environment, like a “feral panther in fog prey on quarry”.

My father Yao Zongxun has summarized in 16 words this status as “Visit every place mentally, (borrow) power from nature, forms appear and disappear, your mind embracing universe”. As you can understand from this sentence, Yiquan holds Yi (mind) as the very soul of Quan shu (boxing art). Again by combining modern scientific knowledge and real combat training, you can triumph over disease if you are ill, build a stronger body and prolong your life if you are already in good health. Again as an ultimate fighting science, Yiquan removes the major barriers that restrain your body to exert out its largest potential of power which means, transposed in real combat, to inflict unbearable damages to your opponent.

37.2

ZOU BU DENG TA FA LI STEPPING/KICKING WITH STEP

Legs and arms posture are identical to the commencing posture of Module 36 introducing “Fixed step stepping/kicking”.

When you have adjusted your posture, first, we can start practicing “Left foot stepping/kicking with step”. First, left/rear foot is pressing downwards, stretching forward, body moving slowly forward, during this time, right forefoot is stepping forward for a distance of 30-40 cm, toes pointing forward, then whole sole is pressing on the ground, weight is 70% and 30% on your right leg and left leg. Left/rear foot is slowly uplifting; all the weight is on right forefoot, the right knee slightly bent. When left/rear foot is slowly uplifting, waist should slowly rotate 90° leftward. Left leg and left foot are uplifting, leaving ground for 30-40 cm height, five toes pointing outward, left heel and right leg horizontal separated by 2-3 fist-width, left ankle slightly hooking, with the intention to seize a ball, with a contradictory feeling of having but not really having it, use mind and not force. Inside of horizontal left sole is facing forward. During this time, hands posture has changed according the body rotation allowing right leg one foot post, right hand forward, left hand slightly in retreat than in the right side posture of “One leg post expanding-embracing posture”.

When you are assuming this posture, imagine that you are a giant, holding a gigantic tree, the body completely merged with this big tree; buttocks like sitting and leaning on a big stump; calf, behind of thigh, lower back, back and neck are also like pressing and leaning against the big tree. Two hands, two arms are also merged with the tree. Also when you are assuming this posture, you should be very calm, well balanced, between your head and foot you should have a feeling of a



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spring slightly stretching, between head and uplifted left ankle you have like a spring stretching slightly upwards-downward, under of right sole you are like pressing one big spring. Between right/back hipbone and left/front knee you have like a spring stretching slightly forward-backwards and leftward-rightward, besides the feeling of holding a tree inside your two arms, you should also increase the horizontal stretching feeling between five fingers of two hands, between palms and between insides of arms. Between head and forehead you have also a spring slightly stretching. When you have adjusted your mind activity, we can start our exercise. First, right sole is pressing downwards, slightly stretching forward, erecting, and body moving slightly forward, upwards, the body suddenly slightly leaning backwards, like pressing and leaning against a big tree behind you. At this time left foot and left leg are suddenly stepping downward, slightly stretching forward, slightly closing inward, use left sole horizontal edge to step kick your opponent's front knee and tibia, with the intention to break and step into pieces his front leg. When left foot and left leg are stepping kicking, between head and right leg you have like a spring stretching upwards-downward suddenly breaking, between head and left ankle you a spring stretching upwards-downward suddenly breaking. When left sole is stepping/kicking, your intention is suddenly to press a spring under your sole onto the ground. Right/back hipbone moves accordingly to left/front knee, like suddenly breaking a spring which was stretching forward-backwards, leftward-rightward, upwards-downward. Between head and right hand you have like a spring stretching suddenly forward-backwards, between two hands and two arms you have like springs also suddenly stretching leftward-rightward. When left foot is stepping kicking downward and forward, the sole should not touch ground, distant from the ground for about 10 cm. Then stop and relax. With this, right/rear foot is pressing downwards, stretching forward, making your body to move forward. When the body is moving forward, in all your body you should have a closing and pushing water resistance feeling. When your body is moving leftward and forward, left toes pointing forward, the sole is pressing ground, when the weight has moved to left forefoot, slowly uplift right foot, waist and upper of body rightward turn 90°, assuming then right one leg post. Left foot one leg post, left hand in the front, right hand slightly in retreat compared with the expanding embracing posture. When right foot is issuing force, mind activity and stretching request are the same than in left foot issuing force. When you practice in the beginning, don't use your full power, you should first issue force lightly, then after being familiar to this movement and achieving a body fully balanced, you can increase progressively your power when issuing force. Practice left and right stepping kicking, long and short distance and different heights of stepping kicking.



Figure 37.2.1



Figure 37.2.2



Figure 37.2.3



Figure 37.2.4



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Figure 37.2.5



Figure 37.2.6



Figure 37.2.7



Figure 37.2.8



Figure 37.2.9



Figure 37.2.10



Figure 37.2.11



Figure 37.2.12



Figure 37.2.13



Figure 37.2.14



Figure 37.2.15



Figure 37.2.16



Figure 37.2.17



Figure 37.2.18



Figure 37.2.19



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37.3

DING BU DIAN JIAO FA LI FIXED STEP STRAIGHT KICK

Assume your position and adjust your posture. First, concentrate your attention, two eyes looking forward, imagine that you have an opponent in front of you.

Let's first start with right foot issuing force. Two knees slightly bent; buttocks like sitting on a high stool; back of body like slightly pressing and leaning against a tree or wall behind you. Two hands opening leftward-rightward, the center of palm facing downward, the fingers pointing forward horizontally imagine that, two hands and two arms are pressing two sides of a balustrade or a desk. Try your best, using your imagination to relax your two hands and two arms. Use only mind not force. When you are assuming your posture, begin to uplift lightly your right foot, leaving ground for about 2-3 cm, left foot erecting, imagine that, between head and left foot you have like a spring stretching slightly upwards-downward, between head and top of right sole you have like spring stretching slightly upwards-downward, between insides of two legs you have like a spring stretching slightly. Front of your body, you have an imaginary opponent, who can attack you at any moment. The two parties are separated by a distance of about 50-60 cm. During this time, you should first use right foot to attack opponent's left ankle. Before issuing force, five toes of front/right foot are like grasping something downward and slightly withdrawing. Left one leg post has its sole suddenly pressing downwards, erecting, stretching forward, moving your entire body forward, between head and left foot you have like a spring stretching suddenly upwards-downward. When left sole is suddenly pressing ground and stretching forward, in the same time your body is bumping forward, right foot suddenly kicking forward, use five toes of sole to attack your opponent's left ankle, with the intention to break and penetrate while kicking. When right foot is issuing force, between head and right foot you have like a spring stretching upwards-downward like suddenly breaking, between insides of two legs you have like a spring stretching forward-backwards horizontally like suddenly breaking. When right foot is delivering a straight kick (issuing force) to your opponent, back of head, neck, and back and lower back are like suddenly bumping and pressing a gigantic tree behind you. Then stop this issuing intention. Right foot returns to the commencing posture. Then set up again your mind activity, repeat this exercise. You should alternate left and right foot. Mind activity when left foot is issuing force should be exactly the same than the mind activity when right straight kick foot is issuing force. When you start, first you should issue lightly your force. When you practice, you can first wear sport shoes, later when you become familiar with this exercise, take them out and wear some thick socks delivering straight light kick to an imaginary target. You should start with small tree with the size of a shovel handle, using this elasticity to practice issuing force, than later when you can undertake the reality of straight kick, maintain your whole body harmony and your toes can endure strength, you can train your straight kick directly with sandbag and being prepared during a real combat to attack your opponent's ankle or any other part of his body..



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Figure 37.3.1



Figure 37.3.2



Figure 37.3.3



Figure 37.3.4



Figure 37.3.5



Figure 37.3.6

37.4

ZOU BU DIAN JIAO FA LI STRAIGHT KICK WITH STEPS

Stand in T-eight step; left foot in the front, right foot in the back, the distribution of weight is 30% and 70% on your front leg and rear leg. Two hands are in T-eight step not straight - straight punch left posture. Left fist in the front, right fist protects your face (please refer to the commencing posture of Module 24 “Fixed step single fist”). When you have adjusted your posture, you can start properly this exercise. First right/rear foot is pressing downwards and stretching forward, body is slowly moving forward. As your body is moving forward, your intention should be like flapping out forward a block mud. As your weight is shifting progressively to your left forefoot, uplift right foot, like in fixed friction step. The right leg intention should be like slowly flapping out a block mud. The right foot is slowly moving forward until two soles are parallel, then right toes are moving rightward, outward and forward, to finally assume right T-eight step. Then the toes are pressing ground, at this time, left/rear foot pressing downwards and stretching forward, so that your body is slowly moving forward again. Now the distribution of weight is 70% and 30% on your front leg and rear leg. When the body is moving rightward/forward, it is like slowly flapping out forward a block of mud. At this time, your whole front right sole is pressing onto the ground, left/back sole is slowly pulling up from ground for about 1-2 cm. At this time the step has already changed into right step with left foot in issuing force posture. With that, right forefoot is suddenly pressing downwards and stretching forward, as a result your whole body is bumping forward, five toes of left sole are like grasping something and slightly withdrawing, accordingly to



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your right leg and right foot movement, then suddenly deliver a straight kick to your imaginary opponent's front ankle, with the intention to break and penetrate. All stretching connotations requests should be similar to those in "Fixed step straight kick issuing force". Then stop and relax. Later left forefoot is stepping forward, so then you assume now a left T-eight step.

Now you can start right foot fixed step straight kick. Right/rear foot is pressing downwards and stretching forward, as a result your body is moving forward, with the intention to close inward a block mud. The weight moved 70% and 30% on your left leg and right leg, then slowly uplift right foot, left forefoot is suddenly pressing downwards and erecting, stretching forward, making your body bumping forward. When right foot is issuing force it should be in perfectly identical than left foot issuing force through straight kick, including the same intention. Also all stretching feeling between head and insides of two feet, between two legs are identical. In addition the feeling of back of head, neck, back, waist pressing and leaning against a tree behind you, is also similar to the feeling in "Fixed step right straight kick". Then stop and relax.

From now on you can continue to practice left and right straight kick.



Figure 37.4.1



Figure 37.4.2



Figure 37.4.3



Figure 37.4.4



Figure 37.4.5



Figure 37.4.6



Figure 37.4.7



Figure 37.4.8



Figure 37.4.9



Figure 37.4.10



Figure 37.4.11



Figure 37.4.12



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Figure 37.4.13

37.5

HUAN RAO BU LIAN XI CIRCLING STEP PRACTICE

Stand in left T-eight step, two arms and two fists are in “Left not straight - straight punch posture” the distribution of weight is 70% and 30% on your right/rear foot and front/left foot. First, the heel of left forefoot is slightly “empty” then left foot is leaving ground for about 1-2 cm. When you have adjusted your posture, imagine that you are face to face with an opponent who is adopting the same step and the same punching posture than you. Two opponents are in a situation where each one cannot attack directly his opponent’s face with his left/front fist. Distance between the two opponents’ left forefoot is about 50 cm.

At this time you can start to launch a vivid attack to your opponent. Right/rear leg is suddenly pressing downwards and stretching forward, as a result your body is suddenly bumping leftward, forward and outward, left/front leg at same time is uplifting, the sole lightly leaves ground, half stepping leftward, outward and hooking inward. Then left/front sole is pressing ground, front sole is like aiguilles spinning in the ground. Right/rear foot following immediately after, to assume again a T-eight step posture, which will lead you to change your initial front face attack into a “side face attack”. If left forefoot step distance suits to the combat situation, then proceed to a left circling step until your left/front sole is pressing ground. You are now assuming a new step, your punch should also simultaneously reach your opponent, as you are issuing force and striking. The fist attack should target your opponent’s right side of face. If your opponent, at the moment of your attack, adjusts his step position, and therefore bringing him out of your reach about, then you should keep your posture, and you should make again a circling step.

Let’s say you are circling rightward. You should have your right foot and right fist in the front, when your opponent is in a suitable step distance, left/rear foot is suddenly pressing downwards and stretching forward, as a result your body is suddenly bumping rightward, forward and outward. Right/front leg uplifting, at same time, its sole is slightly leaving ground rightward, forward and outward while half stepping with an inward hook. When right/front sole is pressing ground, the sole is spinning in the ground like aiguilles. Left/rear foot follows immediately to assume a T-eight



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step posture, presenting to your opponent a side face attack. When right forefoot is pressing ground and issuing force, right/front fist should at the same time issue force, striking your opponent on his left side of face. In combat situation, left circling step and right circling step should be used with fluidity, with left and right punches, as to surround your opponent, intercept his attack and counter attack him especially when your opponent is delivering a heavy and direct offensive on you. For example when you are left circling and issuing force, you are at the same time stepping leftward, forward and outward, making a quick and evasive turn to the frontal attack of your opponent, and strike him while presenting a side posture. This is how you can combine perfectly lightning non straight – straight punch with circling steps.



Figure 37.5.1



Figure 37.5.2



Figure 37.5.3



Figure 37.5.4



Figure 37.5.5



Figure 37.5.6

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MODULE 38

38.1

DU LI ZHUANG (LIU MIAN LI TONG SHI MO JIN) ONE LEG POST (SEEKING FORCE IN SIX DIRECTIONS SIMULTANEOUSLY)

Assume one leg left posture, step and hands postures are the same than previously, in the commencing posture all mind activities in each part of the body are the same (as your whole body merged with everything on earth). When you start to practice one leg post (seeking force in six directions simultaneously), the basic principle is the same than in Universal combat post (seeking force in six directions simultaneously). Although you are on one leg stance, you should still keep each part of your whole body balanced and symmetrical. Imagine that you are merged with everything on earth. Use inducing imagination, adjust your balance and coordination, at the same time your consciousness should be “enlarged”, your whole body is like ready at any moment to counterattack in any direction, as if any slightness move will trigger your whole body, but you should have also a contradictory feeling existence and not existence of springs stretching upwards-downward, leftward-rightward, the whole body excited, alternating contraction and relaxation, with a high internal frequency, muscles from your whole body and your limbs, working in every direction, are controlled by your mind to allow the highest degree and the finest tuning of relaxation and contraction process, as ready to burst under the slightest touch. It is only when your body is perfectly balanced and symmetrical that you can release the full potential enclosed in your body, at this level your mind and your force all like inseparable, when one reaches the other simultaneously reaches also to. You can improve this training up to the level of conditioned reflex where you can outburst a huge potential of power if there is any external solicitation, this is the highest ambition Yiquan, and this it what basically guide every step of Yiquan training.



