



## 俊元拳 Chun Yuen Quan's 行手 Xing Shou

Xing Shou is one of the Chun Yuen Quan skills and it is a foundation for the Chun Yuen forms. Xing means "style", "element", or "gesture" and Shou means "hand". So Xing Shou means Style Hand. In the form we cover four hand gestures which are palm, fist, hook and fingers. The form also covers high and low positions as well as covering left and right, slow and fast ways to practise. But the most important thing is that Xing Shou trains our bones, muscles, joints and tendons in order to have good Qi and blood circulation which gives us good health. The main principles of all the Chun Yuen forms are good posture with body in line and hands and legs connecting together.

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|----------|------------------------------------|----------|---|
| 1. 俊元樁   | Chun Yuen Stance                   | 22. 左右開弓 | Open the Bow from Left and Right              |
| 2. 上步提氣  | Step Forward to Bring up the Qi    | 23. 踢虎打虎 | Kick and Beat the Tiger                       |
| 3. 太極一點  | Taiji Circle and Mark the Spot     | 24. 金蛇旋轉 | Golden Snake Spinning                         |
| 4. 青龍擺尾  | Green Dragon Swings Its Tail       | 25. 左鉤右插 | Left Hook and Right Stab                      |
| 5. 金鷹展翅  | Golden Eagle Spreads Its Wings     | 26. 大旋風轉 | Big Tornado                                   |
| 6. 偽踢貫耳  | Fake Kick to Punch the Ears        | 27. 打虎降虎 | Beat and Control the Tiger                    |
| 7. 轉身鎖喉  | Turn the Body to Lock the Neck     | 28. 頂天立地 | Hold up the Sky and Stand Firmly on the Earth |
| 8. 青龍擺尾  | Green Dragon Swings Its Tail       | 29. 蜻蜓點水 | Dragonfly Drinks Water                        |
| 9. 白蛇吐信  | White Snake Spits the Message      | 30. 猿猴踢球 | Monkey Kicks the Ball                         |
| 10. 孔雀開屏 | Peacock Spreads Its Tail           | 31. 勁發丹田 | Fajing from the Dantian                       |
| 11. 有備而戰 | Fully Prepared to Fight            | 32. 有備而戰 | Fully Prepared to Fight                       |
| 12. 泰山移步 | Tai Shan Moves to the Side         | 33. 猛虎推山 | Tiger Pushes the Mountain                     |
| 13. 白鶴沖天 | White Crane Flies up to the Sky    | 34. 後蹬腿法 | Backward Sweeping Kick on the Ground          |
| 14. 後門緊閉 | Close the Back Door Firmly         | 35. 雙手頂天 | Hold the Sky with Both Hands                  |
| 15. 銀河上流 | Silver River Running Up to the Sky | 36. 雙拍踢腿 | Double Slaps with Kick                        |
| 16. 雷劈地裂 | Thunder Hits and Cracks the Ground | 37. 飛踢戰敵 | Fly to Kick the Enemy                         |
| 17. 拳齊腳飛 | Flying Punch and Kick Together     | 38. 有備而戰 | Fully Prepared to Fight                       |
| 18. 白鶴待勢 | White Crane Holds the Position     | 39. 迎接佛祖 | Welcome the Buddha                            |
| 19. 飛踢戰敵 | Fly up to Kick the Enemy           | 40. 收氣入丹 | Bring Qi back to the Dantian                  |
| 20. 鐵拳無敵 | Invincible Iron Fists              |          |   |
| 21. 水火不通 | Water and Fire Cannot Pass Through |          |   |

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