DACHENGQUAN

DUANSHOU'S

By Li Zhaoshan

most deadly fighting methods

About the author

Li Zhaoshan was born in Henan County in 1955, he studied martial arts since his childhood, he started with Wang Anping to study zhan zhuang and Five Elements Kungfu, and then later he was accepted as official disciple of the Yiquan Master Wang Xuanjie, especially famous for his abilities in real combat. Li studied traditional Dachenquan under his tutelage.

From gathering the essence of Chinese martial arts, Li focused on healing and health preservation but also in the pedagogic aspects of Dachengquan. Progressively Li gained a large notoriety among wushu circles, due to his works and research in martial arts. He is the creator of a method which can allow rapid results to student; in this method the student will basically improve his weakness points and apprehend with progressive steps using "exploding power" and self defense techniques. Combining modern sciences such as biomechanics, modern anatomy, etc... His research activity led him to create various interesting theories such as "Inner strength field", "Gathering inner strength process" "Three major steps in sparring", applications in "bone regeneration", "whole body's muscle interconnected as a inevitable prerequisite for inner strength", etc...

Sports magazines are regularly presenting articles on Li Zhaoshan, such as recently "Jinwu" magazine, among their series "Spirit of Dachengquan", which presented "Tribute to Li Zhaoshan famous Dachengquan Master", "Li Zhaoshan presents Dachengquan"...

Author of several books of Dachengquan, such as "The Complete Reference Book of Healing Dachengquan" – "Fundamentals of Dachengquan" – "Dachengquan Duanshou (Sparring)" and performing regularly in main sporting events related to Dachengquan or Internal Martial Arts.

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CHAPTER I:
Introduction to Dachengquan *Duanshou*

大成拳

What is the real meaning of *Duanshou*?

Duan means literally to cut, to truncate and separate into different blocks. Quoting from Wang Xiangzhai: "If we consider it regarding its movement and its expression, its means to block one's opponent incoming hand; regarding its strength, it means to interrupt one's opponent issuing force. By destroying one's opponent incoming force one applies an effective strategy of warfare by dealing simultaneously with defense and attack, this is being "perfect in defense and perfect in attack as well".

Duanshou is also called "*shizuo*" which applies these concepts in pushing-hands, free-fighting and in the same time the art of attack and defense.

From pushing hands the two opponents are requested to use single arm or double arms touching each other during confrontation, to develop and perfect one's abilities to control and to reverse control, to eject and to reverse eject.

In free fighting there are no more initial contact of from each other, no more determined posture, no more forbidden hitting part and no more restriction in the power delivered to the opponent. If we consider it through the angle of martial technique, *duanshou* (*shizuo*) is Dachengquan's most important technique.

For this reason *Duanshou* includes "absolute *duanshou"* and "relative duanshou".

Absolute *duanshou* is pure combat and its *shizuo* aspect which is in fact the free fighting as we have defined before.

Relative *duanshou* is pushing hands (*tuishou*) which is more a technical confrontation suitable for modern competition.

Absolute *duanshou* may sometimes put opponents' life in danger; relative duanshou sometimes may injure their limbs, but normally never put their life in danger.

Dachengquan *duanshou* presents some significant differences with other free fighting methods, let's revise the main ones:

1. No determined posture: from this "no determined posture" principle you can reveal the "real posture" then according to your feelings changing permanently forms and striking endlessly.
2. Unification of attack and defense, blocking and striking cannot be distinguished. In defense you can in the same time strike your opponent, in attack you can in the same time enhance your defense.
3. Strike and grab with full resolution. Most Dachengquan's experts possess a high degree of pugnacity, able to develop very significant power through the stretching and supportive movements of their limbs. As a result in combat situation, they are able to focus with determination, no matter who they are facing, they will express an invincible might as to reach unexplored areas; this is the principle of Dachengquan's "*dashi*" (substantial strike).
4. The body is like an axle, able to dissolve force up to neutralize it completely. The art of Dachengquan beside issuing explosive power, can from the touching point, transform and dissolve the incoming force, so that the opponent even attacking heavily will be confined to passiveness: this constitutes the perfect opportunity to launch a decisive counterattack