Figure 38.1.1



Figure 38.1.2

38.2

ZOU BU ZONG HE SHI LI MIXED TESTING FORCE WITH STEPS

First stand in T-eight step posture, the distribution of weight is 50/50. Let's start with the following example of combination for “Mixed testing force”. When you practice hooking-pulling testing



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force with step, you must pay attention to a resistance feeling during your stepping forwards just like wading in mud, your body having also this resistance feeling as if moving in air or water; two hands and two arms have also this resistance feeling in the hooking-pulling movements. When you are pushing it should be like you are pushing on an even surface, the leg request, body and two arms request, must be in accordance to “Fixed step testing force” principle. Each testing force should chain smoothly, not only pursuing similarity with fixed step single posture, not only estimating if the posture is too high or too compared with fixed step standards. In front stepping as in back stepping, high hand posture or low hand posture, every part of your body is mobilized, from your footwork, your body motion to your hands movements, has a stretching feeling, like communicating with everything on earth. To practice testing force practice in the right way, you should enlarge the internal activity that you have previously exercised with universal combat post in every part of whole body, the aim is to prepare for real combat, as establishing a strong basis for combat situation where you can use Yiquan universal force, to chain freely movements and issue force at any moment.



Figure 38.2.1



Figure 38.2.2



Figure 38.2.3



Figure 38.2.4



Figure 38.2.5



Figure 38.2.6



Figure 38.2.7



Figure 38.2.8



Figure 38.2.9



Figure 38.2.10



Figure 38.2.11



Figure 38.2.12



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Figure 38.2.13



Figure 38.2.14



Figure 38.2.15



Figure 38.2.16



Figure 38.2.17



Figure 38.2.18



Figure 38.2.19



Figure 38.2.20



Figure 38.2.21



Figure 38.2.22



Figure 38.2.23



Figure 38.2.24



Figure 38.2.25



Figure 38.2.26



Figure 38.2.27



Figure 38.2.28



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Figure 38.2.29



Figure 38.2.30



Figure 38.2.31



Figure 38.2.32



Figure 38.2.33



Figure 38.2.34



Figure 38.2.35



Figure 38.2.36



Figure 38.2.37



Figure 38.2.38



Figure 38.2.39

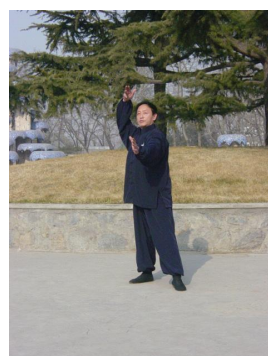


Figure 38.2.40



Figure 38.2.41



Figure 38.2.42



Figure 38.2.43



Figure 38.2.44



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Figure 38.2.45

38.3

DING BU ZUO BI ZHOU JI FA LI FIXED STEP LEFT ARM HITTING WITH ELBOW

Stand in T-eight step, left foot and left hand in the front, distribution of weight is 30% and 70% on your front leg and rear leg, two feet forward-backwards, leftward-rightward distance is half and one sole length. When you have fixed your leg posture, your two hands and two arms are slowly uplifting, you are clenching your fist as if you have one egg in your hand, which should neither be broken, nor released to fall down on the ground. Left foot and left fist in the front, left fist height is about your eyes and nose, and should not affect your sight in general situation. Front fist extension should not overpass your forefoot position, fist high elbow low, fist is forming with elbow an angle which should not be less than 90°. Right/back fist extended forward should be lower for about one fist than your front fist; back fist height should be positioned as if you can protect your mouth and chin. The distance between front and back fist is two fists, belly normally expanded, chest slightly withdrawn, shoulder like supporting and elbow horizontal, two arms in encircling shape should always keep horizontal supporting posture and wrapping upright, protecting your chest, between your front knee joint and rear leg hipbone joint you should still have like forward-backwards stretching (use mind and not force). The head should be erect, like if between your head and forefoot you have a spring stretching upwards-downward, and a feeling of pressing slightly a ball with your chin. Two eyes looking forward to your imaginary opponent's nose or between his eyes or, tongue slightly retracted, teeth clenched like biting a very thin piece of iron, but really biting, closing your lips. Between front fist and back fist, between two wrists, between inside of front fist and back fist you have like many horizontal springs slightly stretching, between head and front fist you have like a spring slightly stretching. When elbow is issuing force, imagine that front target is a red burning iron board, so you are issuing force to strike with your elbow this red burning iron board, rear leg is suddenly pressing downwards, stretching forward and erect, right hipbone, waist, shoulder twisting backwards and outward, the heel slightly leaving ground, using your body revolving inertia, front sole is suddenly pressing ground, erecting, front leg twisting inward, knee has like the intention of pointing forward (front knee slightly bent, but not too much to prevent from shaking forward and leftward-rightward). Two fists suddenly clenching, imagine that all springs between two fists, between two wrists, inside of arms, between head and



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front elbow, between head and forefoot, between left/front knee and right/back hipbone, are suddenly breaking.

When you are hitting your target, the front wrist hooking inward and wrapping, top of left elbow is suddenly bumping. Imagine that front elbow like a big nail, your body like a big hammer, when issuing force, use left shoulder, like a hammer, to bump your front elbow and suddenly smash it very hard on the wall. When issuing force the rear leg is twisting outward, hipbone, shoulder and back are twisting 90°. When left/front elbow is issuing force, back fist follows immediately the body's rotation backwards and outward, pulling back suddenly. During your withdrawal you should still protect your mouth, chin and chest position. Also when elbow is issuing force instant, the weight is 60% and 40% or 70% and 30% on your front leg and rear leg. Contract and relax. Then the weight returns to 30% and 70% or 40% and 60% on your front leg and rear leg. Whole elbow issuing force course completeness is use rear leg pressing downwards, standing upwards and stretching twisting forward, backwards and outward, making also the body twisting. Use body to hammer suddenly the front elbow like striking it as a target.



Figure 38.3.1



Figure 38.3.2



Figure 38.3.3



Figure 38.3.4



Figure 38.3.5



Figure 38.3.6



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38.4

NIU BU YOU BI ZHOU FA LI

TURN BACK STEP RIGHT ARM ISSUING FORCE WITH ELBOW

Stand in T-eight step. Left foot and left hand in the front, the weight is 30% and 70% on your front leg and rear leg. Commencing posture step and hand posture is exactly the same than the commencing posture of “Left arm hitting with elbow”. When you have adjusted your posture, you can start the exercise. Right/rear foot is pressing downwards, stretching forward and erect, screwing inward, rear leg knee slightly bent, stretching forward, as a result the whole hipbone, waist, shoulder are twisting forward and inward. At the same time left forefoot and front sole are also simultaneously pressing downwards, slightly erecting, left knee intention pointing forward, but do not use force. Front leg screwing outward and backwards, sole not moving, between front leg and rear leg you have like a spring stretching forwards-backwards and closing inwards, between inside of rear leg and front leg you have like a spring stretching forward-backwards, but also closing and wrapping. When right/back top of elbow is suddenly striking the imaginary target, two fists are suddenly clenching, use the top of elbow’s bone to strike, with the intention to break it into pieces or to penetrate it. When right/back top of elbow is hitting the target, the body (including shoulder, hipbone) twists leftward and forward with an angle of 180°. As a result left fist is suddenly pulling backwards and outward, left elbow is slightly issuing force downward, like suddenly breaking the springs inside both two hands and two arms. When issuing force, between head and rear foot imagine that you have a spring stretching upwards-downward, between head and front sole you have like a spring suddenly stretching upwards-downward, when the top of right elbow is issuing force the weight is 70% and 30% on your front leg and rear leg. When left arm is stretching backwards and outward, don’t forget to protect your face. Don’t use left arm to pull backwards: it should be synchronized with your body’s inward and outward rotation. You should use your body to bring along left arm in this retracting movement, right elbow and left elbow should strike the same target.



Figure 38.4.1



Figure 38.4.2



Figure 38.4.3



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Figure 38.4.4



Figure 38.4.5



Figure 38.4.6

38.5

DING BA BU SHOU BI LIAN XU SAN ZHOU JI FA LI

T-EIGHT STEP – ARM CHAINING THREE CONTINUOUS HITTING WITH ELBOW

Stand in T-eight step, when right arm is hitting with elbow the weight is 70% and 30% on your front leg and rear leg, then you can start left arm hitting with elbow. Left forefoot is suddenly stretching back, right/rear leg bent and sitting backwards, the body is twisting rightward, backwards and outward from 180° to 45°, left/front fist is simultaneously following your body rotation rightward, backwards and outward, elbow and fist on the same plane, while also simultaneously your right fist is withdrawing. When left arm bone of elbow is striking the target, right/rear foot is suddenly pressing downwards and erecting, the leg twisting outward like if right leg is in mud screwing backwards, outward and upwards, left forefoot is suddenly pressing downwards and erecting, the leg screwing backwards and outward, the knee intention is pointing forward, left leg slightly upright, is suddenly breaking the spring between inside of right/rear leg and left/front leg. When issuing force, the body is also twisting 90° angle rightward, backwards and outward, at that time imagine that you are suddenly breaking spring between head and left forefoot stretching upwards-downward, and also suddenly breaking the spring stretching between left/front knee and right/back hipbone, whole body like twisting in mud. As right/rear foot is pressing downwards, erect, slightly stretching forward, screwing backwards and outward, as a result your whole body and left arm are bumping leftward and forward. When you are issuing force, your intention should be to break into pieces and penetrate the imaginary target. In this time the weight is 60% and 40% on your front leg and rear leg, contract and relax, the weight returns to 70% and 30% on your rear leg and front leg. The body is now forming 45 ° which the commencing posture of “not straight - straight punch”. The aim of “Arm chaining three



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continuous hitting with elbow in fixed step” is to chain properly elbow issuing force. When you have learnt to chain three issuing force, later in sparring, you can use this elbow combination, starting with left single elbow issuing force then chaining the two other elbows hitting. After this, chain another three elbows hitting with left elbow. During this exercise you should pay attention to the stretching between inside of two legs stretching, the resistance feeling when body is twisting, the stretching between head and forefoot, the stretching between back hipbone and front knee, but also inside of two hands and two arms. When you practice right/back arm hitting with elbow, do not forget also the stretching between head and rear leg etc...When you practice, use moderately your power, moving slowly first, then once you start to feel each of part of your whole body an increasing stretching force, then you can increase progressively the power. When you become proficient with left posture than you can practice also right posture.



Figure 38.5.1



Figure 38.5.2



Figure 38.5.3



Figure 38.5.4



Figure 38.5.5



Figure 38.5.6



Figure 38.5.7



Figure 38.5.8



Figure 38.5.9



Figure 38.5.10



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38.6

ZOU BU ZUO DAN ZHOU JI FA LI LEFT SINGLE ELBOW HITTING WITH STEP

Stand in T-eight step, left foot and left hand in the front, two legs stand weight is 30% and 70% on your front leg and rear leg, inside of arm are in expanding-embracing posture exactly like in the commencing posture “Fixed step left arm hitting with elbow”. The body is forming 45°. When you have adjusted your posture, we can start the exercise.

First, right/rear foot is pressing downwards, erect and stretching forward, right/rear leg screwing backwards and outward, as a result your whole body is bumping forward. When right/rear foot is pressing downwards, erecting and stretching forward, right/rear leg is screwing backwards and outward, as a result whole body sport is bumping forward, at the same time left/front leg and sole simultaneously is stepping forward for about 40 cm. Then front sole is suddenly pressing ground, with the intention to dig a hole in the ground. When front sole is pressing ground, left/front leg is pointing forward, erect, the leg screwing inward, the heel of front foot is slightly leaving ground. Insides of front leg and rear leg have like a spring suddenly stretching. When left/front bone of elbow is hitting the imaginary target, your intention is to break into pieces and penetrate the target. Right/rear fist and right/rear arm are simultaneously following body backwards and outward twisting. Suddenly clench your fists, your intention is to break suddenly breaking springs inside two arms. When left/front bone of elbow is hitting the imaginary target, the spring between head and left/front sole is suddenly stretching upwards-downward, the spring between right/back hipbone and left/front knee is suddenly stretching forward-backwards. During this time the body twists to 90°, when left forefoot is pressing ground and issuing force, whole body weight is on the front sole. Then your right/rear foot and rear/rear leg is stepping in the direction of your forefoot direction and when your back foot is finally touching ground you are again in T-eight step. Now the weight has returned to 70% and 30% on your rear leg and front leg position. The arms posture has returned to not straight - straight punch posture. The body is forming again an angle of 45°. From now on you can repeat carry on practicing “Left arm hitting with elbow with step”.

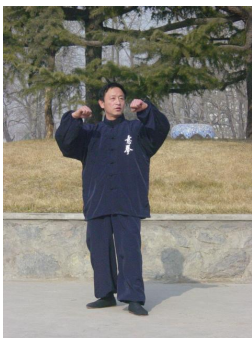


Figure 38.6.1



Figure 38.6.2

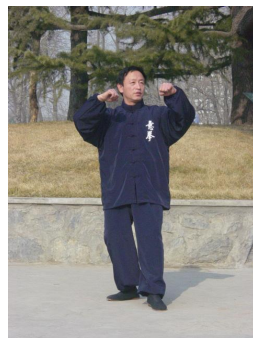


Figure 38.6.3



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Figure 38.6.4



Figure 38.6.5



Figure 38.6.6

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MODULE 39

39.1

DAN TUI YI TUO ZHUANG (LIU MIAN LI TONG SHI MO JIN) ONE LEG SUPPORTED POST (SEEKING FORCE IN SIX DIRECTIONS SIMULTANEOUSLY)



Figure 39.1.1



Figure 39.1.2

Leg, palm, and arms posture are the same than in Module 31 “One leg support post”. After you have adjusted your posture then you can start the exercise. Although stand posture is “One leg post”, the other is put on the board, but now, in opposition with when we trained in each of combat post basic, you should go beyond the standing posture itself. The most important is how we are using our mind, our inducing imagination. Standing in one leg post, whole body like merged with everything on

the earth, use your mind activity to adjust your body’s balance, your nerve system and muscles during relaxation-contraction cycles, as in any posture, seeking permanently combat universal force. Any different direction seeking force should come with full mind activity. Your body should still have this contradictory resistance feeling with your environment. The intention should be “enlarged” in seeking force in six directions simultaneously; you should respect the same principle than in universal combat post seeking force in six directions simultaneously. However there is a very imperceptible difference that you can only apprehend with further practice in universal combat post seeking force and do comparison again with one leg post seeking force.

39.2

ZOU BU YOU BI ZHOU JI FA LI RIGHT ARM HITTING WITH ELBOW WITH STEP

Your first step is identical to the step in “Left arm hitting with elbow with step”, the distribution of weight is 70% and 30% on your rear leg and front leg.

