



YIQUAN

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意拳



CORRESPONDENCE COURSE

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YIQUAN PART 3 – CONTENTS (1/2)

Description

		Pages
MODULE 25		
25.1	ONE LEG POST (SEEKING FORCE UPWARD-DOWNWARD)	
25.2	ROTATING ISSUING FORCE WITH STEPS	175 - 177
25.3	FIXED STEP BACKWARDS-DOWNWARDS ISSUING FORCE	177 - 180
25.4	HOOKING PULLING ISSUING FORCE WITH STEPS	180 - 181
		181 - 185
MODULE 26		
26.1	ONE LEG POST (SEEKING FORCE IN SIX DIRECTIONS SIMULTANEOUSLY)	
26.2	PARTING-PULLING ISSUING FORCE WITH STEPS	186 - 187
26.3	FIXED STEP DIVINE TURTLE EMERGING FROM WATER TESTING FORCE	187 - 190
26.4	ROTATING ISSUING FORCE WITH STEPS	191 - 193
26.5	FIXED STEP LEFT-RIGHT PUNCHES PRACTICE	194 - 197
		197 - 198
MODULE 27		
27.1	EVEN EMBRACING COMBAT POST (SEEKING FORCE FORWARDS BACKWARDS)	199 - 200
27.2	FIXED STEP THREE CONTINUES PUNCHES PRACTICE	200 - 202
27.3	SINGLE PUNCH PRACTICE WITH STEPS	203 - 204
27.4	CONTINUES PUNCHES PRACTICE WITH STEPS	204 - 205
27.5	THREE PUNCHES PRACTICE IN ONE STEP	205 - 207
MODULE 28		
28.1	EVEN EMBRACING COMBAT POST (SEEKING FORCE IN LEFT-RIGHT DIRECTION)	208 - 209
28.2	THREE CONTINUOUS PUNCHES PRACTICE IN THREE STEPS	209 - 211
28.3	DIVINE TURTLE EMERGING FROM WATER TESTING FORCE WITH STEPS	211 - 215
28.4	FIXED STEP SINGLE HAND DRILLING UPWARDS PUNCHING PRACTICE	215-216
28.5	FIXED STEP LEFT-RIGHT DRILLING UPWARDS PUNCHING PRACTICE	216-217
MODULE 29		
29.1	EVEN EMBRACING COMBAT POST (SEEKING FORCE UPWARDS DOWNWARDS)	218 - 219
29.2	FIXED STEP DRILLING UPWARDS PUNCHING CONTINUOUS THREE PUNCHES PRACTICE	219 - 220
29.3	SINGLE HAND DRILLING UPWARDS PUNCHING PRACTICE WITH STEPS	220 - 221
29.4	US DRILLING UPWARDS PUNCHING PRACTICE WITH STEPS	221-222
29.5	THREE DRILLING UPWARDS PUNCHING PRACTICE WITH ONE STEP	222 - 223
MODULE 30		
30.1	EVEN EMBRACING COMBAT POST (CHANGING PROCESS OF SEEKING FORCE)	224-224
30.2	THREE DRILLING UPWARDS PUNCHING PRACTICE WITH THREE STEPS	225-226
30.3	FIXED STEP DOWNWARDS PUNCHING PRACTICE	227-228
30.4	TWIST STEP PUNCHING WITH BACK HAND	229-230

MODULE 31		Pages
31.1	SINGLE LEG PUSHING LEANING AGAINST COMBAT POST (SEEKING FORCE FORWARDS BACKWARDS)	231 – 232
31.2	ACROSS STEP PRACTICE	232 - 236
31.3	FIXED STEP CONTINUOUS THREE DOWNWARDS PUNCHES PRACTICE	236 - 237
31.4	SINGLE HAND DOWNWARDS PUNCH PRACTICE WITH STEPS	238 – 238
MODULE 32		
32.1	SINGLE LEG PUSHING LEANING AGAINST COMBAT POST (SEEKING FORCE UPWARDS DOWNWARDS)	239 – 240
32.2	CONTINUOUS DOWNWARDS PUNCHES PRACTICE WITH STEPS	240 – 241
32.3	CONTINUOUS THREE DOWNWARDS PUNCHES PRACTICE WITH ONE STEP	241 – 241
32.4	CONTINUOUS THREE DOWNWARDS PUNCHES PRACTICE WITH THREE STEPS	241 - 242
MODULE 33		
33.1	SINGLE LEG PUSHING LEANING AGAINST COMBAT POST (SEEKING FORCE UPWARDS DOWNWARDS)	243 – 244
33.2	FIXED STEP SINGLE HAND HORIZONTAL PUNCH PRACTICE	244 - 245
33.3	TWIST STEP LEFT-RIGHT HORIZONTAL PUNCHING	245 - 246
33.4	FIXED STEP CONTINUOUS THREE HORIZONTAL PUNCHES PRACTICE	247 - 248
MODULE 34		
34.1	SINGLE LEG PUSHING LEANING AGAINST COMBAT POST (CHANGING PROCESS OF SEEKING FORCE)	249 - 249
34.2	SINGLE HAND HORIZONTAL PUNCH PRACTICE WITH STEPS	250 - 250
34.3	CONTINUOUS HORIZONTAL PUNCHES PRACTICE WITH STEPS	251 – 251
34.4	CONTINUOUS THREE HORIZONTAL PUNCHES PRACTICE WITH ONE STEP	252-252
MODULE 35		
35.1	UNIVERSAL COMBAT POST (SEEKING FORCE IN SIX DIRECTIONS SIMULTANEOUSLY)	253-254
35.2	CONTINUOUS THREE HORIZONTAL PUNCHES PRACTICE WITH THREE STEPS	254 - 255
35.3	FIXED STEP MIXED TESTING FORCE	255 - 260
35.4	FIXED STEP SIDE KICK ISSUING FORCE	261 – 262
MODULE 36		
36.1	HOOING-PULLING COMBAT POST (SEEKING FORCE IN SIX DIRECTIONS SIMULTANEOUSLY)	263-2263
36.2	SIDE KICK WITH STEPS	263 – 264
36.3	LEFT-RIGHT KICK WITH STEPS	264-265
36.4	FIXED STEP STEPPING KICK	266-267



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 25**

Dear Students of our Correspondence Class, the previous complete Yiquan correspondence course included three years courses, but because of the large increase of requests from Yiquan students, eager to study more advanced Yiquan training materials, Master Yao Chengguang decided to add further advanced teaching materials to his correspondence course for an additional period of one year, in order to satisfy his large base of students sharing the same wish: Learn the most advanced techniques of Yiquan for real combat efficiency.

MODULE 25

After practicing diligently the two years of elementary and intermediate Yiquan correspondence courses, the Yiquan student should have now a solid knowledge and understanding of Yiquan's yangsheng zhuang (health preservation post), hunyuan zhuang (universal combat post), up to jiji zhuang (combat post) with applications to different directions seeking force. The practice of each step, each testing force, and each different direction's issuing force should be in right continuance with Zhan zhuang (Pole Standing) principle, while moving slowly, while moving rapidly, while in discontinuous seeking or feeling Yiquan's Hunyuan li (universal force) (namely stretching force), this should bring you, one step after another, closer to the real combat gate. While practicing Yiquan you should respect three rules: (1) You should preserve and improve your health (2) You should search for its principles while being objective (comparing your personal experience with modern scientific theories such as Anatomy, Bio-Mechanics...), in order to develop the potentials of your physical body and its internal connotations, merge your human body with surrounding nature into one entity, balance harmoniously your body and your mind, thus prolonging life and preserving vital essence; (3) Develop your self-defense ability. Every boxing style has its own self-defense principles, the key point is in the fundamental exercises level, how does its training guidance respect modern scientific theories and principles to help to preserve the human body strong and healthy, how far can it release potentials of human physical body, does it use of every nerve, every muscle of your body, in fact how deep is this inner strengthening harmonization process....

Several of my students asked me to clarify several beliefs that you can hear in Wushu circles:

1. There is a common saying: "When you practice healing you cannot practice boxing, when you practice boxing you cannot practice healing ". That would mean that you should dedicate your training time in only one purpose for example while improving your health you should avoid combat exercise such as sparring, boxing, free fighting, kickboxing etc...Noticing that even if in the beginning the patient can still practice boxing, but sooner or later he will be the situation that he could neither improve his combat nor improve his health.

However Yiquan has the main characteristic to preserve health and to prepare for free fighting, all combined in one approach where you will definitively strengthen your mind and your body. As we have explained before, while developing your mind, while using every muscles and every nerve of your body, this new consciousness of your "inner" body, through time, will forge a whole body consciousness. This better alliance between "internal" and "external" while seeking force and the permanent information "gathering" from all parts of your body, these are the real essence of Yiquan. Targeted results are better preservation of health and the highest achievement in combat: ability in issuing force from every part of your body, instantaneously accordingly to the sparring circumstance.

"Striking without touching the body", "hurting with eyes"...all these myths have no objective foundations. If you take for example Great Martial Artists such as Dong Haichuan (Founder of Ba Gua Zhang), Guo Yunshen (the leading reference of Xing Yin in his generation), Wang Ziangzhai (creator of Yiquan), Yao Zongxun (First Generation Successor of Yi Quan)... All have achieved their great



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 25**

levels after many years of arduous practice...No one of them in sparring situation will let their opponent just striking him and not striking back. Even World Heavyweight Boxing champions such as Cassius Clay, Tyson, Holyfield etc... no one will put their life in danger as would suggest these beliefs. So I hope my students in front of these beliefs “Striking without touching the body”, “far distance striking”, “hurting just with eyes” etc ...will keep in mind: all these beliefs do not exist. Learning boxing cannot be from a chair with just some mind speculations...It must be achieved through indomitable willpower, with the permanent guidance of a real master, enormous efforts dedicated to your practice combined with a continuous research to perfect your art...

25.1

DU LI ZHUANG (SHANG XIA MO JIN)

ONE LEG POST (SEEKING FORCE UPWARD DOWNWARD)



Figure 25.1.1



Figure 25.1.2

Assume the posture and hands position as explained in “One leg post” of Correspondence Course Module 23 (Second year course). In the commencing posture, while standing on your two legs, your mind of activity is the same then explained previously, whole body like merged with a tree, between two hands, two arms, between head and left-right feet you have springs stretching as we described previously. From this standing position you can begin practicing seeking force upwards.

First, left (back) leg slightly is pressing downwards, stretching upwards, slightly forward. At the same time your body is slightly moving upwards, imagine that your body is merged with a big tree, as the body goes upwards in the same time it brings along the big tree, slightly uplifted, slightly moving, this big tree is like being very near to be uprooted but still not uprooted, imagine around the roots all the ground full of crack. In this time, the right sole slightly pressing downwards, two legs inside slightly inwards closing, when the body is uplifting, it brings along both legs, chest, belly, two arms forward, upwards, closing inwards. When you are uplifting, your main force should be the stretching upwards force, inwards force and forward force are the complementary forces. When uplifting, the head is slightly erected, the head and two feet are like connected to a joint spring allowing a slight upward-downward stretching. While moving you should pay attention to the back area of your two legs, your buttocks, your lower back, as if it is your back which is joint to this big tree. Then



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 25**

simultaneously with this uplifting movement on the gigantic tree your body contracts slightly as to make the whole entity trembling. Then stop this uplifting movement.

Now, we are going to practice seeking force downward. In this time imagine that from the movement of slightly uplifting upwards the big tree, as very near to be uprooted but without being uprooted, your body, merged with this big tree, moves downward to its growing former place. In the same time your left (back) leg is slightly pulling back, sitting downward, your whole body leaning of your back, in a descending movement; the already uplifted right leg in the same time with your left leg follows this retreating movement, sitting downward, slightly parting outward, the right sole is like uplifted but in the same time is grasping ground, right leg calf, thigh jointly with buttocks at the same time are slightly sitting downward. Imagine that the big tree is now pressing downward back to its former place. Because your left rear leg is sitting downward, the body in same time is descending, bringing along your two arms inside and underside in same time to press slightly downward. Imagine there is a spring between top of your head and heaven, following your body descending movement and slightly stretching with an upward-downward movement. There is a feeling of upward-downward stretching between your right leg crotch and your left knee. At this time, imagine that the big tree is slowly growing downward to its former place, and the surrounding ground is cracking. While the big tree is growing downward, your whole leg, waist, back, neck, two arms all have a downward movement, slightly returning backward, the arms are parting outward. Between the three forces, the downward growing force should be the main, backward force, parting outward force are the assisting forces. This concludes the one leg post (seeking force upward-downward) exercise. First understand the main points of this exercise, and then you can repeat this exercise “seeking force upward-downward”. Use your mind and not excessive force, your breath should be natural, and your mind concentrated.

25.2

ZOU BU XUAN FA FA LI **ROTATING ISSUING FORCE WITH STEPS**

Standing in ding ba bu (T-eight step) position, left foot and left hand are in the front, your weight 50/50 on your front leg and rear leg. After this, slowly rise your two hands to chest level, the palm of the hand facing downwards, the fingers slightly curved, pointing forward, two palms distance is 2 to 3 fist-width, imagine that there are springs between each hand, each finger, each wrist and a big tree in front of you, there is also a spring between your two elbows, in the same horizontal plane of the upper part of your arms. Imagine that your underside palm, your arms are like pressing one big iron ball, this iron ball is like glued to your palms and to your arms.

From your standing posture, right (back) foot is pressing downward, stretching forward, while shifting the body center of gravity by slowly moving to left forefoot. Imagine, during your movement, your body standing in water, thigh, calf, chest, belly, neck, and head feel the resistance of water. Your two palms, your two arms underside are like pressing iron ball (do not pull them back). Now your weight has already slowly moved to left forefoot, right (back) foot is like pulling out from earth, then moves inward, then forward with slowly forward with a flapping movement, when the right foot finishes his movement, left foot proceed to inner moving, like slightly holding before flapping out mud. Right foot (in this time is forward) moves continuously to right inclined forwards, until you reach your new T-eight step position, 70% and 30% of weight is on rear leg and front leg, left (back) foot suddenly leaning backward-downward, right (front) sole and five toes grasping ground, as if the spring between two legs is suddenly breaking, and at the same time, whole body is suddenly descending backward, downward, leftward. Imagine that the inside of your two legs, crotch, underside buttocks are sitting



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 25**

suddenly on the ground. At the same time your two hands, two arms are jointly issuing force, suddenly pulled back, parting outward, downward, leftward. Imagine first like pressing a big iron ball then like pulling together back a heavy paddle near the left side of your chest. When you are issuing force, each five fingers of two hands, two wrists, inside of two arms, left hipbone and front knee, head and right forefoot all are like breaking (with a crack sound) each spring connecting them to the front “imaginary” big tree. When you are issuing force, your weight is 70/30 on your rear leg and front leg. Contract and relax. Your weight returns to 50/50 or 60/40 on your front leg and rear leg, two hands returning to the commencing posture. At this time, two legs position is right foot in the front, left foot in the back.

Now we can begin “Left foot step issuing force” exercise. When the left foot and left leg are stepping ground forward, the whole body is jointly going forward; as slowly as if pulling forward out from mud, the weight moved already to right/front sole. Now your weight is 70% and 30% on your front leg and rear leg. Left/rear leg begin rising parallel slowly from earth, up to a distance of 1/2 cm from ground, as guided by left toes, then moves inward(near the right foot), then forward, still keeping mental activity of flapping mud out while moving forward. When the left sole touches ground, two feet position is left foot in the front, right foot in the back, the weight is 30% and 70% on your left leg and right leg. Now right foot is pressing downward and stepping forward, moving the body slowly forward to the left foot, like having the intention to flap out all the mud forward from your body. In this time the weight already moved to the left forefoot, with 70% and 30% on your front leg and rear leg. With that right/rear leg is suddenly sitting downward. There is feeling of spring stretching upward-downward between your bottom, the inside of your two legs, and your left forefeet. There is also a spring stretching forward-backward, upward-downward between right hipbone and left knee. The two arms are like pressing an iron ball backward, downward, rightwards issuing suddenly force, as we described before for leftward movement. When you are issuing force, your weight is 70% on right leg and 30% on left leg. Then stop issuing force, contract and relax. Your weight returns to “50/50” position, two hands position also returns to the parallel-supporting-pressing commencing posture. This concludes the “Rotating issuing force with steps” exercise. When right foot is stepping, left/rear leg is issuing force downward, backward, leftward, when left foot is stepping, right/rear leg is issuing force downward, backward, rightward. In this time, you can carry through rotating issuing force with steps practice. While stepping, you should imagine a strong resistance like stepping in mud as described before.



Figure 25.2.1



Figure 25.2.2



Figure 25.2.3



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 25**



Figure 25.2.4



Figure 25.2.5



Figure 25.2.6



Figure 25.2.7



Figure 25.2.8



Figure 25.2.9



Figure 25.2.10



Figure 25.2.11



Figure 25.2.12



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 25**



Figure 25.2.13



Figure 25.2.14



Figure 25.2.15



Figure 25.2.16



Figure 25.2.17



Figure 25.2.18



Figure 25.2.19



Figure 25.2.20



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 25**

25.3

DING BU HOU XIA FA LI

FIXED STEP BACKWARDS-DOWNWARDS ISSUING FORCE



Figure 25.3.1



Figure 25.3.2



Figure 25.3.3

Assume T-eight step position, left foot in the front, distribution of weight is 50/50, and slowly uplifting two hands, half clenching fist, the center of each fist facing the other, at the level of about the top of the forehead, distance between two hands about 2 to 3 fist-width; two elbows slightly parting, like holding tree. While holding this posture, imagine that: in the front you have a big pulley on a tall and big tree, suspending one big iron ball, the iron ball put on the ground, very heavy, each hand pulling the steel wire of the pulley. When you begin to issue backward/downward force, imagine that, you are using your rear leg sitting downward, holding under the buttocks and inside of two legs a big stump which is suddenly smashed in the ground, when the rear leg suddenly sitting downward and issuing force, left forefoot five toes are slightly grasping ground, front leg relaxing, inside of front and rear leg are like suddenly breaking a spring. When the rear leg is suddenly sitting downward and issuing force, the body at the same time is descending, back of the thigh and calf, waist, back, neck slightly leaning backwards. Because rear leg is suddenly sitting downward and issuing force, this brings along your body to descend suddenly. Clenching suddenly tightly your two fists in the same time, all your body should suddenly descend, pulling downward, the inside of two arms have outward, backward suddenly issuing force, like suddenly pulling downward the steel wire of the pulley, so that this heavy big iron ball is now suspended on the pulley. When we are issuing force your weight should return to 70% and 30% on your front leg and rear leg, two fists center facing downward, at height of your mouth, then stop, contract and relax. The weight is returning to “50/50” of the commencing, two fists posture (level and width) at the same time returned to former position. Imagine now the suspended ball is now on the ground. This concludes “Fixed step backwards-downwards issuing force” exercise.