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I.1 Qizheng: the basic theory of Dachengquan Duanshou

Dachengquan *Duanshou* is based on the strategic theory of *Qizheng*.
Qi means here to defeat your opponent by a surprise action (note: *Qi* here has no relation with the Qi of "Qigong", although having the same Chinese Pinyin phonetic). When you are facing your opponent you should be "calm like a maiden, dynamic like a rabbit". Within this stillness and availability, you will be ready to urge as lightning as with all your resources of power, voiding, spreading, jumping and moving your body…being unpredictable to your opponent, attacks become spontaneous, as a result your opponent enters into passiveness, unable to defend effectively.
Zheng (meaning literally correctness) is referring to your martial skills and martial power, mental expanding and refreshing, yielding from any noble spirit, threatening uncommonly, launching your offensive with vigor, attacking powerfully and seizing with determination. This concept is inherited from Xingyiquan (Hsing Yi Chuan): "striking and grabbing uninterruptedly".
Whatever if you are bumping with your head, kicking, striking with elbow, slapping with your hand, blocking an attack, wrestling or ejecting your opponent, all offensives can be adapted to your own preferences. But in any case you should capture the right opportunity to launch your attack and gather sufficient power, so that you can inevitably defeat your opponent.
But in the same time this principle requests long time of practice and high technical level. So when you will be able to use in fighting *zhen* within *qi*, *qi* within *zheng*, *qi* and *zheng* substituting to each other: you have reached the realm of Dachengquan Duanshou. At this phase, in combat you can very easily master timing or space and you can manage each opportunity in combat. Also is when combating, no matter you launch your attack relatively early or relatively late but when you are touching your opponent, you should be always the first to issue force, preceding always your opponent: this is anticipation. Just like Wang Xiangzhai said "when opponent is not moving, you should slightly move; your opponent is slightly moving, you should move slowly; your opponent is moving slowly, you should move rapidly; your opponent is moving rapidly, you should be the first to reach; when the opponent reaches, you are already issuing"…

In the training of Dachengquan *Duanshou*, you should erect your head, looking correctly, serious in your mental and stabilize your Qi. In every movement, combat effectiveness should prevail, avoiding by all means any blind or random attack. Each movement requests unification and harmonization of the whole body upward and downward, so that if one part of the body is moving, any other part of the body will move accordingly. In《Dachengquan's Theory》written by Wang Xiangzhai, it is said "(when) upper level is moving then lower level is following, lower level is moving then upper one is leading, when upper and lower levels are moving then middle level should attack, if middle level is attacking upper and lower levels should combine". This is how Wang Xiangzhai described the whole body interaction between each level. We can also add that during your movements, in every part of body you should be "tightening but not stiff, relaxed then not slack, form bent but with a stretching intention, mental is spherical but force square". You should let your four limbs and bones to have everywhere insubstantiality and substantiality, relaxation and contraction, having everywhere stretching forces, accordingly to when you are touching opponent and issuing force, you are stretching in "*hunyan li*" (universal or omni-directional stretching) so that is your whole body which is issuing force.
In combat, before touching your opponent you should have the ability to understand the intention of your opponent. Then using multiple ways to intercept your enemy's attack such as attacking him with double hand or single hand, pointing up then striking down, simulating to punch with fist and then in fact kick with leg, attack with double hands

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simultaneously, attack forward with hand and foot together, front attack with retreat and rear defense, move forward step by step, drive your opponent up to the point that he will have no chance to counterattack, retreat by moving back step by step so that your opponent will meet in each of his posture emptiness, chain rear movement with front movement then issuing punch, combine defense and strike, merge dodging and moving forward… In a word, when you are fighting with an opponent you should not only use as we mentioned above "mental suggestion" or "hand suggestion", but you should also check that "your mental activity is not excessive, intention not revealed in your form, form not harming your body and force produced not sharp"…