Now let’s begin to introduce “Right arm hitting with elbow practice”. First, right/rear foot is pressing downwards, stretching forward, erect, the leg wrapping inward, as a result your body is bumping leftward and forward, left/front leg at same time is stepping forward and outward make for about 40 cm. When left arm is issuing force, hitting with elbow, left/front leg is stepping beeline forward. When right arm is hitting with elbow, left/front leg, at the same time, is moving 30 cm leftward and outward horizontally. Then left/front sole is pressing ground, intention is to pierce a hole in the ground. When left/front sole is pressing ground and issuing force, it should be erect, the knee slightly bent, left leg screwing outward slightly backwards, but left sole is not participating at 100% for whole body twisting, the heel of left foot should slightly leave ground. When bone of right elbow is issuing force, it is like hitting an imaginary target, with the intention



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to penetrate and pierce it. The body angle twists from the commencing angle of 45 ° up to 180°. When right elbow is issuing force, two fists are clenching, inside of two arms have a feeling like suddenly spring between them. Insides of two legs have like a spring suddenly stretching and closing inwards. Imagine that between head and right/rear foot you have a string suddenly. When right elbow is issuing force the weight is 70% and 30% on your front leg and rear leg. Then right/rear foot and right/rear leg should step forward, then sole is pressing ground, you assume now another T-eight step.



Figure 39.2.1



Figure 39.2.2



Figure 39.2.3



Figure 39.2.4



Figure 39.2.5



Figure 39.2.6

39.3

ZOU SAN BU SAN ZHOU JI FA LI

THREE HITTING WITH ELBOW IN THREE STEPS

In “Right arm hitting with elbow with basic steps, the distribution of weight is 70% and 30% on your front leg and rear leg, the body is forming an angle of 180 °, now let’s start “Left arm hitting with elbow with third step”. First, left/front sole is pressing downwards, stretching backwards and erect, the leg screwing inward, as a result your body is twisting rightward, backwards and outwards, between head and front sole, you have like a spring stretching slightly upwards-downward. Between right/back hipbone and left/front knee you have like a spring slightly stretching. Right/rear leg is following simultaneously by twisting body rightward and backwards, then leg bent sitting backwards. The distribution of weight is now 70% and 30% on your rear leg and front leg, then right/rear foot is suddenly pressing downwards, stretching forward and erect, the leg is screwing backwards and outward, inside of front leg and rear leg like have spring slightly stretching. The body from the previous angle of 180° is now turning rightward,



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backwards and outward forming back now 45 ° angles. You should still keep the feeling of springs stretching, between inside of two fists and between two arms. As your right/rear foot is pressing downwards, stretching forward, erecting, the leg is screwing backwards and outward, as a result body is suddenly bumping forward, left/front leg is at the same time slightly hooking, screwing, bumping forward, left/front sole again returns to the first step of “Left arm hitting with elbow with step” straight ahead position. When left arm is hitting with elbow, between two fists and two arms, all springs are suddenly stretching, between head and left/front sole like you have like spring stretching upwards-downward, between right/back hipbone and left/front knee you have like a spring stretching forward-backwards, the same feeling between than “Left arm hitting with elbow with step”. When left sole is pressing ground, the bone of left elbow is suddenly bumping, as to break into pieces and to penetrate an imaginary target. With that right/rear foot is immediately following and touching ground, to assume after left T-eight step position. When issuing force, the body is turning 90 °, and then stops this issuing force. Now the weight returns to 70% and 30% on your rear leg and front leg position. Two fists and two arms again return to the commencing posture of “Fixed left arm hitting with elbow”. The body is forming now 45°. When you are practicing, first step is left posture left arm hitting with elbow with first step straightforward, in the second step the left forefoot in leftward, outward and inclined forward position, then in third step: left forefoot from the second step is moving leftward, outward inclined forward position slightly hooking inward, screwing and bumping forward. Left/front sole should step in the same line then in first step. Concerning the two elbows movements; when left foot is making first step, left arm is hitting with front elbow; then when right foot is making the second step, right arm is hitting with elbow; and finally when you are making the third step again left arm is hitting with elbow. Strike each set of three elbows in three steps without any interruption. When you finished one chaining set, continue “Hitting with three elbows with three steps” with another issuing force set. When you start mastering left side you can than right foot in the front, with right arm in the front this “Hitting with three elbows with three steps” exercise. During this right posture all mind requests for your stepping and two fists, two arms and whole body should be identical to mind requests of left side.



Figure 39.3.1



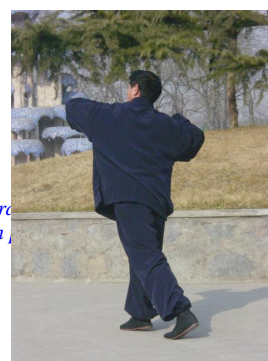
Figure 39.3.2



Figure 39.3.3



Figure 39.3.4





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Figure 39.3.9

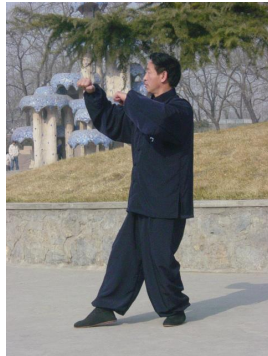


Figure 39.3.10

39.4

HENG ZOU SHU ZHUANG LIAN XI GOING TO SIDE STRIKING STRAIGHT PRACTICE

Assume left T-eight step, the arms uplifted like holding a ball. Two fists slightly clenched, as in commencing posture of previous “not straight-straight punching”. Two partners’ left forefoot and left/front fist are pointing straight in the direction of his opponent’s nose and middle line of the chest. Distance between two partners is as if left/front fist once extended straightforward each one could touch his opponent’s head. During an instant when your opponent is not moving, you should use this opportunity to step first and adjust yourself to his position. If you are chasing him forward, then you can step first with right foot making half step rightward, the weight is on your right foot, left forefoot uplifted slightly leaving ground. Moving rapidly to the right with half step, you use this step to displace your whole body, dodging your opponent’s left/front punch attack, your right anklebone like sliding rapidly in direction of your opponent’s left anklebone. When left foot is moving rapidly and you are issuing force to your opponent, at that moment right/rear leg is pressing downwards, stretching forward and erect, the leg slightly screwing outward, as a result your body and forefoot shorten distance with opponent. So you can issue a left/front fist, striking your opponent’s face, with the intention to penetrate and to break into pieces. Then right/rear foot with an half step, leads you to assume T-eight step left/front fist issuing force posture, all stretching requests are the same as explained in “One step not straight - straight punch left punching”, then stop this issuing force with step. The weight returns to 70% and 30% on your rear leg and front leg position, two arms holding a ball, two fists slightly clenched as in the commencing posture.



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Figure 39.4.1



Figure 39.4.2



Figure 39.4.3



Figure 39.4.4



Figure 39.4.5



Figure 39.4.6



Figure 39.4.7



Figure 39.4.8



Figure 39.4.9



Figure 39.4.10



Figure 39.4.11



Figure 39.4.12

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MODULE 40

40.1

PING BAO ZHUANG (LIU MIAN LI TONG SHI MO JIN)

EVEN EMBRACING COMBAT POST

(SEEKING FORCE IN SIX DIRECTIONS SIMULTANEOUSLY)



Figure 40.1.1



Figure 40.1.2

Your step, fist, palm and arm posture are the same as in the commencing posture of Module 27 (Even embracing combat post seeking force forwards backwards). In “Even embracing combat post (seeking force in six directions simultaneously), you should apply the same principle than in Universal combat post (seeking force in six directions simultaneously). Mind activity should be “enlarged”, whole body continue to keep permanently the feeling to be merged with everything on the earth. Merged with everything on earth, you should also pay attention to the feeling of stretching between your body and everything on earth and each stretching force is like keeping changing intensity. Within a perimeter included in 3 to 7 feet distance, you have like a viper or a predator which can attack you at any time. During this time we are should fully control your spirit and mind, in your whole body, each of nerve and muscle are excited in high frequency, as to be ready for a counterattack at any moment from any offensive that your enemy may launch against you. During this time you mind and your body should be in full alert against your environment, your body, in different direction, should be in high excitation, like containing an issuing power which should never be numb or loosen. If your opponent launches an offensive against you, then your whole body should automatically answer under the slightest touch from him. If opponent does not attack you, we should calm your mind, relax and draw back your power. Beside this, you can while practicing seeking force, attack actively your opponent, at this precise moment your mind should not be dissociated with body, all your body is highly stimulated, in your mind you should think about everything, but in the same time not really thinking about it. To sum up, you have a slight consciousness of everywhere, but with a kind of blurry feeling. If your opponent does not touch your body, nothing happens, but if opponent touches your body, at the local area he is touching you: at that precise area you should “burst” by issuing force. Concerning this strange feeling, my father late Master Yao Zongxun used to say: “When practicing Yiquan in the highest level is like boxing but not really boxing, thinking but not really thinking, this status of not really boxing and not really thinking should be the true meaning of our approach”. Everyone should practice Yiquan following this highest principle. From pole standing to combat practice, all



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exercises cannot be parted from this principle.

40.2

YI QUAN DA SHOU BA DE LIAN XI YIQUAN ISSUING FORCE BY PAD PUNCHING

In Yiquan combat training course, there are several important steps to master progressively: such as standing posts, steps, body techniques, issuing force, punching etc... Each step emphasizing has its precise training aspect within the general Yiquan training program. Now as you reach the sparring training program: what is most important is that real combat requires speed, agility, flexibility skills and when you step it should be decisive and like penetrating impetuously your opponent with full strength striking. Yiquan punching pads training is a further step to prepare for real combat, assuming that that you have practiced diligently the basic skills, if you want to fully benefit from its training. When practicing “Fixed step not straight - straight punching pads” exercise, requests are the same than in “fixed step not straight - straight punch basic”, you have now a definite object in view and you have to strike it. So punching posture and T-eight step are the same than in “not straight - straight punching” posture. You should keep your whole body fully balanced, symmetrical while posture and body should respect the same structure as in basic exercises. When you are punching pads, each of part your whole body should harmoniously contribute while issuing force and use precisely your fist knuckles to hit pads, you should have like “vibrant” feeling. When you are punching imagine that the pad is your opponent. This pad can, at any moment, attack you and put your life in danger. You must be at your best to attack your opponent, while protecting yourself. You should hit pad with celerity and accuracy, and being animated with the intention to penetrate it.

40.3

DING BU BU ZHI DE ZHI QUAN JI DA SHOU BA DE FA LI FIXED STEP PAD PUNCHING WITH NOT STRAIGHT STRAIGHT PUNCH

Stand in left T-eight step, left foot and left hand in the front, two arms are in expanding embracing posture, standing, step and hands postures are the same than in the commencing posture of “T-eight step not straight-straight punch”. Your partner is also standing in front of you in left T-eight step. Both partners’ left/front toes are facing straight ahead to his opponent’s nose or chest middle line position. On one side: left hand uplifting the pads at the level of the opponent’s face, on the other side: left fist should be separated from the pad, for a standard distance sufficient to reach the punching pad. After having adjusted both of steps and hands posture, pads distance and height you can start practicing left T-eight step left pad punching. The principle in issuing force should be the same than in “Left posture fixed step not straight-straight punching”. Mind requests in each of part of the whole body should be the same, when you feel proficient in left not straight-straight punching pads, than you can practice right hand pad punching. Your mind request should be identical to “Left not straight rightward-backwards straight punching”. After being proficient in practicing left posture and right posture separately, then you can combine left-right pad punching, and later even a combination three pad punching. Remember to keep the same mind request in the left fixed step third punch mind. In the beginning you should punch pads, lightly using moderately your power, your punching speed should be slow. Check yourself at any time if



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your punching movement is correct or not, by checking in each part of your body, the (stretching) force symmetry, and balance. After being proficient with this movement, you can increase progressively your power while punching the pad. The trainee who is raising pad should insure to be in a proper distance and height from the trainee who is punching. During this exercise, the pad should hold a fixed position.



Figure 40.2.1



Figure 40.2.2



Figure 40.2.3



Figure 40.2.4



Figure 40.2.5



Figure 40.2.6

40.4

ZOU BU BU ZHI DE ZHI QUAN DA SHOU BA FA LI

PAD PUNCHING WITH NOT STRAIGHT - STRAIGHT PUNCH WITH STEP

Standing steps, arms, fists posture, pads height, both of distance between partners should be the same than in commencing posture in “Fixed step not straight-straight pad punching”. When both partners have adjusted their respective position, then you can start to practice “Not straight left straight pad punching with step”.

A's right/rear foot is pressing downwards and stretching forward, at the same time body is moving forward and left forefoot is stepping forward for about one and half sole length, then left/front sole is suddenly pressing ground, like penetrating the ground. Left/front knee is as in commencing posture slightly bent, the knee has the intention to point forward, but should neither bend forward nor sway. The heel of left forefoot is slightly leaving ground, when left/front sole is suddenly pressing ground (and issuing force), the wrist is slightly hooking, at this time the body is twisting from 45° to 90° angles. As the body is suddenly twisting, this bring along right/back fist suddenly backwards, slightly outward with elbow suddenly pulling back downward, imagine that the spring between front and back arm is suddenly breaking. When left/front sole is pressing ground (and issuing force) the full weight should be on the left/front sole. Contract and relax. Then right/rear foot is stepping forward for a distance of one sole and a half, then when right foot touching ground, you should assume T-eight step 70% and 30% on your rear leg and front leg's step. B who is holding the pad should anticipate the forward stepping of B: his left/front sole should step back one and half sole distance, right/rear foot is at the same time stepping backwards for a distance of



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one sole and a half, then when touching the ground, it should assume T-eight step post. The height and distance of pads should not change. Respecting these instructions you can continue to practice left pad punching with step practice.

Punching pad practice should be in complete accordance to the principle of “Not straight-straight punching with step”. Let’s take the example of left foot and left hand in the front. At first left fist is pad punching with left foot stepping. Then left forefoot is stepping outward and forward, simultaneously right/rear foot is pressing downwards, stretching forward, as a result your right/back fist is suddenly extending forward, issuing force, you have the feeling that springs between inside of two arms and two fists are suddenly breaking. When right fist is issuing force, left fist is suddenly pulled back, to protect your mouth and your nose. The pad targeted by right/back fist is the same than left fist’s one. When left foot is pressing ground, at the precise moment that right fist is punching, right/rear foot should step forward, with a same distance than forefoot did previously, at this time two feet are in T-eight step standing position. The body is forming an angle of 180°. The weight is now 30% and 70% on your front leg and rear leg, feeling of stretching requests are exactly the same than in “Not straight-straight punch with step second punch”.