25.4

ZOU BU GOU GUA FA LI

HOOING PULLING ISSUING FORCE WITH STEPS

Assume T-eight step position, left hand and left foot in the front, your weight is “50/50” position (two hands posture are the same than in Module 4 introducing hooking-pulling combat post). When you are assuming your posture, imagine that your hands, your fingers, are tied to an imaginary tree or wall



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 25**

with springs, there are also many horizontal springs between your two arms, the whole body is merged with a big tree.

And after let's practice "Hook pull testing force with right step": right/rear foot is pressing downward, stretching forward, slightly closing inward, shift your body slowly forward. Your chest, belly, thigh, calf face are like pushing the tree to reach the sky. Now your weight is 70% and 30% on your front leg and rear leg, two hands posture does not change, right/rear foot begins a tiny parallel uplifting from ground, up to about 1/2 cm, make sure it does not touch ground, imagine your whole body slowly pulling out from earth. Then the right foot begins to move to left/front heel direction slowly with the intention of splashing out mud from your leg. When the right sole almost near the left heel position, continue again to step forward aligned to the inside of the left foot slowly up to one foot length distance. Then you should reach your right foot T-eight step position, toes are slowly pressing ground, now your weight is 30% and 70% on your front leg and rear leg. After this, the left/rear foot is pressing downward, stretching forward, shift the body slowly forward, now your weight is 70% and 30% on your front leg and rear leg.

Then left/rear leg is suddenly sitting downward, like suddenly breaking a spring between right/front leg and left/rear leg. During this time imagine that, buttocks, crotch, inside of two legs suddenly are sitting downward on the ground. Your lower back, back, shoulder, neck slightly leaning backward, in this time, two palms, two wrists, two arms are also at the same time pulling backward, parting outward, uplifting. Two hands, elbows, lower part of your arms are suddenly issuing an inclined and downward force, as if with the intention of suddenly breaking all springs connecting two hands, all fingers, two wrists to the imaginary gigantic tree, and also breaking the imaginary spring between two arms. Now two palms, two arms are pulling back one foot distance beyond chest. In the same time imagine suddenly breaking the springs between left hipbone and right/front knee. The spring between your head and right/front sole is slightly stretching upward-downward. Now your weight is 70% and 30% on your rear leg and front leg. Then stop and relax. The weight returns to "50/50" position. You have completed the "hook pull testing force with right step".

"Hook pull testing force with left step": left/rear foot is pressing downward, stretching forward, shift the body slowly to right/front leg direction forward, imagine using your body to lift a gigantic tree, the weight moves to right sole, with 70% and 30% on your front leg and rear leg. When the body is going forward, the posture remains unchanged. Then lift your left foot with the feeling of pulling out from mud. Use your toes to guide your step. After your left foot arrives near the inside of right foot, then continue to move further one foot length. Then you have reached your new T-eight step position. Slightly press toes onto ground. In this time, your weight is 30% and 70% on your left leg and right leg. Right/rear foot is pressing downward, stretching forward, erecting, shift the body to left and front direction going, until the weight is 70% and 30% on your left leg and right leg. Then the right/rear leg and right/rear foot are suddenly sitting downward, with the intention focusing on buttocks, crotch, inside of two legs. Imagine suddenly the big tree supported by your body to be smashed into stumps on the ground. Your body lower back, your back, shoulders, neck..., all are simultaneously slightly leaning backward. In the same time your two palms, two wrists, inside of your two arms, also at the same time pulling back, parting outward, uplifting upwards; two elbows, lower part of your arms are suddenly issuing an inclined downward force, with the intention of suddenly breaking all springs between each hand, each finger, two wrists and the imaginary gigantic tree. You are also suddenly breaking the imaginary spring between your two arms. At this time two palms, arms are already pulling back beyond your chest for one foot distance. The stretched spring between your right/back hipbone and left/front knee is at the same time consequently suddenly broken. The spring between your head and your left sole is slightly stretching upward-downward. Now your weight is to 70% and 30%, on your rear leg and front leg. Then stop and relax. Your weight distribution returns to "50/50".



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 25**

This concludes “Hooking pulling issuing force with steps” exercise. Students should carry on practicing right step and left step issuing force exercise.



Figure 25.4.1



Figure 25.4.2



Figure 25.4.3



Figure 25.4.4



Figure 25.4.5



Figure 25.4.6



Figure 25.4.7



Figure 25.4.8



Figure 25.4.9



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 25**



Figure 25.4.10



Figure 25.4.11



Figure 25.4.12



Figure 25.4.7



Figure 25.4.8



Figure 25.4.9



Figure 25.4.13



Figure 25.4.14



Figure 25.4.15



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 25**



Figure 25.4.19



Figure 25.4.20



Figure 25.4.21



Figure 25.4.22

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YIQUAN CORRESPONDENCE COURSE

PART 3 - **MODULE 26**

MODULE 26

After practicing one leg post, forward-backward, leftward-rightward, upward-downward, in six directions, you can begin practice one leg post mixed seeking force. One leg post mixed seeking force is, in fact, practice randomly to every direction. There no rules as in continuous seeking force, this higher level of practice helps you to check up your seeking force skills, but still you are looking for more balance, symmetry, persistence in your movements. The most important in mixed seeking force phase, is that you are getting closer real combat situation. In real combat the opponent step, his combat direction, his power, his speed... all these parameters are very difficult to predict. As we need to prepare to real combat conditions: the first in the Zhuang fa which is using mental activity to induce each nerve, each muscle, our limbs properly controlled by our mind. Sufficient level signal of stimulation through out all the body as to prepare it for any imminent issuing force. This illustrates the name of Yi(quan), as “mind” boxing in opposition with other fighting arts focusing on the repetition of taolu or other programmed movements.

26.1

DU LI ZHUANG (ZONG HE MO JIN)

ONE LEG POST (SEEKING FORCE IN MIXED DIRECTION)



Figure 26.1.1



Figure 26.1.2

Assume T-eight step position, lower and upper limbs stay still, keeping your posture you can start your mental activity during this commencing phase: to enhance this stillness in every part of your body.

Now we start the following sequence of seeking force:

- closing seeking force, then stop this closing intention,
- uplifting seeking force, then stop this uplifting intention,
- pulling back seeking force, then stop this pulling back intention,
- falling downwards seeking force, then stop this downward intention,



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3 - **MODULE 26**

- parting outward seeking force, then stop this parting intention,
- pushing forwards seeking force, then stop this pushing intention,
- changing directions. The important condition is to move slowly, tasting every movement in every direction while seeking force, whether with predetermined seeking force or mixed seeking force all require the same balance, symmetry and resistance feeling.

26.2

ZOU BU PIAN GUA FA LI

PARTING-PULLING ISSUING FORCE WITH STEPS

Standing posture and hands posture are the same than in Module 5 – First Year Course. The mental activity is also the same.

When you are standing this posture, you can start parting-pulling issuing force with left step.

First with the left/ rear foot: left/rear leg is pressing downward, stretching forward, erecting, your left foot is now moving slowly to front of right foot, in this time imagine that your chest, belly, thigh, calf are like pushing up a big tree, in the same time your weight moves forward to your right sole, then your weight is 70/30 on your front leg and rear leg. And after, the left/rear foot and rear leg parallel are slowly pulling out from mud, imagine a strong resistance on the foot. Your right foot is slightly inclined forward, then the left/back toes arrive near right/back heel, continues forward, slightly outward, until one sole length beyond inner side of right foot. Now you have completed your new T-eight step position, left front toes is slightly pressing ground. Your weight is 30% and 70% on your front leg and rear leg. With that right/back sole is pressing downward, stretching forward, erecting, move your body to left/forward. Your weight reaches 60% and 40 on your front leg and rear leg.

Now your right/rear foot: rear leg is suddenly sitting downward, the five toes of left forefoot are simultaneously grasping the ground, left/front knee pointing forward, front leg relaxing, front leg underside of the knee is like buried in the ground and not able to move, when the right/rear leg is suddenly sitting downward, it is like suddenly breaking the spring inside front and rear legs, imagine that, like a big stump hold by the buttocks, crotch, inside of your two legs, being suddenly released, and finally dropping on the ground. Because right/rear leg is suddenly sitting downward and issuing force, the whole body at the same time is suddenly dropping downward, leaning backward, bringing along two palms, two wrists and two arms suddenly backward. The left/front arm is pulling back, elbow parting outward, palm and middle of arm are applying an inclined backward/upward uplifting force, right/back palm, arm, wrist jointly, are applying a downward/outward/backward force. Your back hand is like grasping something downward. The main mental attention is on the parting/outwards force between your two elbows, inducing suddenly all springs, between each finger of each hand and between the inside of your two arms to break with “crack” sound. Now your weight is 30/70 on your left leg and right leg. Then stop this issuing force and relax. Your weight also returned to “50/50”. You have completed the “Parting-pulling issuing force with left foot step”.

Now, we start parting-pulling issuing force with right foot step. The right/rear foot pressing downward, stretching forward, erecting, move your body slowly forward, the feeling of resistance is same than the mental activity you had in previous left foot step. Your weight changes to 70/30 on your left leg and right leg, use whole body to help your right leg and right foot to pull out from mud, then move it to the direction of your left foot heel. Once arriving near the inner side of your left foot, continue to go forward slightly outward up to one sole length. Then you have reached the T-eight step right foot, your toes pressing ground, your weight is 70/30 on your left/rear foot and right/front foot. Now your left/rear foot is pressing downward, stretching forward, erecting, move your body to right/forward



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3 - **MODULE 26**

direction, your back is like pushing up (a big tree). Now your weight moved to 60/40 or 70/30 on your front leg and rear leg.

Suddenly your left/rear leg is sitting downward, you have this mental activity of breaking suddenly all springs between two legs, back hipbone and front knee, two hands five fingers, two hands wrists, inside of arms. Your back hand is like grasping something downward. Your head and forefoot have like a spring stretching. Your thigh, back of your calf, lower back, back, neck are like sitting downward, slightly leaning backward. Your buttocks, crotch, inside of two legs there is like a big stump which is suddenly releasing downward, letting it smashing on the ground. When you are issuing force your weight is 70% and 30% on your rear leg and front leg, then stop and relax. The body again returned commencing posture of 50/50 position.

We have completed the “Parting-pulling issuing force with right step”. Now, you can practice alternatively left step and right step.



Figure 26.2.1



Figure 26.2.2



Figure 26.2.3



Figure 26.2.4



Figure 26.2.5



Figure 26.2.6



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3 - **MODULE 26**



Figure 26.2.7



Figure 26.2.8



Figure 26.2.9



Figure 26.2.10



Figure 26.2.11



Figure 26.2.12



Figure 26.2.13



Figure 26.2.14



Figure 26.2.15



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3 - **MODULE 26**



Figure 26.2.16



Figure 26.2.17





BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3 - **MODULE 26**

26.3

DING BU SHEN GUI CHU SHUI SHI LI

FIXED STEP DIVINE TURTLE EMERGING FROM WATER TESTING FORCE

Your two feet are on a same front line. With your two heels still remaining in contact, open your both feet to form 45° angle. Now step forward with your right foot, while leading your movement with your toes, after moving forward almost one sole length, move again aside for another foot length. Right/front heel should be slightly curved, you are now in T-eight step position, another name of this position is half T-shaped and half eight step. The step should not be too large or too small, a too large step will affect your nimbleness, a too small step will affect your balance and overall agility, your forefoot should not be too stiff, as if it can be uplifted easily. Your weight is 30/70 front foot and rear foot, thus your rear leg is the supporting leg. By adopting this step you have more agility in going forward or backward, you can shift left/right position randomly, this is usually the position used in combat and real fighting. After this clarification of your feet position, now let's adjust step by step the others parts of your body:

- front knee of the right foot slightly bent, the knee slightly pointing forward, imagine a front stick and a back stick supporting your right foot, there is like a wire slightly uplifting your right knee, the toes are slightly grasping ground, at the same time left leg and left knee are pointing backward. There is like a spring stretching forward-backward between your right/front knee and your left/back knee. Your rear knee is like slightly uplifted. The outside parts of your two legs intention are like slightly wrapping inward, the inside parts of two knees and calf slightly are like slightly turning out.
- Now your lower limbs are adjusted, let's focus on your upper limbs. Uplift slowly your two hands up to top of forehead height, palm facing downwards, five fingers opened, the fingers have a little curve and are pointing ahead, the distance between two hands is 2/3 fist-widths, right foot and right hand in the front, right palm position is half fist higher than left palm. Imagine that, between your head and right forefoot you have like a spring stretching slightly upward-downward, there is also like a spring stretching slightly between left/back hipbone and right/front knee. The five fingers of each hand and your two wrists are like joint by springs to a distant wall or tree, you can feel all these springs slightly stretching, inside of your two palms and two arms there are like many springs slightly stretching, the head and forehead you have the same feeling, imagine that you are a giant, as if you are standing in a river or the sea, the water level reaching the top of your forehead, on the surface of water there is a huge board floating, your two palms, two arms are like pressing this board, you can feel all the water pressure force (buoyancy) gathered by this board. While pressing on this board, you should try your best to relax and not contract excessively while touching and pressing the board.

- As we adjusted preliminary posture and mind activity, we can start now to practice "Divine Turtle emerging from water". Left/back sole is slowly pressing downward, erecting, your body is slowly rising, your back sole and rear leg are slowly pressing downward, stretching upward,. There is like a spring between left/back leg and your right/front leg slightly compressing and closing to each other. Your right/front leg is turning inward, backward, right/front sole slightly pressing downward, front knee pointing forward, but do not swaying.

During the time your rear leg and body are rising, your two palms and palms are like pressing the huge board as described in preliminary step. We insist that you should not use excessive force but mind during this exercise. Fingers are pointing forward. The level of your two hands remains unchanged; our eyes are looking continuously forward, to the direction of your forehead. Your head as



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3 - **MODULE 26**

like emerging slowly from water, the head and the rear foot like have like a spring stretching upward-downward, the whole body has like a strong resistance while rising. Now your weight shifts from 70% and 30% on your rear leg and front leg to 70% and 30% on your front leg and rear leg, left/rear leg is already practically straight but still slightly bent, two palms arriving at the level of your nose or under your eyes. Now you have finished the touching and pressing upward movement.

Let's carry on through downward, backward movement. From previous posture, hands position and mind activity, first right/front leg is slowly pressing downward, stretching back, you are now leaning downward and backward and feeling a strong water resistance. The knee of left/rear leg is slightly curved and left leg is stepping downward, like slightly stretching a spring between your front and rear leg. Your right/front sole has it five toes slightly grasping ground, right knee still pointing forward, without swaying backward. When our body is sitting and leaning backward downward, it is like if your whole body and your head are borrowing all the power communicated by your two palms, arms while pressing the huge board floating on the water. During this time all your fingers and are like stretching the springs binding them to the imaginary front tree. Underside two palms, two arms keep this pressing downward board feeling. During this downward/backward movement of the body, you have like a spring stretching between your head and forehead joint spring upward-downward, your head and forefoot upward-downward have also like a spring stretching upward-downward, left/back hipbone and right/front knee like stretching forward-backward. When the body sitting downward and leaning backward, your thigh, calf back, buttocks, waist, back, neck, back part of the head all are like feeling a strong resistance from water.

Now your weight shifts from a previous 70/30 on your front leg and rear leg to a 70/30 on your rear leg and front leg. Your palms, arms return to the previous posture. (Synchronize carefully your upper and lower limbs).

Yiquan sparring is also called: breaking hand, real application ...As it includes various contents of the Yiquan program, it will directly check how much you have really acquired you're your training.

"Divine turtle emerging from water testing force" exercise has precisely the main purpose to refine whole body involvement during sparring situation. The whole body movement practice is very important in Yiquan: as a basic skill to master in each different training program, from the basic combat post training, testing force exercises, and later in mud stepping exercises.

During "Divine turtle emerging from water testing force" exercises, through the amount physical effort requested, the various directions trained: forward-backward, leftward-rightward, upward-downwards, two legs squatting and rising physical training..., all favorable conditions to combine ten different testing force exercises into one. When you practice this exercise to perfect it, you should fulfill the following:

- 1) Practice it harder than in any ordinary combat or any testing force exercise,*
- 2) Feel and taste the universal combat force,*
- 3) Have a good physical condition.*

Then you will practice Testing Force in its higher level: whole body coordinated, refined techniques and steps, all in perfect harmony and synchronization.

A whole coordinated body will give you, in sparring situation, agility and adaptability. Striding or retreating freely, changing high to low position with great ease, giving to the opponent a feeling of permanent mutation. Interfering with your opponent striking, he can hardly launch a precise or a



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3 - **MODULE 26**

heavy offensive, reserving your physical power until a decisive attack. Compelled in this situation your opponent will create for you larger opportunities during which you should be ready to strike your opponent. In Yiquan training, whole body coordination is fundamental and constitutes a necessary training content to be mastered. Remember that, whatever your level, you cannot leave your opponent hitting you freely!!!

My late father Yao Zongxun used to say: “When you practice Divine turtle emerging from water testing force, you should move slowly, your shoulders, your two arms should stay relax, feel your whole body all the power communicated by the two hands pressing the huge board, your body moving forward-backward, leftward-rightward, upward-downward physical effort, keep your two hands height and posture unchanged.”

In addition to daily standing pole, Fixed step divine turtle emerging from water testing force can practice ten to fifteen minutes a day.

Practice slowly so that you can taste and feeling stronger resistance. Alternate right and left side.



Figure 26.3.1



Figure 26.3.2



Figure 26.3.3



Figure 26.3.4



Figure 26.3.5



Figure 26.3.6



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3 - **MODULE 26**

26.4

ZOU BU XUAN FA FA LI

ROTATING ISSUING FORCE WITH BACK STEPS



Figure 26.4.1

Assume T-eight step. Left foot and left hand in the front, your weight is 50/50 on front leg and rear leg. Imagine that, your two hands, all your fingers, wrists are bound to a wall or tree with springs; you are like standing in the water. Two palms facing downward, fingers slightly curved and pointing forward, the distance between two hands is $\frac{2}{3}$ fists width. The palm, arm, root of the arm are like pressing one big iron ball, imagine that the big iron ball strongly glued with your palms, forearms and arms. Between your head and forefoot you have like a spring stretching upward-downward, between your right/back hipbone and left/front knee you have like a spring slightly stretching forwards-downwards.