In brief, with *qizheng* as basic theory for combat, respecting the above corollary points concerning combat, which are in fact applying again the right transformation in body movement and steps, weight's shifting incessantly, assuming the correct posture, applying insubstantiality-substantiality and relaxation-contraction, extracting each of basic technique its substantive application you will be able to present then the complete panorama of Dachengquan *duanshou*.

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I.2 The Main Points of Dachengquan Duanshou

In most of martial arts (including *Sanda* (Chinese free fighting), Boxing, *Shuaijiao* (Chinese Wrestling), Judo, Taekwondo, Karate, Jeetkundo…) the abilities involved can be separated in three main categories: physical abilities, technique and tactics and also psychology and mental abilities.

Physical ability: physical abilities include power, speed, agility and resistance… if you want to prevail in sparring, your body should have an overall development, to enhance its adaptation and sensorial abilities, and then even internal organs should acquired also their shock and damage resistance ability (iron shirt).

Techniques and tactics: techniques and tactics are the major factor in free fighting. Technical background is essential for the fighter to keep initiative, preponderance, to be at ease in any circumstance, continuity and effectiveness, etc… Then applied in the three aspects of attack, defense and counterattack, tactics can be adopted accordingly to each fighter: developing his different tactics, keep the initiative, combining substantiality and insubstantiality, inducing and borrowing forces, "exhausting opponent" tactic and bush-fighting etc…

Psychology and mental abilities: good psychology and further mental abilities are also factors to subdue your opponent. Psychological factor includes: mental preparation of combat to build up braveness, stamina and mental stability; further mental abilities include good memory and analysis/decision capacities.

If we compare Dachengquan *Duanshou* with major Free Fighting competition style, it presents obvious similarities but reveals also it unique particularity.

Major Free Fighting Competition styles require from its practitioners to develop their athletic capabilities and to express them in pre-determinate fighting techniques, in contrary Dachengquan advocates his practitioners to reveal their personal instinctive fighting ability.

Free fight competition style uses generally the support of specialized apparatus to develop muscular and primal power, through arduous repetitions of single technique develops fighting techniques, through running develop pugnacity, resistance and speed, while training with sparring partner to improve agility, and build up dual confrontation experience.

In Dachengquan Duanshou the theoretical approach is the following: starting from Post Standing to acquire strength and overall agility. During post standing you learn to gather inner strength and you can also add some suitable psychological support training. Testing force helps you to mobilize this internal strengthen force and increase speed, and later also in pushing hands, single technique and sparring. Of course, if you want to participate to competition, you should also add additional exercise such as running in your training program.

Finally we can say that Traditional Dachengquan *Duanshou* relies on three main factors: internal strength, technical level and braveness (or courage).

I.2.1 Internal strength factor

Many sports including Free Fighting Competition, power is one of the most decisive factors, in internal martial arts it is commonly called "martial power", Dachengquan called it "internal strength". In *duanshou* martial power is a necessary prerequisite, if power is not sufficient than let's be honest: victory becomes impossible. A trivial example is the example of a child who learned scrupulously and perfectly fighting techniques, but when he is facing a strong adult, then he has no chance to win against him.