Next: the third punching of “Not straight-straight punching to pad in three steps”. The distance and height of B’s pad should not change, when A is punching pad, his steps and fists stretching requests should be the same as “Not straight-straight punching third punch with three steps”, stepping is also the same. When A is issuing the third punch of left punching, B at same time should step back one and half soles length distance, after issuing force both partners should stand as in the commencing form of “fixed step not straight-straight punch”.

From now on you can continue to practice “Three punches not straight-straight punching pads with three steps”.

A One Punch



Figure 40.3.1



Figure 40.3.2



Figure 40.3.3



Figure 40.3.4



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B Two punches



Figure 40.3.5



Figure 40.3.6



Figure 40.3.7



Figure 40.3.8



Figure 40.3.9



Figure 40.3.10

C Three punches



Figure 40.3.11



Figure 40.3.12



Figure 40.3.13



Figure 40.3.14



Figure 40.3.15

40.5

DING BU ZUAN QUAN DA SHOU BA FA LI FIXED STEP DRILLING UPWARDS PAD PUNCHING

Stand in T-eight step posture. Left foot and left fist in the front, two fists are as in the commencing form of “Not straight-straight punch”. The weight is 70% and 30% on your right leg and left leg.



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Stretching connotation requests should be the same than in the commencing form of “Fixed step not straight -straight punch drilling upwards punch”.

Let’s start with A in fixed step drilling upwards punching and B wearing the pads. B is assuming the same left T-eight step, left foot and left hand in the front, the pads facing downward, the pad should be at the level of A’s mouth. Distance between both partners should be sufficient for a left drill punching to touch his targeting pad as a standard. Once both partners have adjusted their steps, fist posture and pad’s height, A can start to initiate “fixed step drill pad punching”.

The principle in “Left punching to pad” is the same than in “Fixed step left hand drill punching”. Left punch stretching connotation, punching posture and mind activity of penetrating pads are the same than in “Fixed step drill upwards punching”. When, after practicing regularly, you become proficient in fixed step drill upwards pad punching, you can carry on with fixed step right/back drill upwards pad punching. The request in “Right/back drill upwards punching pads” should be the same than in “Fixed step right/back drill upwards punching”. Each part of the whole body has the same feeling of stretching, the body is twisting 180 °, two arms and two fists protecting, with the same mind activity of penetrating the target, all are the same than in “Fixed step right/back drill upwards punching”. When you become proficient with right hand drilling upwards punching to pad, you can continue with fixed step third punch of left hand drilling upwards pad punching. The requests of “Left hand drilling upwards punching pads” including mind activity, body twisting, and weight conversion are the same than in “Fixed step drill upwards punching”.

A One punch



Figure 40.4.1



Figure 40.4.2



Figure 40.4.3



Figure 40.4.4



Figure 40.4.5



Figure 40.4.6



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PART 4 - MODULE 40

B Two punches



Figure 40.4.7



Figure 40.4.8



Figure 40.4.9



Figure 40.4.10



Figure 40.4.11



Figure 40.4.12

C Three punches



Figure 40.4.13



Figure 40.4.14



Figure 40.4.15



Figure 40.4.16



Figure 40.4.17



Figure 40.4.18



Figure 40.4.19



Figure 40.4.20



Figure 40.4.21



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Figure 40.4.22

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PART 4 - MODULE 41

MODULE 41

41.1

ZOU BU ZUAN QUAN DA SHOU BA FA LI DRILL UPWARDS PAD PUNCHING WITH STEP

Both partner are assuming left T-eight step, left foot and left hand in the front, in the commencing posture hand posture, position and height of pads are exactly the same as in commencing posture of “Fixed step drill upwards pad punching”. When you have adjusted step and posture, you can start practicing “Left hand drill upwards pad punching”.

Let’s say A is the one who will issue force. A’s left hand will drill upwards punching pad with step, then every movement should in accordance with “left hand drill upwards punching with step”. When A uses his left hand to drill upwards punch to pad with step, his intention is to pierce and penetrate the pad. B is, at the same time accordingly, stepping back with forefoot, right/rear leg is also stepping back one and half sole length, then when back sole is pressing ground, forefoot should step back one and half sole distance, then front sole is touching ground, the heel slightly “empty”: now you are assuming left T-eight step as in the commencing posture.

From now on, you can repeat this “Left hand drill upwards punching to pad with step”. When you become proficient, you can practice “Right hand drill upwards punching to pad with step”. Now for “Right/rear hand drill upwards punching to pad with step”, every movement should in accordance with “Right/back hand drill upwards punching with step”. When right/back hand drill upwards is punching pad, your intention is to penetrate the pad. Left forefoot is sliding forward, the body twisting 180° like in “back hand drill upwards punching with left step”. B is stepping back as described before. The position and height of the pad should not change, practicing right/back hand drill upwards punching to pad with step can be combining with left/front hand drill upwards punching to pad with step. One step with left/front drill upwards punching, then chain with “Right/back hand drill upwards punching to pad with step”. After being proficient in “Front/back hands drill upwards punching to pad with step” you can practice three drills upwards punching to pad with three steps. In three drills upwards punching to pad with three steps, every movement should in accordance to allow “three drills upwards punching with three steps”. When left/front drill upwards is punching to pad, your intention is to penetrate the pad. B’s forefoot is suddenly pressing downwards and stretching back, right/rear leg and rear foot stepping back for one and half sole length, then sole is pressing ground, left forefoot also immediately following this retreat to assume again left T-eight step position. Two hands posture and pad’s position all should return to the commencing posture of “Fixed step drill upwards punching to pad”. From now on you can continue to practice series of “Three upwards punching with three steps”.



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PART 4 - MODULE 41

A On punch



Figure 41.1.1



Figure 41.1.2



Figure 41.1.3



Figure 41.1.4



Figure 41.1.5



Figure 41.1.6

B Two punches



Figure 41.1.7



Figure 41.1.8



Figure 41.1.9



Figure 41.1.10



Figure 41.1.11



Figure 41.1.12



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PART 4 - MODULE 41

C Three punches



Figure 41.1.13



Figure 41.1.14



Figure 41.1.15



Figure 41.1.16



Figure 41.1.17



Figure 41.1.18



Figure 41.1.19



Figure 41.1.20



Figure 41.1.21



Figure 41.1.22

41.2

DING BU ZAI QUAN JI DA SHOU BA FA LI FIXED STEP DOWNWARD PUNCHING TO PAD

Both partners are standing and facing each other. Left foot and left hand in the front, A is punching to pad, B is holding the pad. A is assuming hands posture of the commencing posture of “Not straight-straight punch”. B’s left hand is holding the pad which is facing upwards and positioned



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in the level of his belly. Both partners have their step, hand posture, and height of pad all adjusted you can start practicing “Fixed step left hand downward punching to pad”. Here in “Fixed step left hand downward punching to pad”, every movement should be in accordance with “Fixed step left hand downward punching”. When in fixed step your left hand is punching downward to pad, imagine that you are penetrating and piercing this pad. Then stop this issuing force. The fist returns to the commencing posture of “Fixed step not straight-straight punch”. B is holding the pad as in the commencing posture. From now on you can continue to practice fixed step left downward punching to pad. After being proficient in “Fixed step left hand downward punching to pad”, you can start to practice “Right/back hand downward punching to pad”. “Right/back hand downward punching to pad” has the same principle than “Fixed step right/back hand downward punching”, your intention is also to penetrate and pierce this pad. “Fixed step right/back hand downward punching to pad” can be combined with “Downward punching to pad with left hand”. First: left hand is punching downward then right/back hand downward punching, all issuing force to pad. After being proficient, you can practice “Fixed step three downwards punching to pad”. The third downward punching to pad should be in accordance to “Fixed step third downward punching”. Your intention is to penetrate and pierce the pad, then stop and relax. The fist should return to the commencing posture of “Fixed step not straight-straight punch”, after this you can continue to practice series of three downwards punching to pad.

A One punch



Figure 41.2.1



Figure 41.2.2



Figure 41.2.3



Figure 41.2.4



Figure 41.2.5



Figure 41.2.6



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B Two punches



Figure 41.2.7



Figure 41.2.8



Figure 41.2.9



Figure 41.2.10



Figure 41.2.11



Figure 41.2.12

C Three punches



Figure 41.2.13



Figure 41.2.14



Figure 41.2.15



Figure 41.2.16



Figure 41.2.17

41.3

ZOU BU ZAI QUAN JI DA SHOU BA FA LI DOWNWARD PUNCHING TO PAD WITH STEP



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Both partners are standing in left T-eight step, left foot and left fist in the front, hands and arms posture are identical to the commencing posture of “Fixed step not straight-straight punch”. A is punching to pad, B is holding to pad. B’s left hand is holding the pad, the center of pad is facing upwards, positioned at the level of A’s belly. When both partners have adjusted their steps and fists, as well as the distance and the height of the pad, they can start “Left hand downward punching to pad with step” exercise. Left hand downward punching to pad with step has the same principle and main points should be in perfect accord with “Left hand downward punching pad with step”. When left hand is punching downward to the pad, the intention is to pierce and penetrate this pad. When you become proficient in “Left hand is punching downward to pad with left step”, you can start to practice “Right/back hand downward pad punching with left step”. Right/rear leg pointing forward, is pressing downwards and stretching forward, as a result your body is bumping forward, your left forefoot is making a “sliding” step outward and forward. When your right/back is punching to the pad, your intention is to penetrate this pad. The body twists 180°. Principles and major points are identical to “Right/back hand downward punching with step”. When A is making step and punching to the pad, B should also step back in accordance to A’s step, B’s left/front sole is pressing downwards and stretching backwards, right/rear leg is stepping backwards, keeping T-eight step and assuring the same height of the pad. “Right/back hand downward punching to pad with step” can be combined with “Left hand downward punching to pad with left step”. Once being proficient in front/back hands punching downwards, you can start three downwards punching to pad with three steps. “Three downwards punched to pad with three steps” respect the same principles than “Three downwards punching with three steps”. In the third punching to pad, your intention is to penetrate the pad. When A is issuing a downward punching with step, B should at the same time step back accordingly to A’s forward stepping. Then B adjusts his new fixed posture, assuming a T-eight step. Now on both partners can continue the training of “three downward punching to pad with three steps”.

A One punch



Figure 41.3.1



Figure 41.3.2



Figure 41.3.3



Figure 41.3.4



Figure 41.3.5



Figure 41.3.6



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PART 4 - MODULE 41

B Two punches



Figure 41.3.7



Figure 41.3.8



Figure 41.3.9



Figure 41.3.10



Figure 41.3.11



Figure 41.3.12

C Three punches



Figure 41.3.13



Figure 41.3.14



Figure 41.3.15



Figure 41.3.16



Figure 41.3.17

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In Yiquan “Expanding-embracing sitting post” are “lifting embracing sitting post” are basic exercises to improve health. Especially “Expanding-embracing posture” which can be introduced to the widest public, as it constitutes a very useful exercise to enhance rapidly your skills and provides also to every student the possibility to arrange his training according to his own situation, he can also be trained with different posts and then get faster results.

MODULE 42

42.1

DING BU HENG QUAN JI DA SHOU BA FA LI FIXED STEP HORIZONTAL PUNCHING TO PAD

Both partners are standing in right T-eight step, right foot and right hand in the front, fist posture should be identical to the commencing form of “Not straight-straight punch”. A is issuing a horizontal punch to the pad, B is holding the pad. Distance between both partners, height of the pad should be set up accordingly to hitting pad with “Not straight-straight punch”. When A and B have adjusted their fists, steps, and pad position, they can start to practice “Fixed step right hand horizontal punching to pad”. “Fixed step right hand horizontal punched to pad” has the same principle and major common points identical to “Fixed step right hand horizontal punching”. Right/back hand closing inward, principally protecting your face. When you become proficient in “Fixed step right hand horizontal punching to pad” you can practice “Fixed step left hand horizontal punching to pad”. B lifts up left hand at A’s face height, the center of palm facing rightward, five fingers pointing forward, holding the (left) pad position as he held it with right hand. When A and B have adjusted their posture, they can start “Fixed step left/back hand horizontal pad punching”. Major points in left punching to pad should be the same than in “Fixed step left/back hand horizontal punching”. A’s intention is to penetrate and pierce the pad. When B is holding the pads, he can hold on each hand one pad. This way when A is issuing a right horizontal punch to pad, B’s right hand will hold the pad to let A punching it, when A is issuing a left/back horizontal punch to pad, B’s left/back hand will hold the pad to let A punching it. There fore the best alternative is to offer both right and left punching to pad to A. So that when A is practicing he can issue left and right continuous punches to pad. A should wait to become proficient in previous pad punching before starting series of three horizontal punching to pad in fixed step. The third horizontal punch to pad should respect the same principle that was presented in “Fixed step three horizontal punching”. Do not forget to imagine like piercing and penetrating the pad when you are punching.



Figure 42.1.1



Figure 42.1.2



Figure 42.1.3



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PART 4 - MODULE 42



Figure 42.1.4



Figure 42.1.5



Figure 42.1.6

42.2

ZOU BU HENG QUAN JI DA SHOU BA FA LI HORIZONTAL PUNCHING TO PAD WITH STEP

Both partners are standing in right T-eight step, right foot and right hand in the front, the fists posture are identical to the commencing form of “Not straight-straight punch”. B’s five fingers are pointing forward, the center of palm facing leftward, lifting up the pad at A’s mouth and nose height. Once both partners have adjusted their posture and step, they can practice “Right hand horizontal punching to pad with step”. First A is facing forward, when A is punching to pad, B is simultaneously pressing downwards and stretching forward with his right forefoot, his left/rear foot is stepping back accordingly to A’s front stepping, right forefoot returning to assume right T-eight step. When A is issuing a right punch pad, his intention is to pierce and penetrate the pad. Then stop this issuing force, posture should return to commencing posture. You can practice several right hand horizontal punching to pad with step. When you become proficient in this movement then you can start “Left/back hand horizontal punched to pad with step”. “Left/back hand horizontal punching to pad with step” has the same principle and major points than in “Back hand left horizontal punching to pad with step”. When stepping, right/front step should be as we explained in “Left horizontal punching with step” sliding step. When left/back is punching to pad, A keeps his intention to pierce and penetrate the pad. B should step back according to A’s stepping, and returns to right T-eight step. When A becomes proficient in left horizontal punching with step, then he can continue with series of “three horizontals punching to pad with three steps”. This exercise should respect the same principle and the same major points than “Three horizontals punching with three steps”. A’s intention is to pierce and penetrate the pad. When B is stepping back step, he should make sure to keep his pad at the same height. First A and B are stepping slowly, punching speed should be also relatively slow, after being proficient, step and punch speed can be progressively faster, up to the level that when issuing force, this force should be like penetrating your opponent’s back.