After having adjusted your posture and mental of activity, you can start to practice “Left forefoot rotating issuing force with back steps”. Left forefoot is pressing downward, stretching backward, rear leg sitting downward, front leg makes your body moving slowly backward, during this time you imagine your back as compressing water, tree or

wall behind you, you can feel this resistance, as well as all springs, bounding your fingers and wrists with a distant tree standing in front of you, are slightly stretching. At this time, your weight moved to 30/70 on your front leg and rear leg, left forefoot is like pulling out slowly from mud. Left foot continues to step backward as guided by the heel up to the inside of right foot. During this movement you should have the feeling of flapping out water or mud horizontally from your calf and thigh. Then continue your step outwards and backward, this time with the intention of flapping out an entire block of mud sticking all around your left foot. When your left foot toes touch ground, you should assume a T-eight step. At this time your weight is 70% and 30% on your right leg and left leg, when the left toes slightly touch ground, left/rear leg suddenly is sitting downward, back sole pressing the ground, right/front leg relaxing, five toes grasping ground, spring between front and rear legs is suddenly breaking. Imagine that the body is suddenly descending in the same time, sitting downward, slightly leaning backward. Imagine also a big stump which was hold by your buttocks, crotch, inside of two legs suddenly released and then smashing onto the ground. As your rear leg is suddenly sitting downward, the body leaning backward and downward, your two arms, two hands also are suddenly pulling back, two elbows parting outward, right forehand have downward, closing inward, separating force, left hand is jointly pulling back. Both hands are like paddling backward, arriving to your left armpit. From the commencing posture where your arms were at 80% of their full length, they are suddenly pulled back up to 40% length. Simultaneously imagine breaking all springs between your two palms and between fingers, wrists and a distant tree. Imagine holding underneath a large iron ball, glued to your palms, forearms and arms then throwing next to your left shoulder with an inclined outward movement. Also you are suddenly breaking the spring between left/back hipbone and right/front knee, which was previously stretching upward-downwards, the same happening to the spring between the head and right forefoot. When issuing force your weight is 70% and 30% on your rear leg and front leg, and then stop. Your weight returns again to 50/50 on your two legs. Palms, arms again return to commencing posture. This concludes the “Left foot and left leg rotating issuing force with back steps”.

Now we can start to practice “Right foot and right leg rotating issuing force with back steps”. Right forefoot is pressing downward, stretching backward, your whole body slowly sitting downward and leaning backward, left/rear leg pressing downward, your body is like compressing water backwards.



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3 - **MODULE 26**

At this time your weight is 70% and 30% on your rear leg and front leg, right foot is pulling out like from mud, then moves inward as flapping out mud, when it reaches the inside of left foot you should have the feeling of flapping out water or mud horizontally from your calf and thigh. Then continue your step outwards and backward, this time with the intention of flapping an entire block of mud sticking all around your right foot. When your right toes touch the ground: then you finalized T-eight step. Your mind of activity is same as described for left foot and left leg back step. At the moment that right foot toes are lightly touching ground, the rear foot and rear leg suddenly are “sitting” downward, front leg relax, five toes grasping ground, spring between your front and rear leg joint is suddenly breaking. Your body is sitting and leaning backward-downward. Your buttocks, crotch, inside of two legs which were holding previously a big trump, now are suddenly releasing it. As a result you imagine it smashing onto the ground. You imagine that all springs between your head and forefoot, springs between right/back hipbone and left/front knee, are suddenly broken.

While your body is issuing force backward and downward, your two hands and two arms are suddenly pulling back, two elbows parting outward, left forearm downward, compressing and wrapping inward backward and parting outwards force, right hand jointly pull back, parting outward. Both hands are like paddling back in the same direction: downward and outward. Both two arms from 80% full length stretching are suddenly pulling back to 40%. During this time, imagine that springs joining your fingers, wrists and a distant tree, are suddenly breaking. Your palms and arms are like glued to a big iron ball. From holding this big iron ball underneath you throw suddenly near your right shoulder through a backward and outward movement. When issuing force your weight is 30% and 70% on your front leg and rear leg. Then stop and relax. your weight returns again to 50/50 on your two legs. Palms, arms also returned to commencing posture. This concludes the “Right leg rotating issuing force with back steps”.

Now you’ve learned issuing force with front step and back steps. Moving forward or backward your weight has become familiar to you. While stepping back left side or right side, try to perceive any difference any similarity between each side. It is through a meticulous, permanent attention to your practice which will help you improve your martial techniques.

First use less power when issuing force paying more attention to your steps, body movements then you will increase gradually the issuing force intensity.



Figure 26.4.2



Figure 26.4.3



Figure 26.4.4



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3 - **MODULE 26**



Figure 26.4.5



Figure 26.4.6



Figure 26.4.7



Figure 26.4.8



Figure 26.4.9



Figure 26.4.10



Figure 26.4.11



Figure 26.4.12



Figure 26.4.13



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3 - **MODULE 26**



Figure 26.4.14



Figure 26.4.15



Figure 26.4.16



Figure 26.4.17



Figure 26.4.18



Figure 26.4.19

26.5

DING BU ZUO YOU QUAN LIAN XI **FIXED STEP LEFT-RIGHT PUNCH PRACTICE**



Figure 26.5.1

Assume T-eight step. Left foot and left hand in the front, the weight is 30/70 or 40/60 on your front leg and rear leg. General posture, lower and upper limbs are described already in the Module 24 – Second Year of Correspondence course. Your mind activity should be also as described previously.

Now we can start the punch issuing force exercise.

When you are punching left-right, the weight should be 70/30 on your front leg and rear leg. Prepare your right/back punch (issuing force): The rear/right foot is pressing downward, stretching backward, wrapping and rotating inward, the knee of rear leg slightly curved your weight slightly sitting backward. The rear foot, rear leg are pressing downward, stretching forward, turning inward, bringing along with hipbone, waist, shoulder circling forward and inward, simultaneously



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3 - **MODULE 26**

your left forefoot is pressing downward, slightly erecting, and the knee like having the intention of pointing forward but is not using any force, front leg is turning outward and backward, between your front leg and your rear leg you have like a spring offering resistance to your two legs movements as described before. When you are suddenly punching with your right/back fist, you should clench your fist instantaneously; use knuckles of your fist like with the intention to break into pieces an imaginary target. In the same time your body plane turns 180° (included shoulder, hipbone), simultaneously your left/front fist is suddenly issuing force backward slightly outward with the elbow slightly downward. It is like if the spring joining both hands is suddenly broken. During this time there is like a spring between your head and your rear foot, which is stretching upward-downward, between your head and your forefoot there is also like a spring stretching upward-downward. When issuing force your weight is 70/30 on your front leg and rear leg. When left forearm is stretching backward, you should pay attention to protect your face, when issuing force you should not leave the left part of your face unprotected (by your back fist). My father Yao Zongxun used to stress on this special point: “When you are punching, you should pay a special attention on the stretching between your two fists. In boxing there is a saying: “Forehand hits your opponent, back hand contracts firmly, the waist is like a wheel, the leg like a drill” which confirms this principle.



Figure 26.5.2



Figure 26.5.3



Figure 26.5.4

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BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 27**

MODULE 27

The even embracing combat post of YiQuan is one of the three issuing force posture in YiQuan:

- 1) one is T-eight step's hun yuan zhuang (universal combat post),
- 2) two is ping bao zhuang (even embracing combat post),
- 3) three is cheng bao zhuang (expanding-embracing combat post).

The expanding-embracing combat post uses two palms to issue force. Training seeking force with these three posts total seeking will reinforce your Quan shu hun yuan li (universal combat force). Each of them has its own particularity which intensifying its specific aspects of seeking force. By training them effectively, you will be able to overcome your opponent in any combat situation, from any part of your body. In YiQuan training, the main point is to induce more consciousness and more control in each part of the body each of whole body. Through this deep consciousness of your body, you will improve your overall resistance; accelerate the development of your fighting abilities.

Seeking just relaxation while “holding the ball” exercise, is too reduced and does not open to any further perspective. This is not the case with YiQuan Seeking Universal Combat Force.

I hope my students of correspondence class will understand how important is to search for this Universal Force, and will put in their best efforts in practicing it.

27.1

PING BAO ZHUANG (QIAN HOU MO JIN)

EVEN EMBRACING COMBAT POST (SEEKING FORCE FORWARDS BACKWARDS)



Figure 27.1.1



Figure 27.1.2

Assume T-eight step, left foot and left hand in the front, the body's weight is 30% and 70% or 40% and 60% on your front leg and rear leg. Two hands slowly uplifting to shoulder level, the palms facing downward, middle fingers facing each other, tiger mouth (area between thumb and index finger) slightly open, fingertip slightly drawn back like catching a ball, two wrists slightly curved, as if hooking something, hand a little higher than forearm; hand high and the elbow low, with a little angle between them, the outside of thumbs, forearm and upper arm like holding a big tree, forehead a little higher 4/5 cm than back hand, the distance between two hands is 2/3 fist-widths. Imagine that you are a giant, holding one gigantic tree reaching the sky, and that you are like merged with this tree. Mind activity is the same as in universal combat post, back hipbone and the knee of front leg, head and forefoot, all have like a spring stretching slightly upward-downward.



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 27**

After adjusting your posture you begin “even embracing combat post” (seeking force forward). The right/rear foot is slowly pressing downward, slightly stretching upward/forward, move your body slightly forward, in the same time left/front sole slightly is pressing downward, the knee having like the intention of pointing forward, rear leg and front leg turning closing inwards, like compressing a big stump. When the body moves slightly forward, imagine using your forehead, chest, belly, thighs, calf of two legs, our elbows pushing the big tree forward while feeling strong resistance; back of thighs and calf of your two legs, waist, back, shoulder, neck, back of your head like pulling along a big tree. When you seeking force forward, the spring between the head and forefoot is compressing slightly upward-downward; the spring between your head and the rear foot is slightly stretching upward-downward. When right rear leg is pressing downward, stretching upward/forward, the leg compressing inward, in the same time elbows, two arms, two hands moving forward. Now your small finger is moving forward, closing inward and slightly pressing slightly upwards. Then imagine that this gigantic tree reaches the sky following your (holding) pushing forward force. Then stop and relax.

Now imagine that this gigantic big tree having been displaced by the previous force, and needed to return to its original place. Then like a giant you have to move it back (seeking force backward)

Your rear leg is slightly pressing/sitting downward, like slightly leaning backward (but not really leaning), forefoot five toes slightly grasping ground, between your rear leg and front leg you have like a spring parting slightly outward. Because your rear leg is pressing/sitting downwards, your body is moving slightly backward-downwards, bringing along the gigantic tree hold with your two hands, two arms slightly pulling back, elbow parting outward, whole arm pressing downward then finally uplifting. Back of calf and thigh, waist, back, shoulder, neck, back of the head, are like pressing the big tree slightly backwards imagine the strong resistance. Between right/back hipbone and left/front knee, you have like spring stretching slightly forward-backward and upward-downward. Between your head and forefoot you have also like a spring stretching slightly upward-downward, then stop and relax. The big tree has returned to its former position. When you are pulling back the big tree, your thumbs should be erected and hooking up, as hanging back the big tree. When you are pressing and pushing the big tree forward, you should feel your arms, underside and inside of forearms, and also your two palms, compressing and closing, pressing downward, pointing forward with a slightly upwards resistance.

This concludes the “Seeking force backward and forwards even embracing combat post” exercise. You should use mind not force. Move slowly, do not start too fast, feel and seek continuously with each of part of your body the resistance feeling while moving the big tree.

27.2

DING BU SAN QUAN LIAN XI **FIXED STEP THREE PUNCHES PRACTICE**

Assume T-eight step, left foot and left fist in the front, weight is 30% and 70 or 40% and 60% on your front leg and rear leg. Fists clenching, hands, body, mind activity...were already presented before in Module 24 of our correspondence course, as well as left/front fist issuing forces.

After left/front fist has issued force, the weight is 70% and 30% on your front leg and rear leg now we can practice right back fist issuing force.

When right/back fist issuing force forward, the rear leg is pressing downward, stretching forward,



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 27**

erecting, turning inward, simultaneously with the front leg, keep in mind the stretching between head and the rear foot. When you rotate your body 180°, you should imagine a resistance feeling like if rotating in the mud, feel resistance. (Please refer to Module 26 Fixed step left-right punches issuing force). After right/back fist has issued force, the weight is 70% and 30% on your front leg and rear leg.

Then practice again issuing left punch. Left forefoot is pressing downward, stretching backward, erecting; left leg is rotating inwards backward, the knee pointing forward. Move your body to right/backward with a rotation movement. When your rear leg is rotating outward and backward, imagine also this leg suddenly rotating in mud, from former 70% of weight on the rear leg weight by, you change now to 50%.

At the moment your left/front fist is issuing force, rear leg suddenly pressing downward, stretching forward, erecting, your whole rear leg rotates outward and backward. Now the weight is 70% and 30% or 60% and 40% on your front leg and rear leg. While turning your body 180° angle, you should issue force after turning 90°. Clenching instantaneously your left/front fist and right/back fist, front and back hand are like breaking the spring between front and back arms, as well as for the string between the head and forefoot, the spring between right/back hipbone and left/front knee. Your thigh, back of calf, waist, back, scruff, back of the head like leaning on big tree behind you, feeling resistance from it. In addition to the whole body rotation induced by the rotation of your legs, you should use your left shoulder to contribute while punch with left fist. When you reach your target you should imagine like smashing and penetrating it with great strength. Then stop issuing force, contract and relax. The weight returns to 30% and 70% on your front leg and back leg.

Now you can carry on practicing left fist, right fist and left fist (3 punches) practice. Through practicing “Fixed step three fists”, you improve your ability in punching and issuing force by chaining three continuous fists to strike your opponent.

Remember that you need first to master left and right fist. Do not hesitate to practice them back then you can start again three fists practice when you feel comfortable with left/right punches.

In the beginning you should use moderate force in your punching, check your movement and mind activity. Then you can gradually increase speed and power.



Figure 27.2.1



Figure 27.2.2



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 27**



Figure 27.2.3



Figure 27.2.4



Figure 27.2.5



Figure 27.2.6



Figure 27.2.7



Figure 27.2.8



Figure 27.2.9



Figure 27.2.10



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 27**

27.3

ZOU BU DAN QUAN LIAN XI **SINGLE PUNCH PRACTICE WITH STEPS**

Assume T-eight step, left foot and left fist in the front, your weight is 30% and 70 or 40% and 60% on your front leg and rear leg, your body plane making angle of 45° with an imaginary front line. Two fists are half clenched; you can start from this posture, issuing left fist single punch. At this time, the right/rear foot pressing downward, stretching forward, move your body and left forefoot forward, after stepping one sole length, left/front sole is suddenly pressing ground. Left/front knee is bent as in the commencing posture like pointing forward. At the moment that left/front sole is suddenly pressing the ground, left/front fist is suddenly extending forward, imagine like using your fist knuckles to strike, and your wrist is slightly bent downward. Then your body plane turns from 45° to 90° as to present a smaller target area to your opponent. As your body is suddenly turning, your right/back fist is suddenly doing a closing, backward, slightly outward movement, elbow suddenly pulled back, imagine like breaking suddenly a string between your front and back hand. At the moment your left/front sole is pressing the ground, you are issuing punch, your weight instantaneously moves to front sole, contract and relax, your right/rear foot now slightly leaves the ground, moves forward one and half sole length, like in combat post T-eight step your weight is front leg 30% rear leg 70%. When issuing force, you have like a stretching between your head and forefoot, between your head and back foot. When right shoulder turns outward, back of thigh, waist, back, neck, back of the head are like suddenly pressing and leaning a tree behind you. Contract and relax.

You can now continue to practice single punch with steps. After left step you practice right step, right punch with the same demands as described for left step.



Figure 27.3.1



Figure 27.3.2



Figure 27.3.3



Figure 27.3.4



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 27**



Figure 27.3.5



Figure 27.3.6

27.4

ZOU BU LIAN XU QUAN LIAN XI **CONTINUES PUNCHES ISSUING FORCE WITH STEPS**

Assume T-eight step, left foot and left fist in the front, your weight is 30% and 70% on your front leg and rear leg. Starting with left foot and left fist issuing force, you use the step than in left step issuing single (left) punch. Body movements, hands and mind activity are the same: after issuing force contract and relax. Then your weight returns to 30% and 70% on your front leg and back leg position. In practicing right/back fist issuing force, the right/rear foot is suddenly pressing downward, stretching forward, erecting, turning inward, move your body to left forefoot by suddenly going forward and outward with half step, when pressing left/front sole down, right/back fist should suddenly extend forward, wrist slightly bent, two fists like grasping, using your fist knuckles to smash into pieces and penetrate an imaginary target. When right/back fist is punching, left/front fist should pull suddenly backward, slightly outward, your elbow slightly issuing a downwards and backward force, like breaking springs between your front fist and back fist but also, between your two arms. When you are issuing force and pulling back your left/back fist you should protect your face. Now your body has already turned from 90° (starting issuing left punch) to 180°. You should use right/rear leg pressing downward, stretching forward, erecting, turning inwards and forward bumping force. When issuing right and back punch you are like suddenly breaking spring between the head and forefoot, and spring the head and the rear foot. When right/back fist is issuing force, the weight is 70% and 30% on your front leg and rear leg.

We are going to use left step for issuing left punch. Left forefoot is suddenly pressing downward, erecting, slightly stretching backward. The right/rear foot and right/rear leg rotate outward and backward. In the same time your body moves jointly with the right/rear foot, right/rear leg rotates backward and outward, your body turns now from an angle of 180° to an angle of 90°. Now your back/rear foot is suddenly pressing downward, erecting, rotating backward and outward, body and left/front leg are like bumping forward. As your left/front sole is pressing ground, your left forefoot revolving inwards and backward about 20 cm, left/front fist slightly bent, use your fist knuckles to smash into pieces and penetrate your imaginary target. Right/back fist and front fist at same time have like a grasping issuing force, suddenly breaking the springs between your two fists and your arms. Contract and relax. Stop issuing force. Your weight returns to 30% and 70% on your front leg and rear leg.

We have completed the continuous punches issuing force with left and right step. You should alternate left and right step in the front. Right step issuing force demands are the same than in left step.



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 27**



Figure 27.4.1



Figure 27.4.2



Figure 27.4.3



Figure 27.4.4



Figure 27.4.5



Figure 27.4.6

27.5

ZOU YI BU SAN QUAN LIAN XI **THREE PUNCHES PRACTICE IN ONE STEP**

Assume T-eight step, left foot and left fist in the front, mind activity demands in left step left fist issuing force request are the same than single punch with step, when the left fist finished issuing force, right/back fist is issuing force, as the second punches in fixed step three punches. Than again issue left/front punch, like in fixed step issuing third punches same. Here mind activity for three punches in



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 27**

one step should refer to fixed step issuing force principle.