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I.2.2 Technical factor

There is in Dachengquan *Duanshou* the concept of large method and small method. Large method does not rely on any specific technique but small method does. Large method constitutes the targeted combat principle and small method is the intermediate technical step to reach it. This level of inexistence of pre-determinate combat technique is expressed by instantaneous changes, at this level any specific fighting technique is not arbitrary or randomly applied: the only concern is the power: at this level in any moment and any angle or circumstances you will be able to issue force. In the beginning this combat level will appear as impossible to the practitioner.
So, the beginner should start to train according to the "small method" with specific and pre-determinate forms: this is the reason why Wang Xiangzhai created Boxing standards: 12 single forms of combat, 5 postures of *duanshou* and 21 specific techniques. Practitioners will train progressively the single forms and correct them up to become conformed to standards, maturing gradually their strength and after again being able to release power within their fighting movements, skills coming with practice, wisdom elevating form the mastering of the art, to reach finally a technical level free from any specific technique and form, this is the large method. Overall practice cannot be replaced as every practitioner has to make his way, to find his own references, these are also contents of *Duanshou* that each practitioner has to research and improve according to his own environment and objectives.

I.2.3 Braveness factor

Braveness is also an important factor in *Duanshou*, Wang Xiangzhai said: "if your opponent is the first to loose confidence then he will be defeated very soon". In martial arts it is quite common to see some adepts who win easily in friendly sparring but when they are in dog-fighting situations they may lack braveness so that victory is not sure to fall in their hands.
To understand this braveness factor, we should observe the reasons that may motivate this lack in fuelling your amount of braveness.
Commonly this depletion of braveness is related by the appearance of fear.
Fear appears easily in situations where the mental of the practitioner is invaded by thoughts such as "If I cannot defeat him, I am going to lose my life or being injured badly…" or for example "if I hit him, he may be badly injured, and I may have problems with local security or lawsuit"…
Through fear or doubt inserting in your mental, strength, posture, clear perception of combat situation and timing are declining then very quickly so that soon you will not able to withstand a decisive attack from your opponent.
This is way for overall effectiveness of his art of fist, any martial artist needs to master also "*Wude*" or the moral codes of Martial Arts（*Budo* in Japanese）. Using your uncommon strength to bully the weak is against *Wude*, but when you are protecting your own life in case of self-defense and then you will act in full determination.
Advocating simplicity and purity of your fighting motivation, the respect of evident norms of well being of society but also acting in perfect accordance with law represent the simplest but also the surest platform to build up your amount of braveness and enter your combat arena without one ounce of doubt or fear.

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I.3 Combat in Dachengquan Duanshou

We cannot describe Dachengquan *Duanshou* with any pre-determinate technique, body is not revealing any pre determinate posture, hands not assuming any pre-determinate form, feet not moving in any pre-determinate step, in a word you are moving, shifting, jumping at will. Although Dachengquan *Duanshou* has not pre-determinate method of combat, but it has clear principles: the beginner should follow standard steps in training, persevere in regular practice, brewing his "Gongfu" up to be able to release his full instinctive power at will.

Wang Xiangzhai has composed six poems dedicated to Dachengquan *Duanshou*, as his posthumous teaching for all practitioners willing to develop their skills in Dachengquan *Duanshou.*

First poem:

Boxing is driven by the mind,
Raise your internal (strength), free your external (form),
Hand and foot perfectly synchronized for real (power).
Activate your mental, promote your Qi,
Exploding fist, coiling body,
Respond to your opponent as if you are burnt by a fire.
Bones full of strength, your face expressing real (intention).
Planning globally, your mental strikes like thunder.
Insufflate your poison, strike without mercy.
Should you retreat? Should you advance?
Chasing when dodging, retreating when advancing,
Do not search for pure esthetical movements.
Should you strike? Should you wait?
Consider when striking, strike when considering,
Your punch is unorthodox.
Issuing fist like powder is blasting bullet,
Hesitating bird can hardly fly.

Second poem:

Facing unmoving opponent, I stay calm,
Opponent is slightly moving, I am the first to issue.
Immobile like a scholar, moving like dragon or a tiger,
Start as unexpectedly as lightning.

Third poem:

Dexterous hands, light feet,
Advance, retreat, circle like a cat
Body erect, sharp vision,
When hand arrives all essential parts of body are correctly set up.