Figure 42.2.1



Figure 42.2.2



Figure 42.2.3



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Figure 42.2.4



Figure 42.2.5

42.3

DING BU ZHOU JI SHOU BA FA LI FIXED STEP HITTING PAD WITH ELBOW

Both partners are standing in left T-eight step, left foot and left hand in the front, two hands postures are the same than in the commencing form of “Fixed step not straight-straight punch”. A is punching the pad, B is holding the pad. B’s left foot in the front, the center of palm facing forward, and B is holding the pad at A’s face height. When they have both adjusted their step and posture, they can start “Fixed step hitting pad with left elbow”.

“Fixed step hit pad with left elbow” has the same principle and major points than “Fixed step hitting with left elbow”. When A’s bone of left elbow is hitting the pad, his intention is to pierce and penetrate the pad. Then stop this issuing force. Two arms posture should return to “Not straight-straight punch”. When you are practicing, hitting speed with elbow should not be too fast, you should continue to seek and taste connecting stretching, whole body harmony, symmetry, movement proficiency, for this you need to practice repetitively “Fixed step hitting pad with right elbow”. “Fixed step hit pad with right elbow” has the same principle and main points than “Fixed step hitting with right elbow”. When you are hitting, do not forget to keep the intention to pierce and penetrate the pad, hitting pad with right elbow can be combined with hitting to pad with left elbow at same time practice, first left and right, look for harmony, keep symmetrical. Then when you become proficient, you can practice fixed step hitting to pad with three elbows all chained together. Fixed step third hitting to pad with elbow, should be the same than in fixed step hitting with three elbows, intention like penetrating the pad, the body turning rightward and backwards 90°, identical to “Fixed step hitting with three elbows”. Then stop this issuing force. The distribution of weight returns to 60% and 40% on your rear leg and front leg position. Two arms and two fists return to commencing posture of “Not straight-straight punch”. The body is forming now 45°.

When you are practicing series of “Fixed step hitting to pad with three elbows”, pay attention in chaining your three elbows hitting to pad, you should train to achieved full proficiency in this movement, while keep your force symmetrical, your whole body balanced but delivering a huge blasting force.



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Figure 42.3.1



Figure 42.3.2



Figure 42.3.3



Figure 42.3.4



Figure 42.3.5



Figure 42.3.6

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PART 4 - MODULE 43

MODULE 43

43.1

ZOU BU ZHOU JI SHOU BA FA LI HITTING PAD WITH ELBOW WITH STEP

A and B are both assuming their steps, B is holding his pad at a height as we have described in the commencing form of “Fixed step hitting pad with elbow”. When A is hitting forward to the pad with left elbow and with step, A should make the first step as in “Not straight-straight punch with step”. B who is holding the pad while A is hitting it with elbow while stepping, should step back accordingly. When A is hitting to pad with elbow, his intention is to pierce and penetrate this pad. Then stop this issuing force. A and B return to the commencing posture. Then A steps again to hit the pad with right elbow, while using the sliding forward step of “Not straight-straight punch right/back punching to pad with step”. B who is holding the pad should also retreat one step according to A’s stepping. When A is hitting with right elbow, his intention is also to pierce and penetrate the pad. Then you can continue with hitting to pad with elbow with a third step. This third elbow striking should fully similar to “Hitting to pad with left elbow” as the principle and request are the same. Remember that B, who is holding the pad, should step back as in “Not straight-straight punch with step with three punching to pad with three steps”. When you start to train “hitting to pad with elbow”, you should step slowly, when you are hitting the pad with elbow it should be quite light, watch your step, improve your technique, your punches should be balanced and homogeneous. Wait until reaching proficiency of this exercise, and then you can accelerate progressively your stepping, but also increase progressively the power when hitting the pad with elbow. Again when you are hitting the pad with elbow, your intention should be to penetrate your opponent’s back.



Figure 43.1.1



Figure 43.1.2



Figure 43.1.3



Figure 43.1.4



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43.2

BIAN BU SI ZHONG QUAN DE ZONG HE FA LI CHANGING STEP MIXED FOUR PUNCHING

After practicing diligently not straight-straight punch, drilling upwards punch, downward punch, horizontal punch, and T-eight step circling step, big step, going to side striking straight, changing step...your next step should be to use any of these punches, steps, changing directions, by combining them randomly, chaining them freely. For example, start by assuming T-eight step, left foot and left fist in the front, stand in left T-eight step as the commencing posture of punching exercise. Then step forward, left/front is punching forward, delivering a not straight-straight punch. You can also chain three continuous punching. Then right/rear foot is stepping forward so you can assume right T-eight step posture, use drilling upwards punch with right hand, chain it with left and right punching again, two punches or three punches all combinations are possible...

You can also deliver a drill upwards punching with left hand, then right forefoot stepping forward slightly hooking inward, left/rear foot uplifting, forefoot is suddenly rotating clockwise. Then front of left sole is pressing the ground, the heel slightly empty, you have performed left T-eight step circling step. You can use a left hand downward punching; practice only one punching, two punching, or even three punching. After downward punching with left hand, your right/rear foot is suddenly pressing downwards, stretching forward, left forefoot is suddenly making a big step over passing the average distance of two "mud" steps, and this was big step training. When left/front sole is pressing ground, you can issue left horizontal punch single punching, two continuous punching or even three punching. Then right/rear foot is rapidly following your left foot, and when touching ground you assume left T-eight step, you have reached the ending posture of "Fixed step not straight-straight punch". And after this you can chain with going to side striking straight downward punch. Left forefoot horizontal is making a step, right/rear foot with that is following with one step, the fist is preparing a "Not straight-straight punch" At this time front and back step are on a same line. First left foot is pressing downwards, stretching forward, right/back sole is slightly uplifting 1-2 cm above the ground, and making a sliding forward step. When right/front sole is pressing ground and issuing force, right/front fist is suddenly delivering a single punch downward punching, or continuous two punching or even three continuous punching. With that left/rear foot is following touch ground, after issuing force back fist still returned right foot and right fist in the front not straight-straight right fixed step posture. And after again changing step punching, right/front sole screwing inward, the weight of body moving on right foot. Left/back heel is slightly leaving ground, the base of the sole origin is screwing inward, assuming left T-eight step. If in the beginning you were practicing "drill upwards punch with left single punching", you can also make one step drill upwards punching.

In brief, whatever you have learnt as punches or steps, all can be combined randomly, no matter you are stepping forward or back stepping, changing step to left or right, circling striking, going to



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side striking or straight striking, all should be combined homogeneously and accordingly to boxing principles. When you are practicing you should imagine that your opponent can appear at any moment, from very far or very near, you should be always ready at any moment to strike your imaginary opponent. In training, you should constantly keep moving, combining randomly every punch, step or issuing force you have learnt, the more proficient you are the better are your fighting abilities. But when you are combining, all the movements should keep their original form, be careful for any distortion, your punch should reach at the same moment than your step is reaching, your whole body in balance and ready to explode under the slightest solicitation.



Figure 43.2.1



Figure 43.2.2



Figure 43.2.3



Figure 43.2.4



Figure 43.2.5



Figure 43.2.6



Figure 43.2.7



Figure 43.2.8



Figure 43.2.9



Figure 43.2.10



Figure 43.2.11



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43.3

SHI SHENG LIAN XI TESTING VOICE PRACTICE

Testing voice practice (1): generally the people practicing standing pole, testing force, issuing force, are often deserting or even ignoring the internal body's training: which should include five internal organs and six hollow organs all should be trained. For this issue, testing voice in Yiquan is the way to train both internal and external in a professional training course, and one of its precise aim is to assist testing force and issuing force exercises, especially in some parts of the body where you want your increase your mind control.

Yiquan testing voice practice requests the perfect synchronism between voice and force: in fact we can say that while issuing force: at the same time when mind reaches, force reaches, and voice is also reaching, although voicing, by itself, cannot demolish your opponent, but it can frighten him. Testing voice practice can be practiced first with sound emission, and then later this can change into no sound emission testing voice. There are three phases to practice it: 1.) sound emission 'yi' and 'yao'; 2.) sound emission 'yi' and 'yao', with a short period of time between both sounds; 3.) no sound emission testing voice.

Testing voice practice (1):

When you practice testing voice, you can stand in T-eight step (Universal combat post step); two hands assuming universal combat posture, but you can also avoid lifting your hands. When you have adjusted your posture, imagine that you are a giant, with an indomitable spirit, neck, back, waist, buttocks, thigh, calf, back of belly leaning against a big tree. When you are issuing voice, first hold your breath, then your inner breath is suddenly descending, pushed towards your throat, exhale horizontally your breath by suddenly compressing your chest, let your belly suddenly contract, like letting the compressed breath to suddenly penetrate your belly and rush down to the ground or like one huge stone dropping and penetrating down to the bottom of a well. The belly should contract instantly then relax. When your belly is suddenly contracting, you should emit a sound like "Yao" (sounding with a very short 'a'), your voice is quite hoarse, dull and vigorous. It can last about 2 seconds. At the same time the head is slightly bumping forward, like willing to bump any flying object. Simultaneously rear foot, rear leg are suddenly slightly pressing downwards and stretching forward, front sole is suddenly pressing downwards, and you should have this feeling of suddenly pressing the ground. Then stop and relax. After this movement, you can rest a few seconds then continue with "Yi" sound exercise.

When you are producing a "Yi" sound, your breathing has already returned up to normal condition. Standing posture and steps have not changed. When issuing "Yi" ('eeh') sound, first hold your breath, belly and waist are suddenly contracting, hold your internal breathe in your belly before expelling it forward horizontally, passing from your chest and pressing your throat, when emitting your sound this should be also hoarse, dull and vigorous. When practicing "Yi" issuing voice, belly, chest, and inside of throat should be like penetrated of gas (air). It can last after around 2 seconds. At this time your body, head, back, shoulder, waist, buttocks, and thigh; behind of calf... all these parts of the body are slightly bumping backwards, upwards as if it can bump and project in the air anything behind your body.

When you are issuing "Yi" sound, rear leg is simultaneously suddenly sitting downward slightly



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leaning behind, buttocks, crotch, inside of two legs have like the intention to smash suddenly a stump onto the ground. Five toes of your front sole are also simultaneously suddenly slightly grasping ground downward, contract and relax, then breathe again and return again to your original breathing.

Testing voice practice (2): In practicing Yiquan testing voice first phase “Yi” and “yao” you should also experience long voice practice, after practicing it diligently, you can continue through the second phase testing voice practice. Second phase testing voice basic aim is to help Yiquan practitioners during combat in issuing force, to get their “inner” body i.e. five internal organs, chest, and belly all at the same time all merged with your “external” body. As a result it will intensify their issuing force and improve striking result; and in the other hand “Yi” and “Yao” will induce you opponent to be defenseless, shaken and shocked, he will lose courage.

The second phase testing voice practice standing posture is the same than in the first phase testing voice, the body should be naturally relaxed, imagine that your whole body is merged with gigantic tree, you are a giant looking far beyond your immediate surroundings.

In the first phase, between issuing voice “Yi” and “Yao” you can have around 3-4 sec. period of time, but in the second testing voice practice: the “Yi” issuing voice should be very short, after “Yi”, you should immediately issue “Yao” sound, within around one(1) sec. you should have issued the two sounds “Yi” and “Yao”. Because “Yi” issuing voice is very short, it’s sound almost like “Yao” voice. When you are issuing a “Yi” voice, your chest, belly are contracting suddenly very rapidly, the air is rushing from your belly, your chest and your throat where from you will issue a deep “You” sound. When you are issuing “Yi” sound, back of your head, scruff, back shoulder, back, thigh, back of calf all should simultaneously lean against a gigantic tree behind and merge with it, the head should lift up and slightly leaning backwards. When you are issuing “Yao” voice, front of your body is bumping forward and downward, the head uplifted, front foot is suddenly pressing downwards.

In the nominal exercise of second phase testing voice practice, we have already mentioned that the two words is “Yi You” issuing voice should happen within one sec., but beginner can slightly prolong up to about 2 sec.. The key point is to slightly prolong “You” issuing voice. By respecting this rule and a progressive voice training: voice and force will occur in the exactly the same time.

Testing voice practice (3): Third phase of Yiquan testing voice is the passage from “voice emission” exercises to “No voice emission” exercises. This is Yiquan’s most advanced level of voice issuing by converting internal power into external power. It requests from the practitioner to master post exercises but also testing force, issuing force, stepping, single and double pushing hand, sandbag, sparring etc... all these aspects of training having been successfully assimilated. With “No voice testing voice”, you are, in fact, practicing your five internal organs, six hollow organs, chest and belly with your internal breathe to generate an “inner” universal combat force.

No voice testing exercise has the same standing position than in testing voice second phase. The body should be naturally relaxed, imagine that your whole body is merged with gigantic tree or with heaven and earth, you are a giant looking very far. When you are issuing “Yi”, belly and chest and five internal organs six hollow organs should suddenly contract and uplift, the air is suddenly rushing upwards from your belly and chest, and rushing in your throat and mouth (but



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should not make any sound). After issuing with no voice “Yao” you suddenly issue no voice “Yi” , your inner breathe penetrating inside your five internal organs, six hollow organs, chest and belly pressing them back, making them slightly expanding. Chest and belly muscles should simultaneously contract suddenly downward and outward, during this time the feeling in your whole body’s feeling should be like contracted. Inside your chest, belly and five internal organs six hollow organs, air and muscles are expanding and provoking an “under-pressure” feeling. In no voice “Yi” practice, “Yi” no voice should be very short, no voice “Yao” should be issued very fast, one’s can only see your mouth suddenly open, and during this short time chaining no voice “Yi” rushing air upwards with “Yao” pressing/smashing air downward/backwards.

When you practice no voice testing voice, you can use your palm to check in front your mouth, this request you to try your best to reduce air rushing on your palm. You should also try your best in no voice testing voice to use mind simultaneously with muscle contraction exercises, in order to have your five internal organs, six hollow organs, chest and belly being massaged from bottom to top, from up to down, while exercising your mind. No voice issuing force can reduce physical power consumption, protecting throat and vocal cords from any damage. The most important is during combat, you cannot find better assistant while striking and issuing force, by merging inner and external power, voice and force should be used simultaneously. When practicing no voice “Yi Yao” testing voice, pay a special attention to the stretching in each part of your whole body as we have already explained in testing voice practice (2). I hope that my students will learn following the progressive steps I mentioned before: First from testing voice (1) Yi, Yao emitting voice (2) Chaining Yi and Yao, check carefully your progress and when you become really proficient in it, you can continue to the next step (3) no voice emission practice. Master. Wang Xiangzhai described testing voice as followed: “Testing voice is like a quiet valley, sounding like a big bronze bell, as the symbolic great bell announcing the expansion of the Zhou Dynasty”. When you are practicing testing voice, mind is very important. My father Mr. Yao Zongxun used to say: “Yiquan’s major issue is contained in the two words “Spirit” and “Mind”, when you are fully concentrated in the mind, your force reaches also its peak”. Force is coming from spirit, mind triggers power, this is Yiquan’s most fundamental principle, the very essence of this scientific martial art.