Figure 27.5.1



Figure 27.5.2



Figure 27.5.3



Figure 27.5.4



Figure 27.5.5



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 27**



Figure 27.5.6



Figure 27.5.7



Figure 27.5.8



Figure 27.5.9



Figure 27.5.10

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BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 28**

MODULE 28

We have practiced “Even embracing combat post’s seeking force forwards backwards”, now you should have a strong feeling of resistance, you can practice seeking force leftward-rightward. “Seeking force leftward-rightward” is “Open and close seeking force of universal combat force” of Yiquan combat post. Concerning “Open and close’s seeking force”, the main issue is to cultivate and intensify your nerve system, muscles of your body and limbs by mental control. Each part of our body can intensify its physical activity through “Left-right open and close” exercise, then after a certain level of practice: even during real combat situation you will still preserve balance and harmony inside your body which will allow you then to handle any situation with ease and celerity. However this can only be achieved after large number of repetition and permanent seeking intention during your training.

28.1

PING BAO ZHUANG (ZUO YOU MO JIN) (EVEN EMBRACING COMBAT POST) (SEEKING FORCE LEFTWARD-RIGHTWARD)



Figure 28.1.1



Figure 28.1.2

Assume T-eight step. Left foot and left hand in the front, the weight is 30% and 70% or 40% and 60% on your front leg and rear leg. Hands and body posture are the same in “Even embracing combat post (seeking force forward-backward)”. Mental activity of whole body is the same than in T-eight step universal combat post. When you have adjusted posture and mind, you can start practicing parting outward seeking force. First, right/rear leg slowly sitting downward, like slightly leaning backwards (but do not really leaning), forefoot five toes are slightly grasping the ground, there are springs parting outward between the inside of rear leg and front leg. As rear leg is sitting downward, this bring along the body in slightly moving backward and downward, at the same time imagine practicing “Parting outward” exercise while holding in your two hands and two arms, a gigantic tree, which is starting to crack from the top tree to the roots. When you are slightly parting outward, imagine like also uprooting the tree, you should also slightly pull backward and uplift, but remember that the main force is parting outwards force, pulling backward force and uplifting force are supplementary forces.

It is the same for the lower limbs where parting outward force between the inside of your two leg is the main force, sitting downward, slight leaning force are the supplementary forces.

Imagine now, as completely merged with the gigantic tree, from inside of two legs to inside of two arms, cracking more from the top tree to the roots. With parting outwards force as the main, with other



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 28**

forces as supplementary. When applying parting outward force imagine also your back of body, this includes thigh, back of calf, buttocks, back, neck, back of the head etc... all are leaning and pressing an imaginary tree behind you.

You have completed “Outwards seeking force” exercise. Now let’s practice “Close inwards seeking force”. First imagine that you are holding a gigantic tree already separated into two parts, unable to reassemble by itself, then it is only through your own powerful intervention that it can be reassembled.

First right/rear leg is pressing downward, erecting, stretching forward, front sole slightly pressing downwards, inside of two legs are like closing inward. Slightly closing inwards force should be the main force, forward and front sole pressing downwards forces are supplementary. At the same time, inside of two arms are also closing inward, like reassembling firmly the gigantic tree. The front part of your body including thigh, front of calf, belly, chest, and head... all simultaneously is moving slightly forward, like squeezing the tree. Now you imagine the gigantic tree being reassembled into one part by your overall closing movements. When closing inward, right/back hipbone and left/front knee are slightly closing inward, spring between head and forefoot is also retracting, then stop this closing/retracting mind activity.

After grasping the main points of this exercise, you can continue practicing “Even embracing combat post open and close seeking force” exercise. You should pay attention to practice slowly, and remember that open-close force is the major force inside of your two legs and two arms, the other forces are just supplementary; during your forward-backward movements, feel as best as you can the resistance in pushing /pulling the gigantic tree.

28.2

ZOU SAN BU SAN QUAN LIAN XI THREE STEPS THREE PUNCHES EXERCISE



Figure 28.2.1

Assume T-eight step, left foot left hand in the front. Two fists half clenching, start with “First step first fist issuing force”. When issuing punch with fist step, the requests are the same that in “Single fist issuing force with steps”, you should assume also the corresponding stretching force.

Now let’s start practicing “Right and back fist issuing force with step”.

Right rear foot is suddenly pressing downward, stretching forward, erecting, wrapping forward and inward, body and left forefoot is suddenly moving half step forward and outward. When left/front sole is pressing ground, right/back fist is suddenly extending forward, wrist slightly bending, two fists clenching, use your fist knuckles to strike, like piercing an imaginary target. Two fists stretching are the same as

described in “Second punch of the continuous punch with step”. When left forefoot is pressing ground and you are issuing right punch,

right/rear foot should follow forward, keeping the same distance with forefoot as before. You are assuming again T-eight step. Your body plane having revolved with 180° angle, the weight is 70% and 30% on your front foot and rear foot. Stretching demands are the same than in “Second punch of continuous punch with step”.



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 28**

Now let's start practicing "third step third fist issuing force".

First right/rear foot is pressing downward, stretching forward, erecting, right/rear leg like moving all your body. Your left/front foot is moving suddenly half one sole length inward and forward then returning in "first punch first step" posture. In the same time your left/front sole is pressing ground and you should issue force. At that time your left/front fist is suddenly extending forward, use your fist knuckles to strike and pierce an imaginary target. Right/rear foot should follow with forefoot in order to keep original distance: you are assuming T-eight step. When left/front fist is issuing force, two fists should clench in the same time, corresponding stretching force, each part of whole body demands are the same than in "Continuous issuing punch with step", then stop this issuing force intention, contract and relax.

Now step and two hands have returned as they were in the commencing posture.

The three punches with three steps practice in fact is three punches with three steps' one team three punches practice. This prepare you to sparring and attacking opponent where fast three steps are commonly used, or striking with a combination of three punches with step during an attack. When you practice three punches in three steps, always use first punch to start chaining your punches, issuing force in the third punch should be the same as issuing force in the first punch. You can alternate practicing with left-right straight punches.



Figure 28.2.2



Figure 28.2.3



Figure 28.2.4



Figure 28.2.5

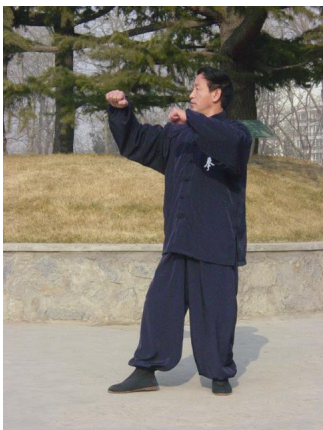


Figure 28.2.6



Figure 28.2.7



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 28**



Figure 28.2.8



Figure 28.2.9



Figure 28.2.10

28.3

ZOU BU SHEN GUI CHU SHUI SHI LI

DIVINE TURTLE EMERGING FROM WATER TESTING FORCE WITH STEP

Now you should be already familiar to “Fixed step divine turtle emerging from water testing force” movement, when you have grasped the deep contents of this exercise, starting to have feeling in practicing seeking force, then now you can combine step and technique which “Divine turtle emerging from water testing force with step” exercise.

First, step and hand type are the same than in “Fixed step divine turtle emerging from water testing force” commencing posture and form:

Assume T-eight step, right foot and right hand in the front, the weight is 70% and 30% on your left leg and right leg, the two hands are at the level of your forehead. After having adjusted your posture, we can start to practice first with the left side.

Left/rear foot pressing downward, stretching forward, move your body slowly right/forward. Imagine your body in mud slowly closing and moving forwards, you feel strong resistance. When the body moves forward, your two hands are uplifted two hands and not moving. Then the weight moved to 30% and 70% on your front leg and rear leg, left foot slowly is pulling out from ground, left leg and left foot are slowly moving forward to right foot direction. Once your left tiptoes are 3/4 cm near your right heel, continue to move straightforward until your left tiptoes are one and half sole lengths distance from your right tiptoes, then you move horizontally leftward and outward.

When left foot and left leg is moving forward, imagine flapping out slowly from your leg a complete block of mud.

When left foot and left leg are moving horizontal leftward and outward, imagine like slowly flapping out horizontally mud from your thigh, calf.

When left foot is just leaving ground moving 1/2 cm forward, right leg knee at the same time should slowly bent, body sitting downward, slowly let your head descend to under your two palms. Imagine that your two palms, two arms borrowing the floating board buoyancy force, inducing your body to sit downward. When left foot and left leg are moving forward, there is like a spring stretching



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 28**

upward-downward between head and left foot, there is also a spring stretching forward-backward between right/back hipbone and left leg knee, and a spring stretching forward-backward, upward-downward between your head and your left hand.

There is feeling of spring stretching leftward-rightward and upward-downward between two palms and two arms. You should feel your whole body like merging completely with the gigantic tree. Use your mind, with inducing imagination, feel like each part of your body stretched by forces of surrounding environment (only use mind do not use force) control your body descending movement; the balance of your body depending on one single leg. Left sole is already in T-eight step position. Front of left sole is slightly pressing ground, left heel slightly leaving ground, weight is 30% and 70% on your left leg and right leg. Now right/rear foot is pressing downward, erecting, stretching forward, your body and your head moving slowly forward and leftward. The inside of two legs have like a spring closing inward forward-backward, body and head are jointly moving forward, the front sole gradually increases pressing strength. During this time, imagine your two palms, two arms borrowing the huge floating board buoyancy force, like allowing your head to emerge from water in the direction of the left palm. In this time our thigh, front of calf, belly, chest, head all have a forward and upward resistance feeling from water. There is a spring stretching upward-downward between head and right/rear foot. You have completed “Divine turtle emerging from water testing force with left foot and left leg already”. The weight is now 60% and 40% on your front leg and rear leg. Two hands height returned to forehead level as in commencing posture.

Now let's practice “Divine turtle emerging from water testing force with right step”. Right foot is pressing downward, moving forward; the body is slowly moving forward, you should feel on your body like a strong resistance. When you are stepping, mind activity while right foot and right leg are moving should be the same than the previous left side: right leg bent, body is sitting downward, head slightly descending downward, stretching force in each part of the body...

When your right forefoot is pressing downward, stretching backward, left/rear leg bent and sitting downward, there is spring slightly stretching forward-backward leftward-rightward between the inside of the two legs. At the same time your body is slowly moving backward and downward, you feel like strong resistance in your back. Now your weight is 70% and 30% on your left leg and right leg. The head following the descending movement of your rear leg and your body, is now already below the level of your two palms. Also in the same time you feel your palms, arms like borrowing the pressing force communicated by the floating board buoyancy, which will lead your let body and head immerge in water. In this time, you should have feeling as if there were many springs: between head and right forefoot stretching slightly upward-downward inclined; between left/back hipbone and right/front knee slightly stretching forward-backward; between head and right/front hand, stretching forward-backward, upward-downward; between two palms, two arms stretching slightly forward-backward and leftward-rightward.

Now your right forefoot is slowly pulling out from the ground as from the mud up to 1/2 cm high from the ground. Then you continue to move in the direction of the left foot with a feeling of flapping out mud. The right sole steps backward until to be face to face with left sole, continues to step backward one sole and half length, you start to step backward and outward with the feeling of slowly splashing out from your thigh, calf some mud, you should feel like a strong resistance. Now right sole has already reached T-eight step position, the tiptoe slightly pressing ground, the weight changes to 70% and 30% on your front leg and rear leg. Now left forefoot is pressing downward, stretching backward, right/rear leg bent sitting downward, inside of front and rear leg have like a spring slightly stretching. You should feel resistance from water pressing on your back. When your body is slowly sitting downward and leaning backward, imagine that you are borrowing, from your two hands and arms pressing the floating board, the water buoyancy force. Your body is first sitting downward and leaning



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 28**

backward, wait that your whole right/rear sole is pressing on the ground, so right/rear foot pressing downward, erecting, the body is slowly rising, you have the feeling of borrowing with your two hands, two arms pressing the board the water buoyancy, allowing then your body and head to emerge from water. Now your weight is 50/50. While you changing weight from 70/30 to 50/50, you have like a string between your head with left forefoot slightly stretching upward-downward forward-backward, right/back hipbone with left/front knee like have like spring slightly stretching, head and left/front hand also. Between your two palms, inside of your two arms you have like a spring stretching horizontal and forward-backward. You have completed “Back stepping of divine turtle emerging from water testing force with right step”.

Now you can practice back stepping of “Divine turtle emerging from water testing force with left step”. Weight is 50/50. Two palms, two arms at the level of forehead or two eyebrows level. Left forefoot pressing downward, stretching backward, let your body slowly sitting downward and leaning backward, between your two legs, head and forehead and forefoot, two hands and inside of two arms you have like a stretching feeling, the body borrows from your two hands, two arms the pressing board buoyancy force etc... mind of activity same as before.

You have completed “Step forward with left foot and right foot” and “Step backward with right foot and left foot”.

When you practice “Divine turtle emerging from water testing force with step” first move forward for several steps, then move back with also several steps. (The best practice is moving forward).



Figure 28.3.1



Figure 28.3.2



Figure 28.3.3



Figure 28.3.4



Figure 28.3.5



Figure 28.3.6



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 28**



Figure 28.3.7



Figure 28.3.8



Figure 28.3.9



Figure 28.3.10



Figure 28.3.11



Figure 28.3.12



Figure 28.3.13



Figure 28.3.14



Figure 28.3.15



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 28**



Figure 28.3.16



Figure 28.3.17

28.4

DING BU DAN SHOU ZUAN QUAN LIAN XI **FIXED STEP SINGLE HAND DRILLING UPWARDS PUNCH PRACTICE** **STAND IN T-EIGHT STEP**



Figure 28.4.1



Figure 28.4.2



Figure 28.4.3

Left foot and left fist in the front, two fists are in “not straight - straight punch” commencing posture, the weight is 70% and 30% on your right leg and left leg, using the same stretching force demands than in “not straight - straight punch single punch” commencing posture.

Now your right/rear foot is pressing downward, erecting, stretching slightly forward, right/rear leg slightly turning backward and outward, your body is rotating upward outward, with the intention of pointing forward. In the same time your hipbone, waist, shoulder are rising, turning backward outward, left/front center of fist downward, elbow is suddenly descending, the elbow turning inward, front center of fist by downward suddenly changed inward straight pointing face direction, with rear foot and whole body rising, suddenly your two fists are closing, your fist knuckles striking like a distance target with intention to break and penetrate it. At the same time you are issuing force with left drilling punch issuing force, your left sole is pressing downward, erecting, the leg turning inward, the knee



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 28**

pointing forward, simultaneously your rear leg erecting, your center of right/back fist simultaneously will change from facing downward to rotating inward, your right arm should turn also in the same time.

When the left/front fist is punching, right/back hand has already turned its center outward, fist high and elbow low'. When front fist issuing force the weight is 60% and 40% on your front leg and rear leg, you should have the feeling as if there are many springs: between head and front/rear foot which are stretching upward-downward, between left/front fist and right/back fist you have also the same feeling.

Between the inside of two arms you have like a suddenly upward-downward stretching.

In the back of your front/rear legs, lower back, back, neck, back of the head all have the feeling of pressing and leaning on a tree behind you. Then stop this issuing intention, and after contract and relax, the weight returns to 70% and 30% position on your rear leg and front leg, your body plane presenting an angle of 90°. You have completed the “Fixed step single hand drilling punch issuing force” exercise.

28.5

DING BU ZUO YOU ZUAN QUAN FA LI **FIXED STEP LEFT-RIGHT DRILLING UPWARDS PUNCHING PRACTICE**



Figure 28.5.1



Figure 28.5.2



Figure 28.5.3

Left foot and left hand in the front, two fists holding a “Not straight - straight punch commencing posture, the weight is 70% and 30% on your rear leg and front leg, the demand of corresponding stretching force are the same as “Not straight - straight punch single punch” commencing posture.

Let's start “Left forehand drilling punch issuing force”, weight distribution, body and hands posture are the same than in “Single hand drilling punch issuing force”. Then contract and relax.

Now you can start to practice right and back drilling punch issuing force. Left/front sole is suddenly pressing downward, slightly stretching backward, right/rear foot, knee slightly sitting downward and bent, right/back sole suddenly pressing downward, erecting, rear leg rotating forward, inward and upward, your body plane turning for an additional 90° angle, which is 180° compared with the commencing posture. At the same time the center of right/back fist outward, begin to turn downward,



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 28**

inward, forward, upward, suddenly extending arm upward. When punching use the knuckles of your fist, like to pierce an imaginary target. At the moment of right/back fist issuing force, center of left/front fist jointly from facing downward, turn up to facing outward, left arm also in the same time is turning inward, downward, outward.

When right/back fist drilling upward issuing force, the center of right fist is facing inward, the center of left fist outward, elbow low fist high, use arm to protect your face. The body turns a full 180°. When right/back fist is issuing force, left/front foot is pressing downward, erecting, the leg rotating outward, the knee slightly bent, with the intention of pointing forward. Now the weight is 70% and 30% on your front leg and rear leg. When issuing force, between head and forefoot but also between head and rear foot, there is a feeling of a spring stretching upward-downward. Between two fists, between inside of two arms you have also a feeling of a spring stretching. Your thigh, calf, waist, back, shoulder, neck, back of head are like pressing and leaning a tree behind you.

You have completed “Left and right fist changed drilling upward punch” exercise.

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BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 29**

MODULE 29

After mastering “Seeking force forward-backward, leftward-rightward of even embracing combat post”, we can go further in practicing “Even embracing combat post seeking force upward-downward”. You should continue to practice seriously, keep on searching common points and diverging points in “Upward-downward seeking force and “forward-backward leftward-rightwards seeking force”.

29.1

PING BAO ZHUANG (SHANG XIA MO JIN)

EVEN EMBRACING COMBAT POST (SEEKING FORCE UPWARDS DOWNWARDS)



Figure 29.1.1



Figure 29.1.2

Assume T-eight step, left foot and left hand in the front, the weight and hand posture are the same, mind activity of springs stretching in each part of your whole body in the commencing posture is also the same.

After setting up your body and mind of activity, you can start to practice holding tree “Seeking force upward”. Right/rear foot is slightly pressing downwards, erecting, slightly stretching forward, move your body slowly upward.

