



俊元拳 Chun Yuen Quan---大悲功 Da Bei Gong

Da Bei Gong is one of the beginning forms in Chun Yuen Quan. Da means big, Bei means sadness and Gong means work. So altogether the name means Great Sadness Gong. It requires both gentleness and balance since it includes some jumping and it is beautiful to watch. However, the form can be performed in either a fast or slow way, depending upon how strong the person. More practise of Da Bei Gong will strength the lungs, increase flexibility and can also help us to lose weight. All the Chun Yuen Forms are designed to help make people healthy as well as retaining some of their martial art applications.

1. 俊元樁 Chun Yuen Stance
2. 上步提氣 Step Forward to Bring Up the Qi
3. 拜佛掌 Worshipping Buddha Palm
4. 大悲法 Great Sadness Method
5. 左右圈掌 Left and Right Circle Palms
6. 羅漢推山 Luohan (Buddha's disciple) pushes the Mountain
7. 擺蓮腿 Lotus Kick
8. 退步收丹 Step Back and Collect Dan (Essence of Energy)
9. 羅漢推山 Luohan pushes the Mountain
10. 上步大悲 Step Forward in the Great Sadness
11. 旋悲至天 Spiralling Sadness to the Sky
12. 向天推掌 Push Palms to the Sky
13. 左右開胸 Left and Right to Opening the Chest
14. 一飛腿 One Flying Kick
15. 大悲點大地 Great Sadness points to the Earth
16. 右金剛指 Right Jingang (the strongest material in Buddhism World) Finger
17. 左金剛指 Left Jingang Finger
18. 轉世再生 Return Back to Life
19. 正雲手 Normal Cloud Hands
20. 翻雲手 Reverse Cloud Hands
21. 單鞭 Single Whip
22. 大悲勢 Great Sadness Position
23. 左穿雲掌 Left Penetrating Cloud Hand
24. 右穿雲掌 Right Penetrating Cloud Hand
25. 金剛打樁 Jingang Pounds the Post
26. 飛大悲掌 Flying Great Sadness Palms
27. 飛雲腿 Flying Cloud Kicks
28. 轉世再生 Return Back to Life
29. 天輪轉 Heaven Wheel Rotating
30. 童子看掌 Child Opens the Palm to Look
31. 左擊地捶 Left Strike Ground Fist
32. 右擊地捶 Right Strike Ground Fist
33. 穿心掌 Penetrating Heart Palm
34. 開三心門 Opening Three Heart Gates
35. 收氣入丹 Bring Qi Back to Dantian