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MODULE 44

44.1

DING BU TOU FA LI FIXED STEP ISSUING FORCE WITH HEAD

Stand in left T-eight step, left foot in the front, you are assuming a left T-eight combat post; the distribution of weight is 40% and 60% on your front leg and rear leg. Two eyes looking at the direction of the toes of your left foot look, straight forward far beyond, the body presenting 45° angle. When you have adjusted your posture you can start issuing force with head.

First imagine that an opponent is standing in front of you that you need to use head issuing force, holding his head, striking his face penetrate and reducing it into pieces. When issuing force, right/rear foot is suddenly pressing downwards and stretching forward, foot and leg movement during issuing force, your body bumping etc...all should be the same as in “Fixed step forward issuing force”. When left/front sole is suddenly pressing ground and issuing force, your chin should slightly retract; use your forehead to bump suddenly forward, with a sudden slight inclined downward issuing force, your intention is to hold opponent head, strike his face and reduce it into pieces. Then the distribution of weight is 70% and 30% on your front leg and rear leg, from belly to chest, your body is inclined forward 45°. Just after issuing, relax. The weight returns to 40% and 60% on your front leg and rear leg. From this posture you can repeat this exercise. Do not forget during your practice to emphasize on using your spirit to trigger your issuing force, and your mind to penetrate your opponent.



Figure 44.1.1



Figure 44.1.2



Figure 44.1.3



Figure 44.1.4

44.2

ZOU BU TOU FA LI ISSUING FORCE WITH HEAD WITH STEP

In the commencing posture standing and foot position, weight distribution, and mind activity towards your opponent etc... all these aspects should be the same as in the commencing posture of “Fixed step issuing force with head”. Then you can start: first, right/rear foot is suddenly pressing downwards and stretching forward, inside of two legs you are like closing inwards, as a result



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your body is suddenly bumping forward, this step should conform to “Issuing force forward with step” principle. When left/front sole is suddenly pressing ground and issuing force, use your forehead to bump forward (and slightly inclined downward) and issue force, your intention is to penetrate and break into pieces your opponent’s head and face, the body is forming 45° angle with forward direction, slightly bent (downward). Right/rear leg and rear foot with that in the wake of one step, the toes pressing ground. Then stop this issuing force, the distribution of weight still returned 40% and 60% on your front leg and rear leg’s position. From this posture you can repeat this exercise.



Figure 44.2.1



Figure 44.2.2



Figure 44.2.3



Figure 44.2.4

44.3

DING BU JIAN FA LI

FIXED STEP ISSUING FORCE WITH SHOULDER

From left T-eight step combat post standing, left foot in the front, the distribution of weight is 40% and 60% on your front leg and rear leg, two eyes looking in the direction where left/front sole is pointing to, imagine that in front of you have an opponent. You will need to use your shoulder to issuing force forward and downward, penetrating and breaking into pieces your opponent’s chest. When you are issuing force, first right/rear foot is pressing downwards and stretching forward, left/front sole is suddenly pressing ground (the sole intention pressing in the ground, at the same time inside of rear leg and front leg you have like a spring closing inward), as a result your body is suddenly bumping forward and issuing force, and twisting from 45° facing forward direction to 90°, when you are bumping, you should use left the bone of your shoulder to bump slightly downward and issue force. Also when shoulder is issuing force, head should lean also simultaneously to left, use your whole body force to bump. When issuing force the weight is 70% and 30% on your left forefoot and right/rear foot. Then stop this issuing force, the weight returns to 40% and 60% or 30% and 70% on your front leg and rear leg as your commencing posture. The body also returns to the position of 45° angle forming with the forward direction as in the commencing posture. You can continue to practice this movement. Then you can alternate issuing force with left and right shoulder. Do not forget when you are issuing force with right shoulder that mind activity and connection with all parts of body should be identical to those you practiced with left shoulder issuing force.



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Figure 44.3.1



Figure 44.3.2



Figure 44.3.3



Figure 44.3.4

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MODULE 45

Yiquan's "Even step expanding-embracing post (with waving) seeking force" exercise is part of the basic even step posts, as an further advanced level in practicing seeking boxing universal combat force. As your body is slightly moving left and right, you will emphasize on a deeper feeling of resistance from water in every part of your whole body. This post constitutes now your basic training platform for combat post.

45.1

PING BU CHENG BAO ZHUANG (YAO FA)

EVEN STEP EXPANDING-EMBRACING POST (WITH WAVING)



Figure 45.1.1



Figure 45.1.2

Assuming a two feet parallel posture, the hands posture should be identical to "Even step expanding-embracing posture". First imagine that you are a giant, standing in a very deep ocean, your whole body submerged. Then your body is slightly pressing and leaning back from left to right, you should emphasize on the feeling during your body moving forward-backwards and leftward-rightward, of inwards pressure due to water resistance. When

you are slightly moving from leftward to rightward, you should feel on your whole body, between two legs pressing inward-outward and forward-backwards, back, neck etc all should have this sensation of pressure as related to the water resistance. When the body is waving, the movement should be rather small and you should keep your balance. Right foot is slightly pressing downwards, when sole is pressing downwards, issuing in the same time a forward and leftwards force, as a result your body is slightly moving leftward and forward, from right to left slightly pressing and leaning, continue to feel on your whole body the pressing resistance from water. Two legs closing downward and inwards while belly, chest, neck, two hands, two arms and back of body all should perceive this water resistance feeling, like if water is flowing out on your whole body.

Waving exercise should emphasize body perception while slightly moving left-right, your mind should control limbs, nerves, muscles, in your whole body: this is why the water resistance in each part of the body is so important. When you practice waving left-right seeking force should be the main force, while forward-backwards seeking force is a supplementary force.

45.2

ZOU BU JIAN FA LI

ISSUING FORCE WITH SHOULDER WITH STEP



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Stand in left T-eight step, left foot in the front, the distribution of weight is 30% and 70% on your front leg and rear leg, the body presenting 45° with forward direction. Let's start to practice "Issuing force with shoulder with step". First, right/rear foot is pressing downwards and stretching forward, between inside of two legs you have like a spring suddenly closing inward, as a result your body is suddenly bumping forward, at the same time left forefoot is slightly leaving the ground for about 1-2 cm, sliding forward slip for about one sole length, then your sole is suddenly pressing ground, imagine your sole like penetrating the ground. When left sole is pressing ground and issuing force, the body which was presenting 45° with forward direction, is suddenly twisting to 90°, and use bone of left shoulder to bump your opponent's chest, your intention is to penetrate and break him into pieces. Also when left shoulder is issued force, at same time bumping forward, do not forget to issue suddenly force slightly downward. Right /rear foot is also following forward with one and half soles length and pressing ground. Now your weight is 70% and 30% on your front leg and rear leg. Then stop this issue force. Now your two feet return back to 30% and 70% on your front leg and rear leg, in T-eight step position.



Figure 45.2.1



Figure 45.2.2



Figure 45.2.3



Figure 45.2.4

45.3

DING BU XI ZHUANG FA LI FIXED STEP HITTING WITH KNEE

Standing in left T-eight step, left foot and left fist in the front, standing in commencing posture of "Not straight-straight punch", the distribution of weight is 30% and 70% on your front leg and rear leg. Now we can start this exercise. First right/rear foot is suddenly pressing downwards, erecting and stretching forward, as a result your body is suddenly bumping forward, the body weight simultaneously changes into 70% and 30% on your left/front leg and right/rear leg. Left/front leg and knee is suddenly bent, the sole is pressing down, suddenly intensifying this downward pressure, erecting and stretching forward, as a result your body is slightly moving forward, bringing along right/rear leg which is suddenly uplifted, the leg bent, the knee touching inside of left leg and suddenly bumping and issuing force forward and upwards. Your intention is to penetrate and break into pieces your opponent's chest or belly. When right/rear leg and foot is uplifting from ground, during issuing force course, right/rear sole stretching backwards, your anklebone should be developed so that body and thigh should be on the same line, five toes of



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right foot pressing downwards, between inside of right leg and left leg you have like a spring suddenly closing inward. When right knee is issuing force, between head and left forefoot you have like a spring suddenly stretching upwards-downward, the body like merged with gigantic tree. Keep on preserving your whole body balance. Between two fist and two arms you have like springs suddenly stretching forward-backwards. When issuing force the total weight should be on the left foot, and then stop this issuing force. Right foot and right leg return to ground, assuming again T-eight step, the weight returns to 30% and 70% on your front leg and rear leg, two fists and two arms should return to their posture as in the commencing posture of “Not straight-straight punch”.

You can continue to practice from now “Fixed step issuing force with right knee”, then later train with right foot in the front and left foot in the back, with a left knee issuing force.



Figure 45.3.1



Figure 45.3.2



Figure 45.3.3



Figure 45.3.4

45.4

ZOU BU XI ZHUANG JI FA LI HITTING WITH KNEE WITH STEP

Stand in left T-eight step, this standing posture, the distribution of weight, two fists and two arms punching posture should be identical to the commencing form of “Fixed step hitting with knee”. Then let’s start this exercise: first right/rear foot is pressing downwards, erecting and stretching forward, as a result your body is suddenly bumping forward, left forefoot is suddenly uplifted, slightly leaving ground with a forward sliding step of one and half sole length distance, when sole is touching ground, it is suddenly pressing downwards, erecting and stretching forward, bringing along right/rear foot and leg suddenly uplifted, the leg bent, the center of sole backwards, anklebone completely deployed so that body and thigh should be on the same line, five toes pressing downwards, use your right knee to bump suddenly forward and upwards, your intention is to penetrate and break into pieces your opponent’s chest and belly. When right knee is bumping, all mind activity, body parts connection should be similar to those in “Fixed step right knee issuing force”, then stop this issuing force. Right foot returns to the position with left foot in the front; right foot in the back, assuming left T-eight step position, the weight also returns to 30% and 70% on your front leg and rear leg. From now on you can repeat on practicing hitting with right knee with step.



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Then practice with right foot in the front, left foot in the back, while assuming right T-eight step. Hitting with left knee with step should be identical to “left T-eight step hitting with right knee” main principle, all connections in the whole body should be identical too.



Figure 45.4.1



Figure 45.4.2



Figure 45.4.3



Figure 45.4.4

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MODULE 46

46.1

DING BU BU ZHI DE ZHI QUAN JI DA SHA DAI FA LI FIXED STEP NOT STRAIGHT-STRAIGHT SANDBAG PUNCHING

Stand in left T-eight step, left foot and left fist in the front, the distribution of weight is 30% and 70% or 40% and 60% on your front leg and rear leg. Step and fist posture are similar to the commencing posture of “Fixed step not straight-straight punch”. When you begin this exercise, first your right/rear foot is suddenly pressing downwards, erecting and stretching forward, the leg screwing outwards; as a result your body and left/front fist is bumping to the left side. When you are punching to the sandbag, your mind activity is controlling stretching forces connected with each part of the body, exactly the same way as in “Fixed step not straight-straight punch left punching”. When left is punching the sandbag, the wrist should be slightly bent, use the knuckles of your fist to strike the target, your intention is to pierce and penetrate this sandbag. The distribution of weight is 60% and 40% on your front/rear legs, and then stop this issuing force. Then your weight returns to 40% and 60% or 30% and 70% on your front leg and rear leg. From now on you can repeat “Fixed step left sandbag punching”, once you are proficient in this exercise, you can practice “Fixed step back punch not straight-straight sandbag punching”.

First, right/rear foot is pressing downwards and erecting, the leg is screwing inward, as a result your body is rotating and bumping forward and to the left side, your right/back fist simultaneously is punching forward to sandbag. When right/back is punching to the sandbag, the wrist should slightly bend, use the knuckles of your fist to punch to the sandbag, again with the intention to penetrate and break into pieces. Mind activity in “Fixed step right back punch not straight-straight sandbag punching”, all stretching forces connection should identical to those in “Not straight-straight punch right/back punching”, the posture is also the same. When right/back is punching to the sandbag, the distribution of weight is 70% and 30% on your front leg and rear leg.

When right/back is punching to the sandbag, it can be the following movement of “Fixed step left sandbag punching practice”, so that you can chain continuously fixed step left punch and right punch to the sandbag, later when you become proficient in his exercise you can practice fixed step three continuous punching to the sandbag. In the third punch, left/back fist is punching to the sandbag, your mind activity, stretching force requests in each part of your whole body, and the weight distribution etc... all should the same as to “Fixed step not straight-straight punch left/back punching”, when you are punching the sandbag again your intention is to penetrate and pierce the target. Fixed step three sandbag punching is a very important exercise. When you are training you should be in full accordance with “Not straight-straight punch three punching” requests and principles, posture and stretching force requests in each part of the whole body are also the same as in “Not straight-straight punch three punching with step”.



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Figure 46.1.1



Figure 46.1.2



Figure 46.1.3



Figure 46.1.4



Figure 46.1.5



Figure 46.1.6

46.2

ZOU BU BU ZHI DE ZHI QUAN JI DA SHA DAI FA LI NOT STRAIGHT-STRAIGHT SANDBAG PUNCHING WITH STEP

Stand in left T-eight step, left foot and left fist in the front, the distribution of weight is identical to Fixed step not straight-straight punch left posture. In “Not straight-straight sandbag punching with step”, you should punch the sandbag at the height of your eyes position, left forefoot is separated from the sandbag for about one sole and half length, your step should be a circling step. Now you can start: first right/rear foot is suddenly pressing downwards, stretching forward, erecting, as a result your body is suddenly bumping forward, left forefoot is making a sliding step leftward, forward and outward, then left/front sole is suddenly pressing ground and (issuing force), when left forefoot is pressing ground (issuing force) at the same time left/front fist is suddenly extending forward, the wrist slightly bent, use the knuckles of your fist to strike the sandbag, with the intention to pierce and penetrate it. When left/front sole is issuing force, right/rear foot should follow the leftward and forward movement, when it sole touches ground, you should assume again T-eight step, then stop this issuing force. The weight is now 30% and 70% on your front leg and rear leg, step and fist posture are as in the commencing posture. In “Left not straight straight sandbag punching with step” all body connection on each part of the whole body, stretching forces...should be identical to “Left not straight straight punching with step”. You can alternate



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left and right side.