Left forefoot is pressing very slightly downward, inside your front leg and rear leg you have like a retracting. Your body is slowly rising; imagine that your body merged with a tree, the whole tree from bottom to top is slightly uplifting, it is like if the tree is near to break but doesn't break, imagine cracks all around the tree (like near to burst). When uplifting, the main force is the uplifting force. From the calf, front of thigh, belly, chest, head there is also a pushing forward force, this remains a supplementary force. Because right/rear foot is pressing downward, erecting, slightly stretching forward, your body is slightly rising, your two hands in same time are holding the tree, slightly uplifting, in order to hold this tree you should use a closing force, a slight pushing forwards force. Again remember the main force is uplifting force but closing inward, pushing forwards forces are supplementary. In this time, you should have feeling as if there were many springs between head and forefoot slightly stretching upward-downward closing inward, between head and rear foot slightly stretching upward-downward. Between right/back hipbone and left/front knee you have like a spring slightly stretching upward-downward closing inward. Then stop this intention of uplifting, and relax.

Now the gigantic tree has been uplifted, and it cannot return to its original place. So it requires our intervention to get it back. We can start to practice “Seeking force downwards”. Right/rear leg is



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 29**

slightly sitting downwards, the knee slightly bent, between your front leg and your rear leg you have like a spring stretching slightly forward-backward, five toes of forefoot are slightly grasping the ground. Your body in the same time is slightly descending downward, leaning backward (but not really leaning, use just your mind). Bringing along two palms, two arms at the same time which are slightly pressing downward; the base of your two palms and wrists, two arms, elbows have slightly parting outward, pulling tree backward forces. Here the main force is moving downwards force, parting outward force and pulling backwards force are supplementary. During this “Seeking force downwards” there is a feeling of a spring slightly stretching between, head and forefoot, and between right/back hipbone and left/front knee. Then stop and relax. Imagine now all around the tree has returned to an original polished surface.

You have completed “Even embracing combat post of Yiquan uplifting upward, growing downwards seeking force” exercise. First understand the main points of this exercise, then carry on repeating it.

29.2

DING BU ZUAN QUAN SAN QUAN LIAN XI FIXED STEP DRILLING UPWARDS THREE PUNCHES PRACTICE

Assume T-eight step, “Single hand drilling upwards punch issuing force” and “Right/back fist drilling upwards punch issuing force” are the same as described in “Fixed step left-right drilling punches” of Module 28 of our correspondence course.

When issuing force by back drilling punch is, the weight is 70% and 30% on your front leg and rear leg, your body plane angle has already turned 180°, when issuing third punch, left forefoot is suddenly pressing downward, stretching backward, erecting, the leg rotating backward. At this time right/rear foot, right/rear leg is suddenly sitting downwards, screwing and rotating outward backward. Now your weight is 40% and 60% or 30% and 70% on your front leg and rear leg. With that, right/rear foot is suddenly pressing downwards, erecting, stretching forward, rotating outward then inward, your body is suddenly rising. Now right/back fist follows your body rotation from outward to inward, jointly chaining forward, downwards, inwards, upwards rotation. Left fist has already presented its knuckles upward, the center of fist inward, the fist half clenched. During this time right fist also follows the inward outward body rotation, by rotating the center of fist inward, downward, backward, upwards. At the moment right/rear foot is suddenly pressing downward, erecting, rotating outwards instant, your body is suddenly erecting, use your rear foot and your body rotation, use also pushing forwards force, to suddenly issue force from left/front fist, use your knuckles to strike and penetrate an imaginary target. Now your weight is 60% and 40% on your front leg and rear leg, the body turns 90°. Right fist has already changed to present its center outward, fist high and elbow low, use right fist and right arm to protect your right side of the face/head. While issuing force at the precise moment you are supposed to hit your target, two fists clenching completely, there is a feeling of breaking suddenly springs between head and forefoot, between right/back hipbone and left/front knee, and between inside of two fists and two arms.

While your body is rotating rightward backward, you should feel like rotating inside the tree, having a strong resistance (like in the mud). In the same time your thigh, behind of calf, buttocks, back, neck, back of the head you have like a pressing and leaning feeling against a tree behind you.

Then stop this intention of issuing force, and relax. The weight returns to 30% and 70% on your front leg and rear leg, posture is now the same than in the first punch of commencing posture of drilling punch.



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 29**



Figure 29.2.1



Figure 29.2.2



Figure 29.2.3



Figure 29.2.4



Figure 29.2.5

29.3

ZOU BU DAN SHOU ZUAN QUAN FA LI **SINGLE DRILLING PUNCH ISSUING FORCE WITH STEP**



Figure 29.3.1



Figure 29.3.2



Figure 29.3.3



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 29**

Assume T-eight step, hand posture (half clenched), the weight etc... are the same than “Fixed step single hand drilling punch” commencing posture. When you have adjusted posture, right/rear foot is suddenly pressing downward, stretching forward, erecting, let your body suddenly bumping forward. During this time left forefoot slightly leaves ground for 1-2 cm, make a step forward of one and half sole length, when left tiptoes are pressing ground, suddenly erecting, the knee is pointing forward, the leg is wrapping inward. Because right/rear foot is pressing downward, stretching forward, erecting, rotating outward, your body moves forward, bumping upward, center of left/front fist is suddenly turning downward inward, upward, intention of pointing forward, use your fist knuckles to strike and penetrate an imaginary target. The height of your punching target should be at about 10 cm above your head level. In the same time, right/back fist is simultaneously issuing force by twisting suddenly downwards, backward, outwards. The body plane continues to turn from 45° to 90°. The weight is 60% and 40% on your front leg and rear leg. Springs between your head and forefoot, head and rear foot are like suddenly breaking.

Your thigh, behind of calf, buttocks, waist, back, shoulder, neck, back of the head are turning backward and outward, imagine like slightly pressing and leaning on tree or wall behind you. Springs between two fists, between two arms are suddenly breaking. Springs between back hipbone and front knee also simultaneously are suddenly breaking.

When issuing force, rear foot should follow forefoot by making a step forward of one and half sole length, touching slightly the ground. Then stop and relax. The body returns to 30% and 70% your front leg and rear leg.

29.4

ZOU BU LIAN XU ZUAN QUAN FA LI **CONTINUOUS DRILLING PUNCH ISSUING FORCE WITH STEP**



Figure 29.4.1



Figure 29.4.2



Figure 29.4.3

Assume T-eight step, hand posture (half clenched fist), the weight etc...are the same than the commencing posture of “Fixed step drilling punch”.

Let's start the first step of “Continuous drilling punch issuing force” exercise. Again your hands posture, mind, stretching force feeling etc... are the same than required in “Single hand drilling punch issuing force”. After making your first step first punch issuing force, hand posture has already changed



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 29**

by presenting center of fist inward, knuckles upward; your right/rear foot is pressing downward, stretching forward, erecting, let your body move suddenly forward. Your left forefoot is slightly uplifted then leaves the ground for 1-2 cm, steps forward and outward for one and half sole length. Then when left forefoot is pressing the ground, left/front fist center suddenly twisting inward then outward, elbow low and fist high to protect the right side of your face/head, right/back fist center simultaneously turning suddenly outward then inward, presenting its knuckles upwards, having the intention to strike and penetrate an imaginary target. When right/back fist is issuing force the weight is 70% and 30% in your front leg and rear leg, the body plane turning from 90° to 180°. Springs (stretching upwards downwards) between the head and forefoot, rear foot are like suddenly breaking. Springs (stretching upward-downward, leftward-rightward) between two fists, between two arms are also simultaneously suddenly breaking.

Immediately after your front sole has pressed the ground and issued force, your right/rear foot and right/rear leg should step for one and half sole length, then you are again in T-eight step, slightly touching ground. Punching posture should refer to “Fixed step left-right drilling punch issuing force.” exercise

29.5

ZOU YI BU SAN ZUAN QUAN FA LI

THREE DRILLING PUNCHES ISSUING FORCE WITH ONE STEP

Standing posture and structure are the same than before.

Let's start with “Left forehand drilling punch issuing force with one step”, step is the same than in “Single hand drilling punch issuing force”, after issuing your first punch, right/back fist issuing force is the same than described in “Fixed step left-right drilling punch”, the third punch is the same than “Fixed step three drilling punches issuing force”.

You have now completed “Three punches with one step” exercise. This exercise is very useful in sparring situation: you can chase your opponent with one step and chain three drilling punches to overcome him.



Figure 29.5.1



Figure 29.5.2



Figure 29.5.3



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 29**



Figure 29.5.4



Figure 29.5.5

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BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 30**

MODULE 30

After having practiced diligently “Even embracing combat post six direction seeking force” and confirming your progress, you can now start practicing “Seeking force with changing directions” and “Mixed seeking force” which suit the most to real combat preparation and its main contents are specially designed for it. By carrying on practicing “Seeking force with changing directions”, you should carefully realize the resistance feeling. You should practice slowly, your mind very clear. Be steady and very cautious about every change in your body/mind. Remember that it is the mind which is supervising your whole body movements (and not the inverse).

30.1

PING BAO ZHUANG (ZONG HE MO JIN)

EVEN EMBRACING COMBAT POST (MIXED SEEKING FORCE)



Figure 30.1.1



Figure 30.1.2

Assume T-eight step. In the commencing posture your hands posture and weight distribution are the same as Module 27 of our Correspondence Course “Even embracing combat post”. When you have adjusted posture and mind, you can start practicing “Closing seeking force”, and then stop this Closing intention. Now you can practice “(Pulling) Seeking force backward”, and then stop this Pulling intention. Then you carry on practicing “Uplifting seeking force”, and then stop this Uplifting intention. Continue with “Pushing gigantic tree forward seeking force”, and then stop this Pushing intention. Now you can practice “Opening seeking force”, and then stop this Opening intention. And finally you can practice “Growing downwards seeking force” then stop this “Growing downwards” intention and relax.

Now you can practice randomly combinations of different directions of power while doing seeking force. Also randomly insert break up inside these combinations, you should pay attention, examine closely and realize in your whole body any resistance feeling. Do they match or not to Yiquan principles concerning resistance feeling? Your movements should be only slow and relaxed. Certainly not fast because too fast movements will not let you realize strong resistance feeling.



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 30**

30.2

ZOU SAN BU SAN ZUAN QUAN FA LI

THREE DRILLING PUNCHES ISSUING FORCE WITH THREE STEPS

Assume T-eight step position, use hands posture described in Module 28 of our Correspondence Course: **“FIXED STEP SINGLE HAND”** commencing posture. When you have adjusted your posture first start with “First drilling punch issuing force with step” and “Second drilling punch issuing force with step”, steps and punches are the same described in Module 29: “Straight step continuous three punches”. The distribution of weight is 70% and 30% on your front leg and rear leg, left fist in the back, right fist in the front, the body plane angle turning 180°. With that, right/rear foot is suddenly pressing downward, stretching forward, the knee bent and sitting downward, pulling upward, screwing outward, as a result your body is bumping forward. Left forefoot is suddenly uplifting inward and stepping forward for one and half sole length, front sole is pressing ground, heel slightly uplifted, the knee pointing forward, in the same time left leg is suddenly pressing downward, erecting, screwing inward, now the body plane turns from previous 180° suddenly backward and outward to 90° angle. In the same time two hands are following the whole body twisting movement, the center of left hand previously facing outward begins suddenly to turn inwards and downwards, intention pointing forward, then screwing and drilling upwards, use your fist knuckles to strike, like penetrating an imaginary target. Now center of right hand fist, previously facing inward, is suddenly facing downwards, backward and outwards, while the elbow is twisting outwards, upwards and finally slightly backward.

When left fist hits the target, two fists should clench firmly in the same time. It is like the whole body that is helping left fist to drill suddenly upward, but there is also like a spring stretching upward-downward between head and forefoot. Between two fists and two arms you are like suddenly breaking all springs stretching forward-backward/upward-downward between right/back hipbone and left/front knee. The weight should be 60% and 40% on your front leg and rear leg, now left/front fist has already turned its center facing inwards, fist knuckles facing upwards, right/back fist has already turned its center facing outwards, elbow low fist high, two heels slightly erecting and leaving ground. Contract and relax, the weight has returned to 60% and 40% or 70% and 30% on your rear leg and front leg as you were in the commencing posture.



Figure 30.2.1



Figure 30.2.2



Figure 30.2.3



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 30**



Figure 30.2.4



Figure 30.2.5



Figure 30.2.6



Figure 30.2.7



Figure 30.2.8



Figure 30.2.9



Figure 30.2.10



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 30**

30.3

DING BU ZAI QUAN FA LI

FIXED STEP DOWNWARDS PUNCH ISSUING FORCE



Figure 30.3.1



Figure 30.3.2



Figure 30.3.3



Figure 30.3.4



Figure 30.3.5



Figure 30.3.6

Assume left foot and left hand in the front, right/back hand: you are clenching your fist or protecting your face with palm, imagine a spring stretching upward-downward between your head and forefoot, there are also springs between the inside of front arm and back arm, between right/back hipbone and left/front knee (slightly uplifted) stretching forward-backward, leftward-rightward. Use only mind, not force. When issuing force imagine that you are striking forward on the middle of a trunk, rear leg suddenly sitting downward, erecting, slightly leaning backward, and rotating outward. Your back hipbone with front knee has a like spring stretching suddenly forward-backward (outward screwing force). With your rear leg issuing force suddenly, simultaneously your front sole is suddenly pressing downward, erecting, front sole is pressing downward and rotating inward (but not an obvious rotation), the knee still pointing forward, front leg is turning inwards (it is an inward screwing force). Due to forces transmitted by front/rear legs rotation, the back of your body: back of hipbone, waist, shoulder... all at the same time are rotating outward, imagine like an upward-downward stretching between head and forefoot. Your back of the head, neck are pressing and leaning against a gigantic



BEIJING ZONGXUN WUGUAN

YIQIAN CORRESPONDENCE COURSE

PART 3- **MODULE 30**

tree behind you. In the same time your left/front arm and left/front fist are suddenly first moving upward, forward, then immediately after left/front fist and arm, elbow joint are suddenly moving downward and backward, as screwing issuing force, the fist knuckles facing downward, the center of fist outward, the elbow uplifted, like standing up, your knuckles are like hitting the trunk, with a screwing inward and downward movement to the ground. Your knuckles are hitting a point at about 10 cm from the inside of your left forefoot, using the median line passing on your nose for reference, right/back hand is diametrically closing inward, force pointing forward, pressing downward (protecting the middle line of your nose). At the precise moment of issuing force, the body turns 90° right. The weight is now 60% and 40% or 70% and 30% on your front leg and rear leg. Then stop and relax from this feeling of issuing force. Your body returns to fixed step position. When you are issuing force with a downwards punch, you can imagine for example an opponent attacking suddenly your chest or belly, then your front hand can punch downward to strike his face, or the back of his head or even his back.

When you are issuing force, your force should be like able to penetrate the ground.



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 30**

30.4

AO BU HOU SHOU ZAI QUAN

TWISTING STEP - BACK HAND DOWNWARD PUNCH



Figure 30.4.1



Figure 30.4.2



Figure 30.4.3



Figure 30.4.4



Figure 30.4.5



Figure 30.4.6

When you are punching, your shoulder structure should not change, you should imagine that an opponent is attacking you, at the very moment the opponent's punch touches your body, right/back sole is suddenly pressing downward, stretching forward, erecting, right/rear leg screwing inward, whole right/rear leg are like reacting aiguilles while turning over. Because of your right/rear foot bursting force, your left/front sole is simultaneously suddenly pressing downward, erecting, the force pointing forward, left/front leg at same time turning outward, outside left/front leg is like pressing and leaning a tree behind you. Due to forces transmitted by front/rear legs rotation, hipbone, waist, back, shoulder...all at same time are twisting inwards: first forward, upward, outward and finally inwards (head, neck should not move), simultaneously you should also pay attention to the spring stretching upward-downward/leftward-rightward between head and rear foot. While right/back hipbone is twisting inward, left/front hipbone is following your body twisting movement: with a forward-backward, leftward-rightward, upward-downward stretching. As your body is doing a large twisting inwards, it brings along your right arm to turn upwards,



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 30**

forward, inwards, left right hand elbow is suddenly screwing inwards, uplifting, as a result your fist is twisting downward, inward, forward, use your knuckle to strike your opponent, as like penetrating the ground. Previously left/front fist has already changed into left/back fist. At the moment your right/back fist is issuing force, left/back hand is protecting your face with an intention of moving inwards, downwards and forward. Your body plane is turning 90 °. Weight is 70% and 30%. Then stop this issuing force intention and relax. The posture of your shoulders should return to its posture as in “Fixed step posture”.

When you practice “Downward punch”, standing posture should be Yiquan combat post actual combat shoulder structure, assuming T-eight step, arm and fist should adopt “Not straight “straight punch” fixed step punching” posture. All other aspects requested are the same than “Not straight - straight punch”.

Downward punch is considered as a heavy punch in Yiquan actual combat, it allows you to transmit a huge top-down striking power to your opponent’s body. Again when you are issuing force: your whole body should be balanced, forces symmetrical, by combining mass (weight) and acceleration (changing speed), you can suddenly burst your power, the result may be huge... My father Yao Zongxun used to say: “In Yiquan any punch and issuing force with palm should have the impression to “penetrate the back of your opponent”. If you want to acquire this punching, or palm striking “penetrating force” you should have successfully completed each basic level of Yiquan training from empty punching, punching pads to hitting sandbags etc.... Effective actual combat preparation needs a strict, intense training. Downward punching must start with slow movements: taste very cautiously the upward-downward harmony of each stretching force occurring in your whole body. A special attention is requested to relax your arm, shoulder, back, waist, hipbones. Your head should be straight. Do not twist too much your legs and your body.

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YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 31**

MODULE 31

You have already studied half of our Yiquan correspondence program: we have already introduce and explain most of Zhuang fa, testing force, issuing force, as well as single and double pushing hand. Preserving your health and building a stronger body, cultivate a deeper knowledge and better understanding of scientific principles and self-defense. Yiquan constitutes a real innovation in Chinese traditional/martial arts, a revolutionary impact in Wushu circles. You should pay equal attention to health and combat, while developing higher skills you should keep the right balance between these two aspects of Yiquan. While studying Yiquan, you should search and understand punching principle, taste very cautiously every movement. Each part of your whole body should deserve the right mental activity to enhance its development, do not urge for success. Again high-level in Chinese boxing needs constant research, daily serious practice.

Now even by comparing with other martial arts, from your practice and the boxing principles you have grasped, you can understand and realize by yourself with all the benefits you have acquired that Yiquan works directly on the substantial principles of boxing.