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If hand arrives but not step, striking results are not excellent,
If hand arrives simultaneously with foot, you are beating him as stirring grass,
Upper limbs pointing to his pharynx lower limbs kicking furtively,
Aiming left or right ribs at mid level
Punch within an area of ten feet,
Not less than one foot.
Your fist is punching as a canon,
Your legs are dropping onto the ground as a big tree is deploying its roots
Poison in your eyes, hands wicked,
Step will bring opportunity, drill heavily down to his heart,
Subduing your enemy, whatsoever powerful he is.

Fourth poem:

Thirsty pigeon is entering the forest seeking for water,
Mighty tiger attacks a bevy of rams,
Use without preference any of your four limbs,
Loosing a battle but keeping confidence for the final issue.
Issuing voice East, attacking West, pointing South, hitting North,
Evasive in upper level, decisive in lower level, monitoring any occurring opportunity

Fifth poem:

He attacks with left (hand), your right fist is extremely powerful,
He attacks with single hand, intercept with double hands.
Punch without mercy, issuing in the direction of nose,
Central line of body passing through your nose generates myriads of targets.
Attack the central line and you will disorganize his whole body.
Combining both hands in a frontal offensive,
Protect instinctively your five organs.
Body is releasing fist like an arc is shooting its arrow,
String sounding like a bird surprised by unusual freshness.
Intercept attack as if your body was caught in fire,
Destroy your enemy without any restriction.

Sixth poem:

Issuing force within the shortest time,
Inside tangible there is intangible, inside intentional there is unintentional,
Inside formal there is informal,

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All parts of body, consciously unmoving and forming an imperceptible but concrete unity.
Issuing force can be materialized in thousands ways,
Lifting, intercepting, shoving, spinning, holding up, splitting, drilling or stabbing, etc….

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I.4 How to Learn and Practice Dachengquan Duanshou

Dachengquan does not have any fixed taolu (frame) practice and does not also focus on posture. But this does not mean that there is no technique of combat. So that some beginners in Duanshou may not feel the importance of techniques, then they are not following any progressive training, and soon they will stop their training because of this unfortunate misunderstanding.

Wang Xiangzhai wrote in 《Six main points of boxing practice》,《Three phases in boxing practice》and various articles, had largely presented the system of Dachengquan, from post standing, testing force, stepping, issuing force, testing voice, pushing hands and sparring etc… as the "seven wonderful domains of techniques", providing a progressive method of seven steps. If we are talking about purely about strength, strength is gained through post stand, experience it through testing force, using it during issuing force, understand it during pushing hands, practicing its transformation during sparring and from testing voice consolidate vigor.

Great Master Wang Xiangzhai in "Six main points of boxing practice" has clearly mentioned for the large audience and motivated beginners in Dachengquan: "Blazing their ways under oral instructions, cultivating incessantly their *Gongfu* and refining by themselves their technique".

This is the right path to advance progressively and after sufficient period of training to reach finally the mastering of Dachengquan.

I.4.1 Benefits of Chinese martial arts

Traditionally it is said that those who are not learning martial art, are neglecting their survival abilities especially in past period of human history where human society was not providing such modern standards of security as in our present time. It has, during long time, being considered as vital to strengthen one's body as well as to protect one's own life.

In our modern life, dealing with aggression has reached further meanings than the initial ones. Still in some special zones of cities or some specific occasions, abilities to defense oneself or one's relatives may very useful. The range of benefits in practicing an authentic martial art is now largely exceeding the original aspect of self defense. More and more citizens are seeking for effective ways to adapt, improve their performances in competitive enterprises, challenging organizations… Psychological problems, stress or anxiety become the real challenging enemies in daily life, and may later transformed into burdening pathologies.

Beside this, every day larger number of readers are enjoying Chinese Classics, such as Lao Zi's "*Dao De Jing*" or Sun Zi's "*Art of Warfare*", not just as Far East cultural exotics, but their authentic spiritual and philosophical principles.