Right foot and right fist in the front, right circling step right sandbag punching with step should respect the same principle than in left side exercise. When you become proficient in left and right circling step striking sandbag with step, you can practice left and right punched continuous sandbag punching with step. After left sandbag punching with step, right/rear foot is again suddenly pressing downwards, stretching forward, and erecting, as a result your body is suddenly bumping forward, left forefoot makes a sliding step leftward, forward and outward, suddenly pressing ground, right/back fist is simultaneously suddenly extending forward, when you are hitting the sandbag, your wrist should slightly bent, use the knuckles of the fist to hit sandbag. Reduce as much as possible the time to reach the sandbag, the force should be astonishing, your intention is to penetrate the sandbag. When you are issuing a right punching with step, the body twists 180° leftward, forward and outwards, then right/front sole touches the ground, you are assuming T-eight step, when right/back fist is punching, the weight is 60% and 40% or 70% and 30% on your front leg and rear leg, your punching posture should be similar to “Fixed step not straight right/back straight punching” posture. Now you can practice third left punching with three steps.

First, right/rear knee slightly bent, the weight sitting backwards, right sole is pressing downwards, stretching forward, erecting, wrapping inward (you have inside of front leg and rear leg like a spring stretching closing inward), as a result your body is bumping leftward, forward and outward, left forefoot at same time is suddenly making a sliding circling step leftward, forward and outward then immediately after, pressing ground and (issuing force). Left/front fist at the same time is suddenly extending forward and hitting the sandbag, the wrist should slightly bent, use knuckles of your fist to hit the sandbag, with an intention to penetrate and pierce. When left fist is punching to the sandbag, the body is suddenly twisting rightward and backwards, from 180° angle to 90° angles forming with forward direction. Immediately after: your right foot is stepping towards left forward direction. Then sole touches ground and stop this issuing force.

Now standing and fist posture should be identical to commencing posture of “Left T-eight step not straight-straight punch”, the weight returns to 60% and 40% or 70% and 30% on your rear leg and front leg, the body presenting 45° angle with the forward direction.

Right foot and right fist in the front hitting sandbag with step should similar to left T-eight step hitting sandbag with step, in terms of principle and main points. When you become proficient with one punch in one step, you can practice chaining continuous left and right sandbag punching with step, later you can complement it with three continuous sandbag punching with three steps.



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Figure 46.2.1



Figure 46.2.2



Figure 46.2.3



Figure 46.2.4



Figure 46.2.5



Figure 46.2.6

46.3

DING BU ZUAN QUAN JI DA SHA DAI FA LI FIXED STEP DRILL UPWARDS SANDBAG PUNCHING

Stand in T-eight step, left foot and left fist in the front, step and fist postures should be identical to the commencing form of “Fixed step not straight-straight punch”. When you have adjusted your posture then you can start the exercise.

Principle and main points of “Left drill upwards punch to sandbag” are the same than those of “Fixed step left drill upwards punching”. In left hand drill upwards sandbag punching, your intention is to penetrate the sandbag. Then stop this issuing force. The step and fist posture should return to the commencing posture. Now you can continue to practice “Fixed step left hand drill upwards sandbag punching”.

Principle and main point of “Right drill upwards punched sandbag” should be the same than Left drill’s ones. After becoming proficient in this exercise, you can practice fixed step continuous left and right drill upwards punch sandbag punching.

Fixed step continuous left and right drill upwards sandbag punching should respect the same main points of “Fixed step continuous left and right drill upwards punching”. When you are issuing left



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and right drill upwards sandbag punching, keep in mind the intention to pierce and penetrate your target.

After becoming proficient in continuous left and right punched to sandbag, you can continue with fixed step three punches drill upwards sandbag punching. Fixed step three punches drill upwards sandbag punching should respect the same principle and main points of “Fixed step three punches drill upwards punching”. Penetrate and pierce sandbag in your mind activity. After fixed step three punches drill upwards punching, your fist posture should return to the commencing posture of T-eight step not straight-straight punch, from now on you can repeat “Series of three chaining punches to sandbag”.



Figure 46.3.1



Figure 46.3.2



Figure 46.3.3



Figure 46.3.4



Figure 46.3.5



Figure 46.3.6

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MODULE 47

47.1

ZOU BU ZUAN QUAN JI DA SHA DAI FA LI DRILL UPWARDS SANDBAG PUNCHING WITH STEP

Standing position and fist posture are similar to those in the commencing posture of “Fixed step drill upwards sandbag punching”. Now we start the exercise: right/rear foot is pressing downwards, stretching forward, erecting, between insides of front and rear leg you have like springs stretching forward-backwards, as a result your body is suddenly bumping forward, at same time your left forefoot is slightly uplifting for about 1-2 cm from the ground, then left foot makes a sliding step leftward and forward for about one and half soles length. At the end the sole is suddenly pressing ground, making the leg erecting, the heel of left foot slightly “empty”, left fist is issuing a not straight-straight punch instantaneously with the arm screwing inward, the center of palm facing inward, use the knuckles of the fist to punch the sandbag, your intention is to pierce and penetrate. Your punch to sandbag should be at the level of your face. Here left drill upwards sandbag punching should respect the same principle and main points than in “Left hand drill upwards punching with steps”. When left foot is pressing ground, but also when left fist is punching the sandbag, right/rear foot should immediately follow by making a step leftward, forward and outward, then left sole is touching ground and at the end stop this issuing force. The weight and fist posture should return to the commencing position of “Fixed step not straight-straight punch”. From now on you can repeat “Left drill upwards sandbag punching with left step”. When you become proficient in this exercise you can alternate left and right drill upwards sandbag punching with left circling step.

When you are issuing a left drill upwards sandbag punching with left step, your weight is 70% and 30% on your front leg and rear leg. The body turns 90° angle, right leg as like straight but not completely straight, then right/back fist is issuing force, left/rear leg suddenly sitting downward, the leg slightly bent, the sole is pressing downwards, stretching forward, erecting, leg screwing inward, as a result your body is bumping leftward and forward, left/front sole is slightly uplifting, then suddenly makes a sliding step leftward, forward and outward for about one and half soles length, and the end the left sole is touching ground, the heel of left foot slightly empty. When left/front sole is touching ground, right/back fist should screw rapidly inward, forward and upwards, use knuckles of fist to hit the sandbag, your intention should be to pierce and penetrate. The movements should be similar to “Right punch drill upwards sandbag punching”, respecting principles of “Fixed step left posture right/back hand drill upwards punching”. Left/back fist should protect face as in the posture of “Fixed step right/back hand drill upwards punching left/back fist”. When right/back fist is punching the sandbag, right/rear foot should follow immediately after by making a step leftward and forward, for an equal distance (than left foot did previously), when sole is touching ground, your weight should return to 70% and 30% on your front leg and rear leg, the body forming 180° with the forward direction.

Now you can continue with third punching to the sandbag with third step. Right/rear leg slightly bent and sitting downwards, sole is pressing downwards, stretching forward and erecting, as a



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result your body is suddenly bumping forward, right leg screwing rightward, backwards and outwards, the body from original angle of 180° should rotate right and back 90° angle. Left forefoot is slightly uplifting, then makes a sliding step leftward, forward and outwards. Later left/front sole is suddenly pressing ground and leg erecting, the heel slightly empty, as a result of your body inertia left/back fist is suddenly punching inward, upwards and screwing forward and also drilling upwards, use knuckles of your fist to hit the sandbag. (intention to pierce and penetrate).

Third drill upwards punching to the sandbag should present the same major points than third punching with step. When left/front sole is pressing ground and erecting, but also when left fist is issuing a punch drilling upwards to sandbag, right/rear leg should immediately follow to left foot direction followed, stepping for the same distance, then sole is pressing ground, and finally stop this issuing force. The distribution of weight should return to the commencing posture of “Left T-eight step not-straight straight position”. From now on you can repeat “Three drilling upwards punches to sandbag with three steps”. When you become proficient with left posture, and then change with right foot and right fist in the front right posture, as completing your “Three drills upwards sandbag punching with three steps” skills.



Figure 47.1.1



Figure 47.1.2



Figure 47.1.3



Figure 47.1.4



Figure 47.1.5



Figure 47.1.6



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47.2

DING BU ZAI QUAN JI DA SHA DAI FA LI FIXED STEP DOWNWARD SANDBAG PUNCHING

Stand in left T-eight step, left foot and left fist in the front, the commencing posture should be similar to the commencing posture of “Fixed step no straight-straight punch”. Punching principle of “T-eight step left hand downward sandbag punching” should be identical than those of “Fixed step left hand downward punching”. When left fist punching downward to the sandbag, your intention is to pierce and penetrate. Then stop this issuing force. The distribution of weight should return to the commencing posture of “Fixed step downward punch”. From now on you can continue to practice “Fixed step left hand downward sandbag punching”, after being proficient with this exercise you can continue with right/back punch downward sandbag punching.

Right/rear foot is pressing downwards, stretching forward, erecting, the leg screwing inward, as a result your body is bumping leftward and forward, simultaneously right/back fist is issuing a Top Down punch to the sandbag instant, with the intention of piercing and penetrate it. Main points of right hand downward punch to sandbag should respect the same mind activity than in “Fixed step right hand downward punching”. The weight is 70% and 30% on your front leg and rear leg, the body is forming 180° with frontal direction, now preparing left downward punch as to complete three continuous sandbag punching. First, left forefoot is pressing downwards and stretching back, right/rear leg slightly bent and sitting downward, the body from 180° returns to 45° angle, right foot is pressing downwards, erecting, stretching forward, the leg screwing rightward, backwards and outward, as a result your body is bumping forward, left/front fist is suddenly issuing a curving punch from leftward, upwards and finally downward, hitting the sandbag (keep your intention to penetrate it). During this time body rotates to the right and backwards with an angle of 90°. This third downward punch to sandbag should have the same request, mind activity and stretching in each part of the body...identical to those in “Fixed step downward punch third punching”. Then stop this issuing force. The body returns to 30% and 70% on your front leg and rear leg, retrieving their posture as in the commencing posture of “Fixed step not straight-straight punch”. From now on you can continue to practice “Fixed step three downwards sandbag punching”. Series of three punches issuing force in real combat, with the right timing and a consequent power, constitutes a very effective combination to overcome your opponent.



Figure 47.2.1



Figure 47.2.2



Figure 47.2.3



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Figure 47.2.4



Figure 47.2.5



Figure 47.2.6

47.3

ZOU BU ZAI QUAN JI DA SHA DAI FA LI DOWNWARD SANDBAG PUNCHING WITH STEP

Stand in left T-eight step, left and left fist in the front, your posture should be identical to the commencing posture of “Fixed step not straight-straight punch”.

Let’s start the exercise: right/rear foot is pressing downwards, stretching forward, erecting, the leg screwing rightward, backwards and outward, as a result your body is bumping leftward and forward, left forefoot benefiting from right/rear foot movement, is making a sliding step leftward, forward and outward. At the end of its course it should suddenly press the ground. When left forefoot is pressing ground (and issuing force), left punch is also suddenly punching the sandbag with a curving top down trajectory with the intention to pierce and penetrate. When left forefoot is suddenly pressing the ground, right/rear foot is immediately following with leftward and forward step before touching ground. When you are issuing force the weight is 60% and 40% on your front leg and rear leg, then stop this issuing force. The distribution of weight returns to 60% and 40% or 70% and 30% on your rear leg and front leg position. Two fists are now as in the commencing posture of “Not straight-straight punch”. From now on you can repeat this “Downward sandbag punching with one step”, after becoming proficient in this exercise you can practice “Right/back punch downward sandbag punching with step”.

First, right/rear foot is pressing downwards, stretching forward, erecting, the leg screwing inward, as a result your body is bumping leftward and forward, simultaneously your left forefoot is slightly uplifting from ground, then making a sliding step leftward, forward and outward for about one and half soles length. At the end of its course left sole is suddenly pressing ground, left leg is erecting, simultaneously the body, from 45° angle position, rotates leftward and forward to reach 180° angle position with the frontal direction. Using the inertia of your body twisting leftward and forward, right/rear fist issues a curving top down punch. You should use the knuckles of your fist to hit the sandbag, again with the intention to pierce and penetrate. At the same time right/rear should immediately follow by making a leftward and forward step. Now your weight is 70% and 30% on your front leg and rear leg. From now on you can continue to train three downward punching with three steps.



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Left forefoot is pressing downwards and stretching backwards, right/rear leg is slightly bent and sitting downward, the body from an angle of 180° rotates rightward and backwards to return to its original angle position of 45° angle with the frontal direction, right/rear foot is pressing downwards, stretching forward, erecting, screwing rightward, backwards and outwards, like with between insides of front/rear legs you have like a spring suddenly stretching, as a result your body is suddenly bumping forward. Then left forefoot is slightly uplifting from the ground for about 1-2 cm, to make a sliding step leftward, forward and outwards, at the end of its course left foot is suddenly pressing ground and erecting, left punch at same time is issuing a top down punch. When you are issuing force, you should issue a pointing forward force, a closing inward and a wrapping back force, but downwards force should be the main force, forward and backwards forces are supplementary forces. When left fist is punching the sandbag the weight is 60% and 40% on your front leg and rear leg, the body rotating 90° angle. Then stop this issuing force, the distribution of weight returns to 30% and 70% on your front leg and rear leg position, you are assuming again the commencing posture of “Left T-eight step not straight-straight punch”. From now on you can repeat “Three punches downward punches to sandbag with three steps” when you become proficient in left posture, you can practice right foot and right fist in the front with right foot circling sandbag punching practice. Then you can alternate left and right sides.



Figure 47.3.1



Figure 47.3.2



Figure 47.3.3



Figure 47.3.4



Figure 47.3.5



Figure 47.3.6



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47.4

DING BU HENG QUAN JI DA SHA DAI FA LI FIXED STEP HORIZONTAL SANDBAG PUNCHING

Stand in left T-eight step, your fist posture should be the same as in the commencing posture of “Fixed step horizontal punching”. When you practice ‘Left hand horizontal sandbag punching’ your right hand should protect your face, each part of your whole body should have this feeling of stretching, exactly like in “Fixed step left hand horizontal punching”. When you are punching to the sandbag you should have the intention to pierce and penetrate. Now you can repeat “Fixed step left hand horizontal sandbag punching”, wait until becoming proficient before training “Right hand horizontal punching”.

For “Right/back hand punching sandbag”, principle and main points are similar to those in “Fixed step right hand horizontal punching”, as well as stretching request in each part of the whole body. Right/back hand horizontal punching can be combined with left horizontal punching, as a perfect complement of each other, in a later stage, when you become proficient, you can train “Fixed step three continuous horizontal sandbag punching”.