31.1

DAN TUI YI TUO DU LI ZHUANG (QIAN HOU MO JIN) **ONE LEG SUPPORTED POST (SEEKING FORCE FORWARD AND BACKWARD)**

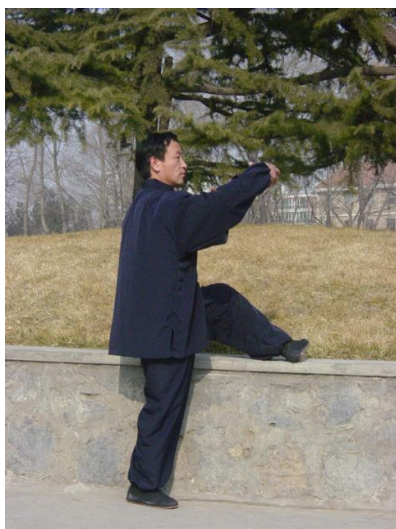


Figure 31.2.1



Figure 31.2.2

Whole body erected, left sole is pressing ground, let right foot is slowly uplifting. Then put it on a desk 60 to 70 cm high, right knee curved uplifting backward, the left sole pointing forward, left ankle hooking backward, like seizing a ball, use outside of sole to press the desk, set up the distance between two legs and desk upon according to your comfort. Between left foot which is pressing the desk and right foot you should have 2-3 fist-widths. The body plane forms an angle of 45° with the front line. Left leg slightly bent, the buttocks are like sitting on one stool, back of the body like



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 31**

leaning on a tree or a wall behind you. After having adjusted your posture, two hands are uplifting, the center of palm facing inwards left hand at the level of your mouth and nose. Right hand uplifting at the level of your under jaw, five fingers slightly opened, the distance between two hands is 2-3 fist-widths, each elbow making 90° angle with each wrist, elbow low fist high, shoulders relaxed. The hand posture is the same than in universal combat post. Two eyes are looking beyond (over) your “Hukou” (tiger mouth - space between thumb and index finger) of left hand. Left hand is extending forward, but should not go beyond your left toes. Head, hand and foot should be on the same line. Imagine our body merging with a gigantic tree. Back of your body, periphery of two legs, two arms are like enclosed by this tree. Between your head and left foot, head and right foot you have like springs slightly stretching upward downward. At the same time, imagine that right sole is pressing the ground or a spring on the ground, right/back hipbone slightly uplifted. Between your left/front knee and back hipbone you have like a spring slightly stretching forward backward. The distribution of weight is 30% and 70% on your front leg and rear leg. From this posture, you can now start holding tree and proceed to “Backward seeking force”.

First, left knee bent, buttocks slightly sitting downward, leaning backward. Your right leg (pressing on the desk) and left leg are slightly parting outward, like breaking the gigantic tree situated inside of your two legs, pulling back, parting outward, downward, slightly uplifting force. The main force should be pulling back force, then parting outward, downward, slightly upwards force are supplementary. Consequently to left leg sitting downward and leaning backward, behind of two legs, buttocks, waist, back, shoulder, neck... all simultaneously are like slightly pressing the tree to move it. In the same time five fingers of two hands, palms, inside of arms, chest, belly, inside of two legs are like pulling back this gigantic tree and are slightly moving. When you are training “seeking force backward”, inside of two arms in the same time are using pulling back force, parting outward force and uplifting force, but remember that pulling back force is the main force, parting outward and uplifting force are just supplementary forces.

When you are pulling between your back head and left foot, you have like a spring stretching slightly upward downward. Five toes of left foot are slightly grasping the ground. Between your head and right ankle you have like a spring stretching slightly upward downward. Five toes of right foot are slightly grasping ground, like inducing a stretching your sole and the ground. Between your right/back hipbone and your left/front knee you have like a spring stretching slightly upward downward, forward backward. Now your body is like pulling the gigantic tree slightly backward. Stop this pulling back intention, contract and relax. Now slowly push back the gigantic tree.

First left sole is slightly pressing downward, stretching forward, erected, right sole simultaneously is slightly pressing downward, with an intention of pointing forward. Inside of your two legs you are like slightly closing inwards; move your body slightly forward pressing the big tree. In the same time five fingers of each hand, palm, inside of arms are slightly pressing forward and inward, but the main force should be pushing forward force, closing inward and pressing downwards forces are supplementary. When you are pressing and pushing the big tree, between your head and left foot you have like spring stretching upward-downward, closing inwards. Right sole is like slightly pressing the desk. As the gigantic tree is compressed and pushed by your body, it moves slightly. Stop this pushing intention, contract and relax. Later you can repeat seeking force forward backward. You should alternate left and right side, and try to capture the main points of this exercise, keeping in mind the general principles of seeking force.

31.2

BIAN BU LIAN XI

CHANGING STEPS PRACTICE

Assume T-eight step, weight is 70% and 30% on your right leg and left leg, front sole is slightly pressing ground, heel slightly leaving the ground. At the beginning, face south.



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 31**

Rear leg sitting downward, buttocks slightly leaning, like sitting on a stool, and also thigh, calf, waist, back, shoulder, and neck are like leaning against a tree behind you. When rear leg is sitting downward, back heel should slightly leaves the ground for about one (1) cm. Left forefoot parallel is uplifting for about 1 cm, rear foot pressing downward, the leg wrapping inward, back sole pressing downward, screwing, like if the whole leg is turning in mud. At the same time your uplifted left forefoot, left/front leg are simultaneously screwing outward. Your hipbone, waist and shoulder, at the same time, are twisting outward. When the body is twisting outward, you feel like a strong resistance. Turning counter clockwise 90°, front sole is slightly pressing ground, the heel slightly uplifted. You are still assuming left T-eight step position, facing east, left foot also facing east. Continue to turn counter clockwise 90° with the same legs and body movements (screwing to left). Now forefoot is slightly pressing ground, you are facing north. Then you continue to turn counter clockwise with the same movements and the same mental activity now you are facing West. Once you have mastered “Left changing step”, you can practice “Right (T-eight step) changing steps”. Use again the twisting movements of your legs and body to turn clockwise 90°, as the beginning, facing south: with this time your right foot in the front. Body coordination, and mind activity are similar to those in “Left changing step”

A twisting changing steps (45 degree) (counterclockwise 1-9, clockwise 10-18)



Figure 31.2.1



Figure 31.2.2



Figure 31.2.3



Figure 31.2.4



Figure 31.2.5



Figure 31.2.6



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 31**



Figure 31.2.7



Figure 31.2.8



Figure 31.2.9



Figure 31.2.10



Figure 31.2.11



Figure 31.2.12



Figure 31.2.13



Figure 31.2.14

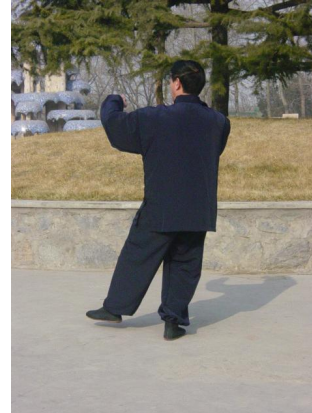


Figure 31.2.15



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 31**



Figure 31.2.16



Figure 31.2.17



Figure 31.2.18

B twisting changing steps (180 degree)



Figure 31.19



Figure 31.2.20



Figure 31.2.21



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 31**

C Hooking-twisting changing steps (180 degree)



Figure 31.2.22



Figure 31.2.23



Figure 31.2.24



Figure 31.2.25



Figure 31.2.26



Figure 31.2.27

31.3

DING BU SAN ZAI QUAN FA LI

FIXED STEP THREE DOWNWARD PUNCHES ISSUING FORCE

Assume T-eight step position, hand posture and weight are the same than Module 30 introducing “Downward punch” commencing posture. Fixed step first punch and second punch issuing force are the same than before. Second downward punch is right/front punch, the center of fist facing outward, fist knuckles facing downward, elbow almost completely extended, left fist protecting left side of your face. Elbow low fist high. Weight is 70% and 30% on your front leg and rear leg, body plane making



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 31**

180° angle of rotation. When you start third downward punch issuing force, left forefoot is pressing downward. You are erected, stretching back, the leg wrapping inward, supporting outward, right/rear leg knee bent, sole is pressing downward, leg screwing outward, inside of two legs you have like a spring stretching, between head and forefoot you have like a spring suddenly stretching upward-downward. Between right/back hipbone and left/front knee you have like a spring stretching upward-downward, forward-backward. Your body at the same time is suddenly twisting backward and outward, with resistance feeling like if your whole body was rotating inside a tree. Thighs, behind of calf, buttocks, waist, back, neck, back of the head are like pressing and leaning on a gigantic tree behind you. Due to your front/rear legs and body twisting, left fist is benefiting from this rotation inertia, suddenly clenching fist, with the intention of pointing forward, fist knuckles striking from the top to down, as if you want to penetrate left toes. When you left fist is hitting your target with the center of fist facing outward, elbow suspended, during top down trajectory, your fist is applying first a pointing forward, closing inward, backward and finally downwards force. At the same time, using the rotation inertia of the left fist and body, right elbow is changing from high to low position: you reach the “elbow low fist high” posture, changing inclined plan, use your fist and arm to protect the right side of your face. When left fist is punching and penetrating your target, two fists should clench at the same time, contract and relax. Your body returns to the commencing posture.



Figure 31.3.1



Figure 31.3.2



Figure 31.3.3



Figure 31.3.4



Figure 31.3.5



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 31**

31.4

ZOU BU DAN SHOU ZAI QUAN FA LI

SINGLE HAND DOWNWARD PUNCH ISSUING FORCE WITH STEP



Figure 31.4.1



Figure 31.4.2

body also at the same time is suddenly screwing backward, like screwing inside a tree. As a result of your body and two legs twisting movements, your left/front fist is suddenly punching from top to down, using fist knuckles like penetrating the inside of your left toes. Now the center of left fist is facing outward, elbow high fist low. When left fist is striking downward, your intention is pointing forward, closing inward, slightly turning backward and then downward. During the moment your left/front fist is issuing force: two fists should suddenly clench; right fist following your body backward and outward screwing movement, elbow high hand low, protecting the right side of your face. The distance between left/front fist and right/back fist is 2 fist-widths. Between head and foot you should have like a spring stretching upward downward. Between right/back hipbone and left/front leg and knee you have like a spring stretching. Your thighs, behind of calf, buttocks, back, behind of neck and back of the head are like pressing and leaning against a gigantic tree behind you. When left fist is punching, right/rear foot should make a step of one sole length to left foot direction, so that you return to the commencing posture. Contract and relax. Then you can continue to practice “Left downward punch with step”.

Assume T-eight step position, hand posture and weight are the same than Module 30 introducing “Downward punch” commencing posture. Then your right/rear leg is pressing downward, stretching forward, erecting, leg screwing outward, as a result your body is bumping forward and left forefoot uplifted 1-2 cm above the ground, makes a step forward of one sole length, the heel slightly uplifted. At the moment your left sole is pressing ground, knee pointing forward, suddenly erecting, leg is wrapping inward and outward, your

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YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 32**

MODULE 32

We have practiced “One leg supported post”, after mastering its mental activity and whole body seeking force resistance feeling, we can proceed on practicing “Open-close seeking force”. “Open-close seeking force” helps you to cultivate and intensify seeking force mind activity in every direction. Then after a professional issuing force training, mind and power can easily combine when issuing force.

32.1

DAN TUI YI TUO DU LI ZHUANG (ZUO YOU MO JIN)

ONE LEG SUPPORTED POST (SEEKING FORCE LEFTWARD-RIGHTWARD)

Standing, hand posture and mental activity, in the commencing posture, are the same than in Module 31 One leg supported post (seeking force forward-backwards). Now, imagine you are inside a gigantic tree and you are going to split it as if a crack is appearing. First your left foot is pressing downwards, the leg slightly bent, buttocks slightly leaning. Inside of two legs you are like holding a trunk glued to your legs. Front leg and rear leg are parting outward, splitting this trunk slightly and a crack is appearing.

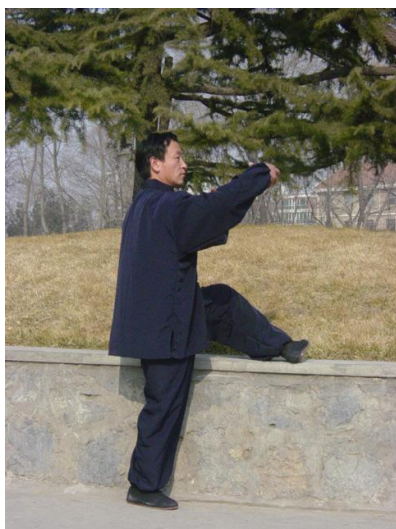


Figure 32.1.1

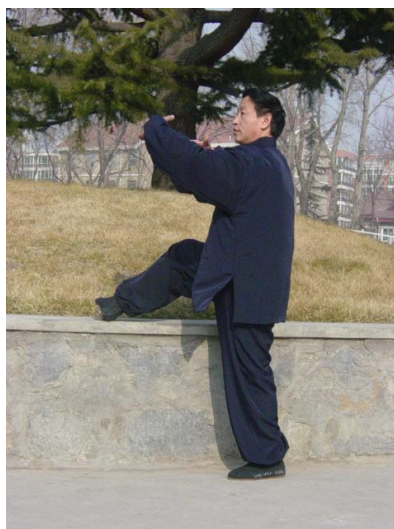


Figure 32.1.2

Legs are slightly pulling back and upwards. From these three forces, open force should be the most important. When parting outward, the back of body and two legs, neck are like pressing and leaning against a big tree behind you. Between head and left foot you have like a spring stretching slightly upwards downwards. Between your head and right foot you have like a spring stretching slightly upwards downwards. Two palms, five fingers of two hands, inside of two arms are like slightly parting outward, like making one small crack in the gigantic tree. Between pulling slightly upwards force, pulling backwards force and parting outwards force it should be parting outward force which is the main force, pulling upwards force and pulling backwards force are supplementary. Now the gigantic tree has one small crack, then stop this splitting intention and relax. After this, continue to practice again “close inwards seeking force”. Now, first imagine that this slightly split big tree needs our intervention to be reassembled into one piece. Left foot is pressing downwards, slightly erecting, and



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 32**

stretching forward, move your body slightly forward, the inside of two legs is closing inwards. Right sole is like slightly pressing downwards on a desk. It should be closing inwards force the main force; pushing forward and pressing downwards forces are supplementary. In the same time body is slightly moving forward, front of two legs, belly, chest, neck, face, and head all have the intention of closing the gigantic tree forwards. When closing inwards, between head and forefoot you have like a spring stretching slightly upwards downwards, closing inwards. Head and right foot have like a spring slightly closing inwards, five toes of right sole are like slightly pressing the desk. Between right/back hipbone and left/front knee you have like a forward-backwards, leftward-rightward, upwards-downwards closing downwards, inwards stretching. Pushing slightly inwards and forward, pressing slightly downwards are supplementary forces to closing inwards force. Now imagine that the gigantic tree being reassembled into one piece by our pressing and closing force. Then stop this closing intention, contract and relax. After this you can start “Left open-close seeking force”, and later alternate left and right side. Right post is identical to seeking force with left post.

32.2

ZOU BU LIAN XU ZAI QUAN LIAN XI CONTINUOUS DOWNWARDS PUNCHES WITH STEP PRACTICE



Figure 32.2.1



Figure 32.2.2



Figure 32.2.3

Assume T-eight step position. Hand posture and weight distribution are the same than in the commencing posture of “Fixed step downwards punch”. From this posture, first your right/rear foot is pressing downwards, stretching forward, erecting, your body is suddenly moving forward, this first punch with first step is the same than single hand downwards punch with step (Module 31). After this first punch and first step, your right/rear foot is pressing downwards, stretching forward, wrapping inwards. Your body is suddenly moving forward. Left/front sole at the same time is slightly uplifting 1-2 cm from ground, and step leftward, forward and outward for a distance of 20 cm. Then left sole presses ground, heel slightly uplifted, with the feeling holding something with your left sole. At the same time the knee is pointing forward, leg wrapping outward. But also right/rear leg, waist and shoulder are twisting forward and inwards, bringing along right arm to move forward and to screw inwards. Suddenly your left right elbow is screwing inwards, elbow uplifted, from top down, moving first upwards, forward, inwards and finally downwards using your fist knuckles to strike. When you are executing issuing force, you should punch as if you wanted to penetrate the ground. Because body is turning leftwards, former left/front fist is already followed by right/back fist. When right fist is issuing force, left/back hand should protect your face, having an inwards, downwards, forward twisting movement. Now body plane is making 90° with the front direction, the distribution of weight



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 32**

is 70% and 30% on your front leg and rear leg. When right/back is punching downwards, between your head and rear foot you have like a spring stretching upwards downwards. When forefoot is pressing ground, right/rear foot should naturally move forward one sole length distance. When you are issuing force, check if you are assuming correctly T-eight step.

32.3

ZOU YI BU SAN ZAI QUAN LIAN XI

THREE DOWNWARDS PUNCHES PRACTICE WITH ONE STEP



Figure 32.3.1



Figure 32.3.2

Assume T-eight step position. Hand posture and weight distribution are the same than in the commencing posture of “Fixed step single hand downwards punch”. First step, first fist issuing force, leg, waist and shoulder twisting movements are the same than described in “Single downwards punch with step”. After the first punch, the second punch: right hand downwards punch is the same back fist punch as in Module 30: “Fixed step continuous downwards punch”. The third punch is identical to Module 31: “Fixed step downwards punch third punching”. All

leg, waist and shoulder twisting movements are exactly the same. After this third punch, you should return to the commencing form of “Fixed step single hand downwards punch”.



Figure 32.3.3



Figure 32.3.4



Figure 32.3.5

32.4

ZOU SAN BU SAN ZAI QUAN LIAN XI

THREE DOWNWARDS PUNCHES IN THREE STEPS PRACTICE

Assume T-eight step position. Hands posture and weight distribution are the same than in “Continuous downwards punch with step”. So, first and second punches are the same. When you are making third step and your third fist is issuing force, first, your right/rear foot is pressing downwards, erecting, screwing outward, your body is suddenly bumping rightward and backwards. In the same time left



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 32**

forefoot is suddenly slightly uplifting, leaving ground for about 1 cm, step forward and inwards for a distance of about 20 cm and after pressing ground. When your forefoot is pressing ground (issuing force), your leg is like pressing downwards, erecting, the knee pointing forward, leg wrapping inwards and outward. Due to your two legs twisting movements, the body plane from the previous 180° is suddenly turning backwards and outward to 90°. Left/back fist at the same time follows this rotation, using the body inertia, fist clenched, pointing forward, from the center of fist facing outward, elbow uplift, punch top down, using your fist knuckles as if you want to penetrate the inside of left tiptoe. When your left fist is striking top down, it is through a circular trajectory: first pointing forward, the closing inwards, after backwards and finally downwards. In the same time right fist is also following the left fist and body twisting: elbow changing from high posture to low posture. Use your fist and front arm to protect the right side of your face. When left fist is issuing force, between the head and left forefoot you have like a spring stretching upwards downwards. Back of the thighs, calf, waist, shoulder, neck and back of the head are like pressing and leaning against a tree behind you. Then stop and relax. Your hands posture has also returned to the commencing position of “T-eight step fixed step downwards punch”. You could repeat alternatively left and right side “Three downwards punches in three steps”.