In Ancient China, philosophy, medicine, fine arts and also martial arts are referencing to the same theoretical reference, as an example the Great Master Yu Yongnian has analyzed "Dao De Jing" and compared with the principles of Dachengquan, especially concerning the practice of Zhan Zhuang.

It appears that more and more scientific experts and philosophers are researching on such theoretical referential and their applications as an alternative to the limitations of modern science, to cure pathologies developed by modern life and its constraints, and even to deepen their business practice…

In a word, besides fighting abilities, personal development and health preservation are also domains which may

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benefit from the active retrospection embedded in the authentic approach of Dachengquan.
Even without understanding the real benefits issued from the practice of Dachengquan, major practitioners are finding their own professional abilities improved after a certain period of practice.
In dangerous or extreme situation, self-confidence and self-control may be the ultimate resources that one may rely on: these qualities are directly involved in the training of Dachengquan training.
More than words, training will reveal progressive benefits from Dachengquan, strengthening mental and body, the practitioner will withdraw limits in his overall abilities and will reveal hidden potentials.
The feeling of well being, fullness in one's body, optimism and confidence acquired from practice, will path each step of your progress and rapidly and soon one cannot part with the daily practice of Dachengquan.

I.4.2 Right achievement through Post Standing (*Zhuang Gong*)

Most external observers think that Chinese martial arts are just fighting tricks, so that it doesn't worth learning them, as it doesn't appear to these people that there is any fundamental theory behind them. Martial arts find their root in the mastering of movements of their adepts: this principle is simple and clear, it can be traced in historical researches and demonstrated easily, it should lead you to the right achievement.
Theoretically speaking for the common people this is just a simple and easy method among many others, but for those has been initiated: the right achievement comes from the "roots". Moreover through this achievement one can be more conscious of these "roots' and one can drive successfully endless changes in your movement.
This is in opposition with the "modern" approach of Chinese *Wushu* only based on movements but not on what is generating these movements…
What leads to the right achievement or as Dr. Yu would say, to "The achievement of the Supreme Object"?
It is post standing. According to the studies of many experts in the History of Chinese Martial Arts, such as Dr. Yu Yongnian, this method was known long time ago from experts but slowly fall in "disgrace" because being less "aesthetical" aspects compared with others and even later completely forgotten. In the circle of Chinese Martial Arts, every serious expert in Internal Style practices standing post (zhuang gong) in a way or another. The mastery of Internal Arts requires a good starting basis and progressive consolidation of martial capacities: and it should start with post standing. Later being able to stand during a long period will reveal your improvement of martial capacities.

I.4.3 Experience your own "*Gongfu*"

For Chinese Martial Artists there is a saying: "*xin chuan yi ling*" - Passing (orally) authentic teachings to disciples will greatly help them to understand (principles)". This is also to emulate them to experience with their own body the progressive achievement of their own *Gongfu*, using their mental to drive their progress, combining intelligence and physical abilities, their brains are treating data acquired from each part of body, and then readjusting locally.
A higher level of martial achievement needs the perfect fusion of the mental and the body. But this pass also by multiple adjustments between you mind and body: up to converge to the optimal tuning. This is also the necessary condition if one wants to reach a level of free, spontaneous and powerful art of fighting.
Traditionally the art of cultivating *Gongfu* needs to pass through three compulsory phases: introspective phase, extroversive phase, synthetic phase.
- Introspective phase: Through internal perception of one's body, one will experience it during one's Gongfu training,

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- Extroversive phase: Through the use of one's senses observe others excluding yourself,
- Synthetic phase: with data gathered from introspection and extroversion from external, analyzing and applying the benefits from this synthesis to oneself.

Theoretical background and references should be obtained through the coaching of a competent teacher as a necessary basis but later it will be through your own perseverance in applying these principles to yourself and in conditioning progressively your mind and body.