In “Fixed step third horizontal sandbag punching”, principle and main points are identical to those of “Fixed step third horizontal punching”, stretching in each part of whole body, the weight and movement should be the same as in “Fixed step third horizontal punching”, keep in mind the intention of piercing and penetrating your target. Now you can repeat “Horizontal punch three sandbag punching” remember to stay in accordance with the principle of “Fixed step three horizontal punching”.



Figure 47.4.1



Figure 47.4.2



Figure 47.4.3

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MODULE 48

48.1

ZOU BU HENG QUAN JI DA SHA DAI FA LI HORIZONTAL SANDBAG PUNCHING WITH STEP

Stand in T-eight step, left foot and left fist in the front, fist posture is the same than in the commencing posture of “Fixed step left not straight-straight punch”. Let’s start the exercise: right/rear foot is pressing downwards, stretching forward, erecting, the leg is screwing rightward and backwards, as a result your body is bumping leftward and forward, Your forefoot is making a sliding step outward for about one and half soles distance. Then left foot is suddenly pressing ground, at same time left fist is issuing an horizontal punch suddenly to sandbag (as to pierce and penetrate). Base of right palm at the same time should come close to your nose with an inwards movement. When you are issuing force, right/rear foot is slightly uplifting from ground, then immediately making a sliding step leftward and forward. When issuing force with step the weight should be entirely on the left/front sole, the body presenting 90° angle with forward direction, then stop this issuing force, the distribution of weight returns to 30% and 70% on your front leg and rear leg, assuming left T-eight step. Fist posture is identical to the commencing posture of “Fixed step not straight-straight punch”. When issuing force, each part of whole body should have a stretching force feeling, exactly like in “Fixed step horizontal punching”.

You can now continue to practice “Left hand horizontal sandbag punching with step”, after being proficient in this exercise, you can practice “Right hand horizontal sandbag punching with step”. First, right/rear foot is pressing downwards, stretching forward, erecting, the leg screwing inwards, as a result your body is suddenly bumping forward, the body rotates 45 ° leftward and forward, left forefoot is suddenly uplifting ground, making a sliding step leftward, forward and outwards for about one and half soles length. Later left foot is suddenly pressing ground (and issuing force), at the same time right hand is suddenly forward extending, the wrist slightly bent inwards, the elbow forming with fist a right-angle (90°), use the knuckles of your fist to hit the sandbag, when you are issuing force your intention is to pierce and penetrate. When right hand is issuing a horizontal punch the weight is entirely on your left foot, during this time your body is turning 180° leftward and forward. Then stop this issuing force. Then right/rear foot is immediately following by making a sliding step leftward and forward, at the end of its course the sole is touching ground, now the weight is 30% and 70% on your front leg and rear leg. “Right hand horizontal sandbag punching” should have the same mind activity than “Right/back hand horizontal punching with step”.

With that carry through three sandbag punching with three steps. First left forefoot pressing downwards and kicking back, right/rear leg bent and sitting downwards, with that again pressing downwards, stretching forward, standing upwards, promote body leftward and forward bumping. Left forefoot in right/rear foot promoted forward, rightward and inward slip step one and half soles length distance, and after suddenly pressing ground and standing upwards, left/front fist suddenly extending forward, the wrist inward slightly bent, left elbow with fist changed right-angle, use the knuckles of



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your fist to punch the sandbag. When issuing force you should have the intention to pierce and penetrate. When issuing force the weight should be completely on your left/front sole, and then stop this issuing force. Right/rear foot is slightly uplifting the ground, following immediately by stepping leftward and forward, the sole is returning to ground, you are assuming another T-eight step. Now your weight returns to 30% and 70% on your front leg and rear leg, as in the commencing posture of T-eight step not straight-straight punch. Third horizontal punch to the sandbag with three steps requests the same mind activity, stretching feeling in each part of the body as in the “Third punching with three steps”. Now you can repeat “Three horizontal sandbag punching with three steps”, when you become proficient in left posture you can practice with right T-eight posture with circling step sandbag punching.



Figure 48.1.1



Figure 48.1.2



Figure 48.1.3

48.2

DING BU ZHOU JI DA SHA DAI FA LI FIXED STEP HITTING SANDBAG WITH ELBOW

Stand in left T-eight step, left foot and left fist in the front, your fist posture is identical to the commencing posture of “Fixed step not straight-straight punch”. Fixed step hitting sandbag with left elbow requires the same principle and presents the same main points than “Fixed step hitting with left elbow”. When you are issuing force you should have the intention to pierce and penetrate. After being proficient in left T-eight step change your position to hit the sandbag with right elbow. You should use the same principle of “fixed step hitting with right elbow”. Once you become proficient with right and left punches you can then practice fixed step hitting sandbag with left elbow as the third strike. Feel free to consult again previous “Fixed step hitting with left third elbow, as principle and main point should be identical. Do not forget, when you are issuing force, you should have also this mind activity of piercing and penetrating your target.



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Figure 48.2.1



Figure 48.2.2



Figure 48.2.3



Figure 48.2.4



Figure 48.2.5



Figure 48.2.6

48.3

ZOU BU ZHOU JI SHA DAI FA LI HITTING WITH ELBOW WITH STEP

Stand in fixed step hitting sandbag with elbow, assuming T-eight step, your fist posture should be the same as before. Then let's start to practice "Hitting sandbag with left elbow with step", you should step with a left circling step, first right/rear foot is suddenly pressing downwards, stretching forward, erecting, the leg screwing rightward and outward, as a result your body is bumping leftward and forward, left forefoot using right/rear foot and body movement inertia, is making a sliding step leftward, forward and outward for about one and half soles length distance. Then left sole is suddenly pressing ground, erecting, heel of left foot slightly empty, at the same time left/front fist is suddenly extending forward, left wrist bent inwards, presenting the bone of left elbow to bump on the sandbag, with the intention to pierce and penetrate. When issuing force the weight should be entirely on the left sole, right/rear foot following immediately by making a leftward and forward step, the sole is pressing ground, assuming a position where the weight is distributed 70% and 30% on your front leg and rear leg. Then stop this issuing force, the weight returns to 40% and 60% or 30% and 70% on your front leg and rear leg position. Right/back sole is pressing ground, you can repeat "Hitting with left elbow with step". After hitting with left elbow with step, the distribution of weight is 60% and 40% on your front leg and rear leg. After become proficient in this exercise you can combine with hitting sandbag with right/back elbow with step.

Now let's practice striking sandbag with right elbow. First, right/rear foot is pressing downwards,



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stretching forward, erecting, the leg screwing inward and forward, as a result your body is bumping leftward, forward and outward by rotating 180°, left forefoot is using the inertia of right/rear foot and body movement to make suddenly a sliding step leftward, forward and outward for about one and half soles distance. Then left sole is suddenly pressing ground, left/back heel slightly empty. When left foot is pressing ground and body is twisting, right fist is suddenly extending forward, the wrist bent inwards, issuing from the bone of right elbow a strike to the sandbag, again this issuing force should be related to an intention of piercing and penetrating the target. When issuing force the weight is entirely on the front sole, at the same time right foot is immediately following by making a step leftward and forward in the direction of left foot, its displacement should be similar to the previous displacement of right foot, then left sole presses ground, the distribution of weight is 70% and 30% on your front leg and rear leg.

Now you can practice hitting the sandbag with a third elbow strike. First, left forefoot is pressing downwards and stretching forward, right/rear leg slightly bent and sitting downwards, the body is twisting from a leftward and forward position forming 180° to a rightward and backwards position forming 45°. Right/rear foot is again suddenly pressing downwards, stretching forward, erecting, the leg screwing rightward and backwards, between insides of front/rear legs you have like a spring suddenly stretching, as a result your body is bumping leftward and forward. Left forefoot is immediately following by making a sliding step leftward, forward and outward for about one and half soles length, at the end of its course the sole is pressing downwards, the heel slightly empty, at the same time left fist is suddenly extending forward, the wrist suddenly bent inwards, use bone of elbow to strike the sandbag, with the intention to pierce and penetrate. When you are issuing force, the weight should be entirely on the left/front foot and the body is turning 90° to the right. Then stop this issuing force. Right/rear foot should immediately follow by making a leftward and forward step, then right sole presses ground, the weight returns back to 30% and 70% or 40% and 60% on your front leg and rear leg. From now on you can repeat “Hit sandbag with three elbows with three steps”. When you practice this exercise, you should first just hit the sandbag with one elbow with one step, then wait becoming proficient then you can add addition elbow strike and additional step up to “Hit with three elbows with three steps”, do not urge in this most advanced training exercise. In each issuing force, make sure that each part of your body has this stretching feeling, mind activity keeping piercing and penetrative intention.



Figure 48.3.1



Figure 48.3.2



Figure 48.3.3



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Figure 48.3.4



Figure 48.3.5



Figure 48.3.6

48.4

SAN SHOU GONG FANG XUN LIAN ATTACK-DEFENSE PRACTICE OF FREE FIGHTING

Standing in left T-eight step, left foot and left fist in the front, A is standing with left forefoot at a distance of 60 cm from B who is assuming right T-eight step, right foot and right fist in the front. Both partners should make fist posture as in the commencing posture of “Not straight-straight punch”. Now you can begin practicing attack/defense training with partner, first A is issuing force and attacking with not straight-straight punch to B’s face. Then B, in response to A’s offensive, is suddenly pressing his left/rear foot downwards, stretching forward, erecting, as a result his body is moving rapidly leftward, forward and outward in order to avoid to A’s attack to his head and face. When A is punching with left fist, weight distribution is changing from 40% and 60% into 70% and 30% on your front leg and rear leg. At the same time B has his right/front palm with five fingers separated, then use the base of his palm and his five fingers to flap A’s left wrist, when issuing force he should use simultaneously three forces: pressing inward, downwards and backwards. At the same time left/back fist is suddenly extending forward, the wrist slightly bent downwards, using the knuckles of fist to punch suddenly A’s chest, when B is punching, he should have the intention to penetrate A’s back, then he stops this issuing force. A and B return to the commencing position of “Not straight-straight punch”. During the exercise, A and B are punching, one is using is fixed step not straight left straight punch, the other is using fixed step not straight right straight punch, when issuing force each part of whole body should feel stretching force, the distribution of weight should change as in fixed step not straight-straight punching.

After becoming proficient in fixed step attack-defense you can train attack-defense with step. Two partners standing posture are identical to previous exercise. A first begins: his right/rear foot is pressing downwards, stretching forward, erecting, the leg screwing rightward, backwards and outward, as a result his body is bumping B, left forefoot slightly uplifting and making a sliding step forward, then his left sole is suddenly pressing ground, A’s left/front fist is suddenly extending forward, the wrist slightly bent, using the knuckles of his fist to attack B’s head or face, B under A’s left punching attack, is suddenly uplifting his right forefoot, which slightly leaves the ground, then making a sliding step in the direction of A left foot forward and outward for about one and half soles distance. At the end of its course B’s right sole is pressing ground, the heel slightly empty, left/rear foot pressing



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downwards, stretching forward, erecting, as a result his body is bumping forward and, at the same time his right/front fist is suddenly using its base of palm and five fingers to flap inwards, downward and backwards A's left punch out of its initial trajectory. At the same time B is using his left/back fist which is suddenly extending forward, the wrist slightly bent. B uses the knuckles of his fist to issue suddenly force on A's chest, with the full intention to penetrate A's back, then he stops this issuing force. A's and B's movements should then return to the commencing posture of fixed step posture. A's movements request should be similar to "Not straight-straight punching with left step" request, B's attack-defense movements should be similar to "Left/back punching with right step" movements. Once both partners are proficient in respectively left posture and right posture attack-defense, A can train with right foot and right fist in the front and B with left foot and left fist in the front, to complete their "punching attack-defense with step" training.



Figure 48.4.1



Figure 48.4.2



Figure 48.4.3



Figure 48.4.4



Figure 48.4.5



Figure 48.4.6

48.5

YI QUAN SAN SHOU SHI ZHAN YI QUAN FREE FIGHTING

San shou (Sparring) is also called "duan shou" (breaking hands) san shou, free fighting or full contact. In fact san shou is the summation of every aspect of boxing training. It checks directly the homogeneity and the contents of your boxing abilities. San shou expresses also the earliest form of combat between two opponents using only their bare hands. San shou free fighting (1) checks the practitioner abilities: Has he integrated or not the basic skills from Yiquan training system? Are his skills conformed or not to this system? (2) When you are in combat situation and your opponent is up to launch an attack, in your mind, it is exactly as if a big fire is going to burn your body and it is clearly a question of life or death. No matter who is your opponent, you should first overcome your



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opponent in your mind, as if you are irresistible, spontaneously as someone without any fighting stratagem and defying your opponent but in fact using tactics to defeat your opponent. Stay calm, courageous and build up a strong resolution in your mind to achieve your best. (3) you should be strict in daily san shou training, your boxing technique very precise, and each part of your whole body being able to issue substantial force, agile in your stepping. Your whole body should be in perfect balance; in your mind you should be self-confident, pro-active, looking constantly for any opportunity to launch a decisive attack on your opponent. Each time just after a san shou training, all participants should revise their impressions about the various aspect of the free fighting which just ended: spirit, mental, skills (techniques), issuing force, striking results and lack in physical abilities...Through this way you can improve your sparring abilities, correct them in different degrees of your progress and avoid former mistakes to appear again or at least reduce them. Cultivate a rich experience in combat and improve your techniques by constantly perfecting them (4) The training of physical abilities for combat purpose is a very important issue, when it comes that your opponent's strength or physical abilities are similar or even higher than yours, it becomes almost impossible for you to overcome him immediately. As a result: physical abilities play a very important role as they can secure you to carry out successfully your techniques and strike effectively, by changing smoothly techniques during offensive and counter attack, in the opposite, if you have a good technique but not good physical abilities so in a determined confrontation it would rather hard for you to overcome your opponent, which should lead you finally to lose this confrontation. So we can say that techniques and physical abilities cannot be separated: physical abilities are like the decisive "vehicle" which will assure your techniques to reach their goal. That's why the training of physical abilities is so very important.

The training of physical abilities should include slow jogging, fast running and changing speed running, rope skipping, climbing mountain, push-ups, punching without impact, impact training (to sandbags for example), and daily sparring practice where the intensity and the duration of the combat can be set up, etc...all these training components can help you to build up your physical abilities and elevate your overall martial accomplishment. Then in sparring situation you can perform effectively every technique you have learnt and interlink them with great ease: these results can only be achieved under daily training in full accordance with Yiquan training principles...



Figure 48.5.1



Figure 48.5.2



Figure 48.5.3



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Figure 48.5.4



Figure 48.5.5



Figure 48.5.6



Figure 48.5.7



Figure 48.5.8



Figure 48.5.9



Figure 48.5.10

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