Right three punching in three steps are identical to left side



Figure 32.4.1



Figure 32.4.2



Figure 32.4.3



Figure 32.4.4



Figure 32.4.5

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YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 33**

MODULE 33

We have practiced Yiquan “one leg supported post forward-backwards”, “leftward-rightward seeking force”, after mastering these exercises, you can continue to practice “One leg supported post” with upwards-downwards seeking force. “One leg supported post” upwards-downwards seeking force, that means that you are assuming “one leg supported post” and tasting upwards-downwards seeking force deep feeling, intensifying principally upwards-downwards seeking force, and other supplementary forces. This exercise has direct combat application. In combat, striking force can be issued from any direction force to hit any possible opponent, the key point is not only to strike, but also to injure heavily your(s) opponent(s). So you should stress on mobilizing all your potentials, using the largest amount of power to strike your opponent. So practicing upwards-downwards seeking force can be very effective during real combat, by inflicting to your opponent heavy damages.

33.1

DAN TUI YI TUO ZHUANG (SHANG XIA MO JIN)

ONE LEG SUPPORTED POST (UPWARDS-DOWNWARDS SEEKING FORCE)

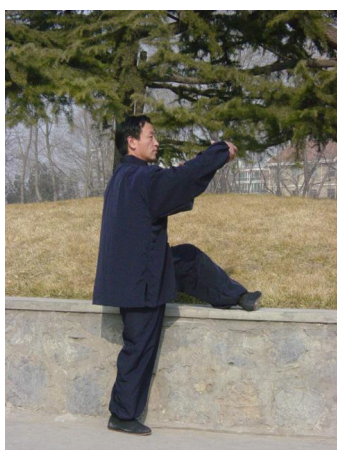


Figure 33.1.1



Figure 33.1.2

Assume T-eight step, the distribution of weight is 30% and 70% on your front leg and rear leg, Hands posture, whole body and mental activity in the commencing posture are already explained in Module 31 of our correspondence course.

Let's start: left/rear foot is pressing downwards, erecting, right/front sole is slightly pressing downwards, inside of rear leg and inside of front leg are like pressing a tree, or you have inside your legs like a spring slightly closing inwards.

Due the action of your rear leg pressing slightly downwards, your body is slightly moving upwards, as slightly moving upwards, forward a gigantic tree. When body is slightly moving upwards, imagine that you hold this gigantic tree, you pull it slightly upwards, then this tree is slightly uplifting, and its root also by uplifted as if ready to break but not breaking, the ground also by root is full of cracks vertically and horizontally. When the body is slightly moving upwards, you are exerting also a slight pressing forward force on this tree. Between your head and forefoot you have like a spring stretching upwards downwards and slightly pressing upwards downwards, the head is like slightly uplifted forward and upwards. As your rear leg and body are slightly moving upwards, inside of two palms, two arms are slightly closing inwards and forward, at same time are slightly uplifting, like participating with whole body in moving upwards, as to pull out this gigantic tree. Uplift upwards force should be the principal force, inwards and forward forces are supplementary. Between left/back hipbone and left knee like you have like spring stretching slightly upwards-downwards. Then stop and relax. Now imagine that you are holding this gigantic tree, and you have uplifted it out, then it needs also your intervention to move it back to its original place. Let's practice “Grow downwards tree seeking force”.



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 33**

First, your left/rear foot is pressing downwards, the knee of rear leg slightly bent, your buttocks are slightly sitting downwards, five toes of right forefoot are slightly grasping ground. The knee is slightly pointing forward, inside of two legs are like parting outwards, or like slightly breaking a spring pulling the inside of two legs. Sitting downwards is the main force, leaning slightly backwards, parting outwards forces are supplementary. Your intention is to bring along this big tree at same time you are descending downwards. When the body is descending downwards, your intention is leaning slightly backwards. Behind of thigh, calf, waist, back, neck and back of the head are like bringing along also this big tree slightly downwards and leaning on it. At the same time, your hand and your left forefoot have like a spring stretching slightly upwards-downwards. Your left/back hipbone and right/front knee have like a spring stretching forward-backwards, leftward-rightward. Due to rear leg and body descent, it brings along two palms, two arms holding the gigantic tree to descent at the same time. Downwards force is the main force. Backwards and parting outwards are two supplementary forces. Now the gigantic tree is slowly growing down back to its former place, the ground also returns to an un-cracked surface. Then stop and “relax” from this feeling of downwards force. Repeat this “Seeking force, upwards, downwards uplifting tree, growing tree”. Remember again use mind not force. You should work out always with this mental activity of making one with this gigantic tree: moving slowly while holding it. When your spirit and body are too contracted, just stop a moment your mind activity. If your leg and arm are tired and aching, just stop this mind activity, adjust your limbs, and relax. After being relaxed you can go on practicing. During this exercise, do not hesitate to adjust at any time your mental activity or muscle contraction and relax.

33.2

DING BU YOU DAN SHOU HENG QUAN FA LI **FIXED STEP RIGHT HAND HORIZONTAL PUNCHING**



Figure 33.2.1



Figure 33.2.2



Figure 33.2.3

When you are assuming your posture: right foot and right hand in the front, left/back fist half clenched protecting middle line position of your mouth and nose, about 30 cm distance is separating your left/back fist from your face. Imagine that between your head and forefoot you have like a spring slightly stretching, between left/back hipbone and front knee you have like a spring stretching forward-backwards, between front and back wrists you have like a spring stretching forward-backwards, between the inside of front and back arm you have like a spring stretching horizontally. Concerning mental activity, it is very important to use only mind and do not, before issuing force, really use force to stretch all these imaginary springs.

After setting this preliminary fixed posture, imagine that an opponent is using a straight punch to hit in



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 33**

the middle line of your body: on your face or chest, simultaneously right/rear leg is suddenly sitting downwards, erecting, is slightly leaning backwards, left/rear leg twisting outwards. Imagine between your left/back hipbone and right knee you have a spring which is suddenly stretching forward-backwards, upwards-downwards, leftward-rightward (outwards screwing force). Front sole is suddenly pressing downwards, erecting, front leg twisting inwards (front heel slightly screwing outwards), front knee, leg force point forward (inwards screwing force). As a result of your front/rear legs twisting forces, this bring along your body: back hipbone, waist, back, and shoulder at the same time twisting outwards. Between your head and forefoot you have like a spring suddenly stretching upwards-downwards. Back of your head and neck is suddenly slightly pressing backwards and outwards, like leaning on a big tree. Shoulder, back, waist, and hipbone are also moving, at the same time, backwards and outwards, like suddenly leaning on this big tree. In the same time front leg, front sole is suddenly increasing closing inwards twisting force, right/front shoulder is also suddenly issuing force by twisting inwards, right/front wrist is suddenly slightly hooking inwards, inside of right/front elbow joint is suddenly bending inwards bent and hooking, top of elbow forward, center of front fist facing downwards, use your fist knuckles to strike horizontally inwards the outside of your opponent's face or the root of his ear. When right/front fist is issuing force: the most important is the inwards issuing force, but you should have the intention of pointing forward, with also the intention of moving backwards. Left/back hand is simultaneously issuing a straight punch to opponent inwards, downwards, forward. When left/back fist or palm issuing force, inwards force is the main force, pressing downwards and pressing forward forces are supplementary. When right/front fist is striking inwards your opponent face or root of his ear, the best is to keep it within the middle line of your body i.e. bridge of nose, middle of chest (be careful for your weight balance). At the moment your two hands are issuing force, inside of arms have the main intention of closing inwards. When you are hitting your opponent's face the force should be like penetrating his body. In the very moment of issuing force, the body twists leftward 90°, the distribution of weight is 60% and 40% or 70% and 30% on your front leg and rear leg, then stop and relax. The shoulder posture should return to shoulder posture of "Not straight - straight punch fixed posture". When you practice horizontal punch issuing force, you should vary your imagination: as an example when front fist is striking inwards, adapt your counter attack according to his attack, or issue high strike on your opponent's head, or low strike on his ribs, verify that you are not getting stiff. How to inflict heavy losses to your opponent? How should you strike? You should just imagine that you are literally penetrating him or breaking him into pieces...

33.3

AO BU ZUO HOU SHOU HENG QUAN FA LI

TWISTING STEP LEFT/BACK HAND HORIZONTAL ISSUING FORCE



Figure 33.3.1



Figure 33.3.2



Figure 33.3.3



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 33**

Start as before. When right/front fist issuing force, shoulder should return to the shoulder posture of “Not straight - straight punch fixed posture”. When left/back fist is issuing an horizontal punch, imagine that an opponent is attacking you, at the very moment his punch is touching your body, your right/back sole is suddenly pressing downwards, stretching forward, erecting, left/rear leg is screwing inwards, heel twisting outwards, slightly leaving ground. Between head and back toes imagine that you have a spring stretching suddenly upwards-downwards, whole left/rear leg and toes are like aiguilles rotating on the ground. Due to bursting rotation force of rear leg and rear foot force, forefoot is simultaneously (and suddenly) pressing downwards, erecting and twisting outwards, the knee pointing forward, front leg and forefoot are screwing outwards, the front heel slightly leave ground twisting outwards, between front leg and rear leg you have like a closing inwards, stretching outwards, erecting, pointing forward force. Between head and rear foot, but also between head and forefoot you have like a spring stretching upwards-downwards, forward-backwards. Between front leg hipbone and rear leg hipbone there is like a spring stretching suddenly forward-backwards, leftward-rightward.

As your two legs and two feet are issuing a twisting force, this brings along your body: hipbone, waist, back, shoulder are twisting forward, inwards, upwards; right shoulder is twisting outwards, left shoulder twisting inwards, use left side of body suddenly smacking left/back fist. At this time left/back fist elbow joint is suddenly bent inwards, the wrist hooking inwards, use left/back fist knuckles to strike opponent face or body, as to penetrate, or to break him into pieces. Simultaneously center of right/front fist is facing inwards, use the root of palm, inside of arm to close suddenly inwards and issue force. There are inwards, forward, pressing downwards forces in this movement but closing inwards should be the most important, pressing forward and pressing downwards force are supplementary. Inside of two arms you have like a spring closing and compressing suddenly. Basically left/back hand is issuing force, right hand is defending-protecting your face or body. When your opponent is issuing a straight horizontal punch, you should control his attack with an inwards, downwards, forward force. When left/back hand is issuing horizontal punch the body should twist to right for about 180°. Distribution of weight should be 70% and 30% on your front leg and rear leg, then stop and relax. The shoulder posture should return to commencing posture.

From an external point of view Yiquan horizontal punching, may look like Western Boxing Jab figure however the inner aspect (mental activity and body internal connotations) may differ quite a lot. Horizontal punch in real combat is a powerful punch: two hands are simultaneously attacking and defending, combining distant and close combat, shortening combat distance, appearing and disappearing unpredictably, multi-tasks, uncomfoting your opponent to estimate through what punching line you are going to attack him. My father Yao Zongxun used to say: “If you want to practice well horizontal punching, you should intensify each basic training of Yiquan. The stronger is your basics, the more powerful is your fist or your palm in real combat.”



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 33**

33.4

DING BU SAN HENG QUAN LIAN XI **FIXED STEP THREE HORIZONTAL PUNCHES PRACTICE**

Assume T-eight step, hand posture, body weight and mind activity are the same as in the commencing form of Module 33 “Fixed step single hand horizontal punching”.

Now you start first with a horizontal first punch. The first punch is the same than in “Fixed step single hand horizontal punch”.

The second punch is the same than in “Fixed step continuous horizontal punch second punch”. Now let's start the third punch issuing force. First left forefoot is pressing downwards, stretching backwards, erecting upwards, leg is screwing inwards, left/rear leg at the same time is sitting downwards, the body is slightly leaning backwards. Between the inside of front/rear legs you have like a spring stretching suddenly, left/rear leg is sitting downwards. When body is slightly leaning backwards, the distribution of weight is 50/50 on your front leg and rear leg. Left/rear leg is suddenly erecting. In this time the body plane angles from previous 180° is twisting outwards and backwards to 90° angles. Due to front/rear leg inwards and outwards twisting, hipbone, waist, shoulder all, at the same time, are screwing backwards and outwards. Right/front fist also, at the same time, fist clenched slightly hooking, use fist knuckles to strike forward an imaginary target, with the intention to hit and penetrate it. Also in the same time left fist is following body backwards and outwards twisting, with a backwards outwards twisting, and the intention to break into pieces something blocking your arm, behind you. When right fist is twisting backwards and outwards, fist high elbow low, the fist and forearm all along should protect the right side of your face, the distance between front fist and back fist is 2-3 fist-widths. When issuing force between head and right/front fist you have like have a spring stretching forward-backwards, upwards-downwards. Between left/back hipbone and right/front knee you have like a spring stretching. When your body is twisting backwards and outwards, back of body is like pressing and leaning against a tree or wall behind you, then stop and relax. From now on you can practice serial of three punches issuing force. Practice both right and left side. (When third horizontal punch is issuing force, left/back fist is stretching backwards, protecting your face (left side)).



Figure 33.4.1



Figure 33.4.2



Figure 33.4.3



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 33**



Figure 33.4.4



Figure 33.4.5

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PART 3- **MODULE 34**

MODULE 34

We have already practiced one leg support post forward-backward, leftward-rightward, upward-downward seeking force, after mastering these exercises you can now practice “Seeking force in six directions simultaneously”. Because in real combat, force direction may change very fast, without also clear orientation, so after practicing advanced determinate direction seeking force in Pole Standing, you should start to practice seeking force with changing directions.

34.1

DAN TUI YI TUO DU LI ZHUANG (DA LUAN CHENG XU MO JIN) **ONE LEG SUPPORT POST (SEEKING FORCE WITH RANDOM DIRECTIONS)**



Figure 34.1.1

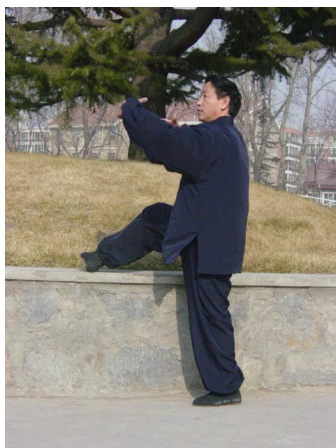


Figure 34.1.2

Assume T-eight step. Hand posture, weight distribution which is 30% and 70% on your front/rear legs, commencing mental activity where body is merging with a gigantic tree, and every part of the body having stretching feeling...all these preliminary conditions are the same as we have already described in Module 31 “One leg post seeking force forward-backwards” commencing posture. First you can randomly change seeking force direction order, for example,

- Start with tree growing downward, when growing downward has

reached the same mental activity and resistance than in a well-regulated “determined” seeking force upward-downwards growing, you can change to second direction.

- Pushing forward, (mind activity and resistance feeling reaching the same than in determined direction seeking force conditions pushing tree forward, then change to the next direction),
- Parting outward, (idem)
- Uplifting, (idem)
- Closing inwards, (idem)
- Pulling backward (idem, rest or continue)
-

By changing seeking force direction, you can further appreciate and check how different is your seeking force compared with determined seeking force well regulated forward-backward, leftward-rightward, and upward-downward.

And again: practice slowly and pay attention to the resistance feeling.



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 34**

34.2

ZOU BU DAN SHOU HENG QUAN LIAN XI **SINGLE HAND HORIZONTAL PUNCH PRACTICE WITH STEP**



Figure 34.2.1



Figure 34.2.2



Figure 34.2.3

Assume T-eight step, hand/foot posture, weight distribution and mental activity are the same than we have already described in the commencing posture of Module 33 “Fixed step single hand horizontal punch issuing force”.

First practice right horizontal punch issuing force with right step. Left/rear foot is pressing downward, stretching forward, erecting, leg twisting outward, body bumping suddenly forward, slightly upward, you have the intention to flap out something from your body.

Due to your rear leg movement, right forefoot is moving simultaneously, the sole parallel slightly uplifted from ground 1-2 cm, stepping forward for about 30 cm in front of you. Front sole is suddenly pressing ground, the sole like pressing inside the ground. When you press the ground the heel slightly lifted. At the same time, the knee is pointing forward, pressing downward, erected, the leg wrapping inward. Between your head and forefoot you have like a stretching spring upward-downward, between back hipbone and front knee you have like a spring stretching forward-backward.

Due to front/rear leg and body twisting, right shoulder is suddenly smacking right fist, to middle line (bridge of nose, middle of chest), wrapping inward, slightly pulling back, with the intention of pointing forward, the fist slightly hooking and clenched, use fist knuckles to hit and penetrate imaginary target. When you are issuing force, the body should twist from 45° (as in commencing posture) to 90°. Left/back fist follows the body, with a backward and outward twisting. Between back fist and front fist you have like a stretching. Elbow low hand high. Use fist and front arm protect the left side of your face. The distribution of weight is 60% and 40% on your front leg and rear leg. Then stop and relax. The body plane returns now from 90° to 45°. The distribution of weight also returns to 30% and 70% on your front leg and rear leg, hands posture returns to Module 33 “Fixed step single hand horizontal punch” commencing position.

Now you can go on practicing “Continuous single hand horizontal punching with step”.



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 34**

34.3

ZOU BU LIAN XU HENG QUAN LIAN XI **CONTINUOUS HORIZONTAL PUNCHES PRACTICE WITH STEP**



Figure 34.3.1



Figure 34.3.2



Figure 34.3.3

Foot/hand posture, weight are the same than in the commencing posture of Module 33 “Fixed step single hand horizontal punch”. The body plane angle is forming 45° with front direction, step forward and issue an horizontal punching as in “Single hand horizontal punch issuing force with step”.

After this first punching, the body plane angle is forming 90° with front direction. The distribution of weight is 60% and 40% on your front leg and rear leg.

Now let's start left/back fist issuing force. Left/rear foot is pressing downward, stretching forward, the leg bent and wrapping inward, your body is twisting suddenly forward and rightward. As your rear leg and body are bumping forward, right forefoot parallel uplifted about 1-2 cm from the ground, moving straight forward for about 30 cm. Then sole is pressing ground, like pressing inside the ground. When your sole is pressing ground, the force is oriented downward, but erecting, the leg is wrapping inward, the knee pointing forward. Head and rear foot have like a spring stretching upward-downward. As your rear leg and body are twisting inward, outwards: right shoulder is screwing rightward and outward, left fist simultaneously moves inward slightly pulling back, with the intention of pointing forward, the fist slightly hooking and clenched, use fist knuckles to hit and penetrate your imaginary target while keeping the middle line (passing on bridge of nose). Right fist at the same time follows the body by twisting outward, elbow low fist high, use fist and forearm to protect right side of your face. Now the weight is 70% and 30% on your front leg and rear leg, the body plane angle changed from 90° to 180°. Between your right fist and left fist you have spring like a forward-backward, leftward-rightward stretching. Then stop and relax. The body returns to the commencing posture.



