



五行
The Five Elements
(Wu Xing)

XIN-I QUAN

THREE POINTS BECOME ONE eyes - hands - feet

- As the body raises the qi sinks
- As the chi raises the body lowers
- The mind must be empty, present, un-expecting
- Gather to one point then release.
- Store to issue, no wind up. Always ready
- Relax above all, stretch to strike,
- Explode instantly, empty instantly
- Practice is to remember, training develops skill



手與足合
肩與胯合
肘與膝合
心與意合
意與氣合
氣與力合

SIX COORDINATIONS/HARMONIES

1. Hands harmonize with the feet
2. Shoulders harmonize with the hips
3. Elbows harmonize with the knees
4. Heart harmonizes with the intent
5. Intent harmonizes with the qi
6. Qi harmonizes with ones' power

METHODS OF POWER

- ⊙ Up from the ground
- ⊙ Dropping into the ground
- ⊙ Opening / Closing
- ⊙ Stretching / Contracting
- ⊙ Coordination
- ⊙ Long energy (muscles)
- ⊙ Short energy (joints)

FIVE ELEMENTS & ANIMALS

劈拳
崩拳
鑽拳
炮拳
橫拳

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|----------------------|--------------------------------------|--|
| Pi Quan - Splitting | Rise & Fall Metal Lungs | Dragon Monkey Lion Meteor Strikes Earth |
| Beng Quan - Crushing | Expands & Contracts Wood Liver | Swallow Leopard Horse Cai |
| Zuan Quan - Drilling | Curves Water Kidneys | Falcon Chicken Tiao Jo |
| Pao Quan - Pounding | Exploded Fire Heart | Tiger Alligator Win Xin Zhang |
| Heng Quan - Crossing | Rounded Earth Spleen | Snake Crane Turtle |

Though Xin-I Quan looks strong and powerful it's vitally important that no brute force or localized strength is used in any of the movements. All movements are done in a relaxed to firm (not tense) manner. Stretch don't tense or tighten up. Completely loosen and relax while storing energy. First we are working on refining our coordination and ripple of movement from the ground up. Second we are studying how to accelerate our movement of this ripple of ground power. Third, each movement has our complete attention, focus, and intent. Intent leads energy.

Xing-I Quan is the brother of Taiji and Bagua; the third Internal Art and thought to be the oldest. The Xing-I Quan method I teach comes from Master Tchoung Ta-Tchen. Master Tchoung was a student of Master Yuan Tao and Wang Xu Jin both featured in Robert Smith's books: Masters and Methods and Xing I Chuan. Master Tchoung preferred to call it Xin I Quan (Heart-Intent Boxing) instead of the common Xing-I Quan (form of mind). In Master Tchoung's method there are several version of Beng Quan and Heng Quan as well as some animals not in traditional Xing I Quan but found in the Cheng Ting Hua Bagua Xing-I Forms.