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 34**

34.4

ZOU YI BU SAN HENG QUAN LIAN XI **THREE HORIZONTAL PUNCHES PRACTICE IN ONE STEP**



Figure 34.4.1



Figure 34.4.2

Assume T-eight step, the hands posture and weight are the same than in the commencing posture than in Module 33 “Fixed step single hand horizontal punching”. The body plane angle is forming 45° with front direction. From this commencing posture start three horizontal punches in one step.

- First punch in first step is the same than “Single hand horizontal punch issuing force”.
- Second fist issuing force is the same than in Module 33 “Fixed step continuous punches”.
- Third fist issuing force is the same than

Module 33 “Fixed step three horizontal punches”.

You have completed “Three horizontal punches in one step”.

Continue to chain three horizontal punches in one step. Then once you get more familiar you can alternate left and right side.



Figure 34.4.3



Figure 34.4.4



Figure 34.4.5

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YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 35**

MODULE 35

35.1

HUN YUAN ZHUANG (LIU MIAN TONG SHI MO JIN) UNIVERSAL COMBAT POST (SEEKING FORCE IN SIX DIRECTIONS SIMULTANEOUSLY)



Figure 35.1.1



Figure 35.1.2

As we have already practiced diligently universal combat post forward-backward, upward-downward, mixed seeking force, then I assume that you have already reached a significant level in Yiquan. It is time now to start “Universal combat post with six directions simultaneously”. The basic principle of “Universal combat post with six directions simultaneously” is that all mind activity, inducing imagination and issuing force should cover simultaneously all six directions.

Assuming standing pole, it requests your body to be like merged with everything on Earth, without any privileged reference such as forward seeking force, or parting outward seeking force, every force direction should be concerned. From any direction you should have like an ambiguous and undistinguishable sensation of having something but not really having it.

Forward-backward, leftward-rightward, upward-downwards you should feel your whole body like been “enlarged”. Your body is like merged with everything on the earth, but not really merged, touching but not really touching, it is as if you have everything but you don’t really have it.

Your whole nerve system, muscles are constantly controlled by your brain. Between all multiple objects belonging to your environment, in each direction, and your body, you have like a slight stretching force.

Each part of our body, each hair is like expecting at any time, in case that even the tiniest object touches it, then the whole body will instantaneously contract, just like a bomb bursting when any object touches it.

Like late Grand Master Wang Xiangzhai said: “On the whole body there is no place without spring, when (being) touched and it (will) issue (force instantaneously).

My late father Yao Zongxun added: “Our whole body is like fully charged with electricity, whatever



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 35**

objects touch it, it will deliver a huge electric current to them, appearing such as an electric shock to these objects.”

So in Yiquan’s highest level of Zhuang fa exercise, whole body and mind should be relaxed, but when an object or opponent is touching your body, it should be ready to issue force, if touched again then it will issue again, and so on...The intention and power should not be differentiated, just like a conditioned reflex, reaching a such degree of automation. This level, is the ultimate target of Quanfa, it is not 18 fa(issuing) or 36 fa, it is ten thousand fa which should be merged into one highest fa. Then you can grasp the “Dafa” of Quanyue, which is the really heart of authentic way of punching.

35.2

ZOU SAN BU SAN HENG QUAN LIAN XI **THREE HORIZONTAL PUNCHES PRACTICE IN THREE STEPS**

Assume T-eight step, the distribution of weight is 30% and 70% on your front leg and rear leg, the body plane angle is forming 45°.

From this posture let’s start “Three horizontal punches in three steps” issuing force. When making the first step, first punch, then the second step, second punch, each part of the body should feel the stretching force as described in Module 34 “Continuous horizontal punching with steps”.

After your second step and second punching, the weight is 70% and 30% on your front leg and rear leg, the body plane angle is 180°. Left/front fist and right/rear fist. Let’s start now third step third punching. First left/rear foot is pressing downward, erecting, stretching forward, the leg is screwing leftward and outward, your body and forefoot, front leg are suddenly bumping forward, with the intention to bump out forward something from your body. When right forefoot is making one step forward, move your right foot leftward and inward, facing your right foot, then continue straight forward up to 20 cm distance. Then right foot toes are pressing ground when you are issuing force instant. Pressing downward, erecting, the leg is wrapping inward, the knee pointing forward. Because your rear leg and front leg are twisting, then your body is twisting at the same time leftward, backward, outward. When right/front sole is pressing ground (and you are issuing force), right fist should suddenly punch out to leftward direction, the wrist and elbow hooking slightly inward. Simultaneously with your body twisting leftward, clenched suddenly your fist, as if you want to break into pieces and penetrate forward an imaginary target. Your left fist is also following your body twisting, pulling backward slightly outward, the fist suddenly clenched, elbow low fist high, returning to the commencing fixed posture. When right fist is issuing force, between left fist and right fist you have like a spring stretching forward-backward, leftward-rightward, and you have the intention to break suddenly this spring. When right fist is issuing force, the body plane angle is 90°, the weight is 70% and 30% on your front leg and rear leg. When right/forefoot is pressing ground, left/rear foot follows forward, making one step, then as rear foot touch ground, you have just completed a T-eight Zhuang fa step. When issuing force between the head and forefoot you have like a spring stretching suddenly upwards-downward, between left/back hipbone and right knee you have like a spring stretching forward-backward. When the body is twisting leftward and backward, it is like if your whole body is twisting in mud. You should pay attention the back of your body: calf, thigh, waist, back, shoulder, neck, back of the head etc... all have like the intention to close inward and to lean against a big tree behind you. Contract and relax. The weight returns to 30% and 70% on your front leg and rear leg, the body plane angle returns to 45° (commencing posture). Two fists and two arms posture also return to the commencing posture. You have completed three horizontal punching in three steps. You can continue to practice three punching in three steps combination Quan fa step.

We have passed already more than two years in practicing basic skills, which should confer you a pretty solid basis in Yiquan. To go further you should practice now testing force, seeking force with



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 35**

changing directions. During each testing force exercise, you should deepen your testing force feeling, thus enlarging the universal force captured in Zhan zhuang, and as to prepare you for real combat, you should let the universal force change slowly. The preliminary phase in testing force exercise is to practice with determined rules and directions seeking force. From now you will start to practice mixed testing force, which should bring you from your basic level to a much advanced level, keep on changing directions, agile in every posture, adapting a new testing force movement to any new situation that may appear, but every time you should keep on practicing according to the (universal force) principle which is continuously seeking universal combat force. Mixed testing force exercise is in fact is an even closer step to real combat, and is regarded, in Yiquan, as a very important basic skill, I hope that my students will consider it carefully in their practice.



Figure 35.2.1



Figure 35.2.2



Figure 35.2.3



Figure 35.2.4



Figure 35.2.5

35.3

DING BU ZONG HE SHI LI **FIXED STEP MIXED TESTING FORCE**

First assume T-eight step posture. The distribution of weight is 50/50. You can randomly choose one testing force movement to start.

In the first movement commencing posture, with hooking-pulling testing force for example, the hand



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 35**

posture is center of fist face to face, five fingers slightly bowing and pointing forward, the small finger slightly inclined downward and forward directions, two wrists slightly hooking like pinching one small ball; right foot and right hand in the front, right hand a little higher for about half palm than left hand; the arm extending forward, extending almost 70-80% of your full arm length, right/front hand at the level of your mouth/nose, left hand at the level of your mouth/chin, the distance between two hands is 2-3 fist-widths.

Once you have adjusted posture and step, start to practice backward hooking-pulling testing force. Pulling backward, parting outward, slightly hanging upwards, all these three forces, hand posture and changing, and after even pushing movement, all stretching connotation requested, the weight distribution... all these details has been explained in “Fixed step hooking-pulling testing force”. When you finished hooking-pulling testing force, than you can start playing with water testing force. After playing with water testing force, you can practice parting-pulling testing force, and after it is pressing ball testing force, and then it is even pushing testing force. When you finish pulling and pushing movement again, you practice rotating testing force, opening closing testing force, waving testing force, chopping vertically testing force, chopping to the side testing force and divine turtle emerging from water testing force.

Each testing force exercise can be practice randomly at any time. The key point is to chain up, each movement parameter (posture, height etc) compared with commencing posture of “standard” movement request could have some alteration, should not be too excessive, stay concentrated in your movements, for each detail of testing force do not hesitate to refer to previous Modules. Control your whole body with appropriate mind activity. Late Grand Master Wang Xiangzhai said: “(You should) seek only fullness of spirit and mind, do not seek resemblance of form.”

Your whole body should be merged with every part of the environment. Once there is change of any slight parameter, in any part, then the whole body will react.

Again like Late Grand Master Yao Zongxun said: “The body is like swimming in the air.”

So by practicing mixed testing force, you can check up your level in Zhan zhuang basic skill and each testing force basic skill. Then with relevant progress you will achieve better preparation for real combat. And you should keep in mind that in real combat, nothing is better than exerting universal combat force.



Figure 35.3.1



Figure 35.3.2



Figure 35.3.3



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 35**



Figure 35.3.4



Figure 35.3.5



Figure 35.3.6



Figure 35.3.7



Figure 35.3.8



Figure 35.3.9



Figure 35.3.10



Figure 35.3.11



Figure 35.3.12



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 35**



Figure 35.3.13



Figure 35.3.14



Figure 35.3.15



Figure 35.3.16



Figure 35.3.17



Figure 35.3.18



Figure 35.3.19



Figure 35.3.20



Figure 35.3.21



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 35**



Figure 35.3.22



Figure 35.3.23



Figure 35.3.24



Figure 35.3.25



Figure 35.3.26



Figure 35.3.27



Figure 35.3.28



Figure 35.3.29



Figure 35.3.30



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 35**



Figure 35.3.31



Figure 35.3.32



Figure 35.3.33



Figure 35.3.34



Figure 35.3.35



Figure 35.3.36



Figure 35.3.37



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 35**

35.4

DING BU CE TI FA LI

FIXED STEP SIDE KICKING ISSUING FORCE

Assume T-eight step. Hands adopt “Right posture punching fixed posture” shoulder structure, the distribution of weight is 30% and 70% on your front leg and rear leg. When you have set up your posture, front right forefoot is slowly uplifting, and the ankle hooking back, like pinching a ball. Front knee bent, ideally uplifting to chest level, the weight is entirely on left sole. Left knee bent, buttocks sitting downward, the body plane making an angle of 90°, slightly leaning backward. Right sole facing downwards, right toes facing left, use the outside of right sole to face forward direction. In this time imagine between head and forefoot you have like a spring stretching forward-backward, between left/back hipbone and right/front knee you have like a spring stretching upwards-downward, between two fists, inside of arms you have also like a spring stretching forward-backward, leftward-rightward. Buttocks are like sitting and leaning on a high stool. Calf, back of thigh, waist, back, shoulder, neck, and back of the head are like pressing inward and leaning on big tree which you are merged with.

When you have adjusted your posture and your mind: first, left/rear foot is suddenly pressing downward, stretching forward, slightly erecting. Your body is suddenly bumping forward. Your waist, shoulder, head are suddenly like slightly leaning backward, right forefoot suddenly kicking upwards and forward. Use outside of right foot to press forward, upwards, slightly downward, like penetrating an imagine target. Your kicking intention is to penetrate your opponent ribs. When right foot is issuing force, you have between head and forefoot a spring stretching upwards-downward which is suddenly breaking. Inside of front and back legs you have also a spring stretching forward-backward also suddenly breaking. Between your left/back hipbone and right/front knee you have a spring stretching forward-backward suddenly breaking. Between two fists and inside of arm, you have also a spring suddenly breaking. Two fists posture remains the same, the weight is 60% and 40% on your front leg and back leg. Contract and relax, then stop. Finally slightly put down your front toes. The distribution of weight returns 30% and 70% on your front leg and rear leg.



Figure 35.4.1



Figure 35.4.2



Figure 35.4.3



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 35**



Figure 35.4.4



Figure 35.4.5



Figure 35.4.6



Figure 35.4.7



Figure 35.4.8

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YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 36**

MODULE 36

36.1

GOU GUA ZHUANG (LIU MIAN LI TONG SHI MO JIN) HOOKING-PULLING COMBAT POST (SEEKING FORCE IN SIX DIRECTIONS SIMULTANEOUSLY)



Figure 36.1.1



Figure 36.1.2

After having practiced hooking-pulling combat post forward-backward, leftward-rightward, mixed seeking force, you can practice seeking force in six directions simultaneously with hooking-pulling combat post. In hooking-pulling combat post seeking force in six directions simultaneously, the basic principle is the same with universal combat post (seeking force in six directions simultaneously). Mind activity, inducing imagination, body merging with everything on earth, stretching feeling with everything on earth, spring every in your whole body...Real combat principle is also universal combat post principle. My father Yao Zongxun used 16 words to summarize highest achievement Yiquan mental activity: "Visit every place mentally, (borrow) power from the nature, forms appear and disappear, mind embraces whole universe."

36.2

ZOU BU CE TI FA LI SIDE KICKING ISSUING FORCE WITH STEPS

Assume T-eight step, hands posture, weight and mind activity are the same than in the commencing posture of Module 35 "Fixed step side kicking issuing force". When through a side kick you are issuing force with steps, first let right forefoot front sole touches ground, your weight instant putting entirely on the right/front sole. In this time, left/rear foot is suddenly pressing downward, stretching forward, step forward to right forefoot back heel. The weight is 30% and 70% on your front leg and rear leg. When left/rear foot is pressing ground, right forefoot is suddenly uplifting, like in Module 35



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 36**

“Fixed step side kicked issuing force” fixed posture, at this time, right forefoot is suddenly kicking forward and upward side (issuing force), your intention is to kick into pieces, and penetrate an imaginary target. At the same time, between head and forefoot, between back hipbone and front knee, between the two fists, inside the two arms ... you have like a stretching feeling exactly the same as we have described in “Fixed step side kicking issuing force”. Then stop.

Later, after right forefoot has kicked, it should slightly touch ground. Putting again the weight in front sole, left/rear foot is again suddenly making a step forward, again your left right forefoot is uplifting, then again kicks out. All stretching connotations are the same as before. From now on you can go on practicing “Side kicking issuing force with step.”



Figure 36.2.1



Figure 36.2.2



Figure 36.2.3



Figure 36.2.4



Figure 36.2.5



Figure 36.2.6

36.3

ZOU BU ZUO YOU CE TI FA LI

KICKING TO THE LEFT-RIGHT SIDE ISSUING FORCE WITH STEP

Assume T-eight step, hand posture, weight and mind activity are the same than in the previous commencing posture. Left/rear foot is suddenly pressing downwards, stretching forward, then making a step forward, right forefoot side kicking issuing force is the same as before. After kicking with right



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 36**

foot (issuing force), top sole is slightly touching ground, the heel slightly empty. Then left/rear foot is pressing downward, stretching forward, your body bumping forward, at this time the weight is 30% and 70% on your front leg and rear leg. Your weight is slowly moving to the right foot, right foot front sole is pressing ground, screwing leftward, inside of sole forward, the knee bending in the horizontal direction, buttocks are sitting downward, the body is slightly sitting, leaning backward and downward. Now the weight is 30% and 70% on your front leg and rear leg. From previous body plane angle of 90° (facing left), under the action of your left foot side kicking issuing force, the body plane is now 180° (twisting to right), left foot is issuing force upward and forward side issuing force (kicking), use the outside of sole like to break suddenly into pieces and penetrate an imaginary target. When you are side kicking imagine that between head and forefoot you are like breaking suddenly spring stretching upward-downward, between back hipbone and front knee you are also breaking a spring stretching forward-backward. Between front and rear legs you are also breaking a spring. Between two fists, two arms you are breaking suddenly a horizontal spring. Then stop and relax. Then your left sole is slightly touching ground. You have completed “Kicking with right foot with step” and “Kicking with left foot with steps” exercises.

You should practice on a plane ground moving forward, alternating left and right side.



Figure 36.3.1



Figure 36.3.2



Figure 36.3.3



Figure 36.3.4



Figure 36.3.5



Figure 36.3.6



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 36**

36.4

DING BU DENG TA FA LI **FIXED STEP STEPPING KICK**

Standing and arm postures are the same than the commencing posture in Module 23 introducing “One leg post seeking force forward-backward”. Imagine that you are a giant, holding a gigantic tree, your body merging with this tree, buttocks like sitting and leaning against a trunk. Calf, thigh, lower back, back, neck also are like with big tree pressing and leaning against it, two hands, two arms surrounding this tree. When you are standing, you should be very calm and well balanced. Between head and left foot you have like a spring stretching slightly upward-downward, between head and uplifted ankle of right foot you have like a spring stretching upward-downward, under your right sole you are like pressing one big spring; between left hipbone and right/front knee you have like a spring stretching slightly forward-backward, leftward-rightward.

After having adjusted your mind activity, let's start “Left foot stepping kick issuing force”. First, left foot is pressing downward, slightly stretching forward, erecting, your body slightly moving forward, upward. Then the body is suddenly slightly leaning backward, like pressing inward and leaning against a tree behind you. At this time right foot and right leg is pressing suddenly downward, slightly stepping kicking forward, slightly closing inward and using right sole horizontal inward sole. The intention is like stepping-kicking your opponent front knee and tibia bone, with the intention to break it, stepping into pieces the opponent's front leg. When right foot and right leg are issuing force, between head and left foot you are like breaking suddenly a spring stretching upward-downward, between head and ankle of right foot you are like suddenly breaking a spring stretching upward-downward. When right sole is issuing stepping kick, you have the intention to press the big spring between your sole and the ground. Between left/back hipbone and right/front knee you are suddenly breaking a spring stretching forward-backward, leftward-rightward. When right foot is issuing downward and forward force through stepping kick, your sole should not touch ground, keeping a distance of about 10 cm from ground. Then stop and relax.

Right leg and right foot should return to the commencing posture. Now you can repeat as you wish this exercise.



Figure 36.4.1



Figure 36.4.2



Figure 36.4.3



BEIJING ZONGXUN WUGUAN

YIQUAN CORRESPONDENCE COURSE

PART 3- **MODULE 36**



Figure 36.4.4



Figure 36.4.5



Figure 36.4.6

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PART 3- *MODULE 36*