Once you have achieved your Gongfu your abilities may appear magical compared with your initial ones.

In the contrary if you are stagnant in your progress then you should check up carefully each of the three previous of Gongfu cultivation steps and find any reason which might have limited your development.

Traditionally experiencing *Gongfu* includes Power, Qi and Spirit. These are considered in fact of three levels of *Gongfu*. When *Xin* (Mental) and Qi are combined, all power can be gathered. Originally Power, Qi and Spirit cannot be distinguished. Then these three aspects reveal in their different aspects but Power and Spirit should be integrated in Qi.

With a Qi well adjusted then nerve excitation, circulation of blood and Qi, nourishment of muscle and bone… any part of the body will experience and benefit from one's *Gongfu* training.

The practice of Post standing presents the major advantages to cultivate this Qi and in the same time enhances main vital functions of the body.

I.4.4 Overcome three shortcomings

Learning martial art requests from the adept to overcome three shortcomings: the first one is obstructed Qi, the second is a too strained and laborious muscular effort (using clumsy force), and the third is a straight chest with drawn belly.

If one catches any of these three shortcomings then suppleness and stillness cannot be achieved, in one's fighting techniques, power and Qi can be hardly revealed, mental being unnecessarily solicited.

The use of clumsy force is a big shortcoming, if many martial arts schools advocate in their boxing method to request from the beginner to use very early power and speed simultaneously: this a big error according to the traditional Internal Martial.

Using simultaneously speed with power requests inevitably from hands and feet to issue force, then if four limbs of a beginner are using power, his internal strength will be immediately silted up in favor for the clumsy one, then even after a long time of practice the practitioner will be still wondering why his "internal strength" has not reached the level he would expect…

Any starting practitioner of martial arts is easily tempted to hurry in learning *taolu* (frame), finding in violent movements the impression of speed and apparent martial aesthetics but whole body rigid and obstructed to the free circulation of blood and Qi.

Unfortunately there are too many experts which are using this clumsy force, looking with angry eyebrows, stamping noisily with their foot, using first Qi then force, up to finalize their effort by sighing and groaning, unable to refrain an accelerated breathe and in a word damaging his *Yuan* (Original) Qi, whatever the number decades they have trained…

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CHAPTER II

Basic Techniques of Dachengquan *Duanshou*

大成拳

Master Wang Xiangzhai used to say: "If you want to grasp the essence of boxing, you should first practice post standing." Dachengquan consider post standing as the first priority because it constitutes the only viable way to acquire relevant power for combat use, especially through Standing Combat Post, cultivating and practicing "internal strength". What is called "internal strength" is relaxation of limbs' muscle with a stretching force in the whole body and it is exactly this ability which is developed through post standing while improving and strengthening also bone and muscle's tissues.

No matter how you issue force or in which posture you strike, each of your movements can't escape from the supportive function of your skeleton: it is clear that anyone who develops this supportive function of the skeleton, will also benefit from chaining perfectly his movements as he has also increase the supportive function of his lower limbs and the stretching of the whole body.

Let's take an example: use two sticks of the same size but one is a wooden stick and the other is an iron stick, whatever you use them, it is evident that the iron stick will be able to support much more or strike harder than the wooden one. And the reason is also evident: the **difference of density**.

As we discussed previously in the "Reference Book of Authentic Dachengquan Healing", post stand has a direct effect on bones by regenerating them.

Bone regeneration is an internal process transforming characteristics of the skeleton such as size, form and structure, increasing its density and demonstrating as a result higher resistance and hardness.

This is how you can achieve "using no force then having force everywhere". The advantages are obvious: increase your *peng cheng* (ward off) ability in pushing hands or blocking opponent's attack and of course enhance striking penetrability.

After long time of practice, experts of Dachengquan can develop this amazing capacity where through the touching point of the wrist their opponent will feel that they have arms "like iron enveloped by cotton", which is also a result of "bone regeneration".

Post standing's effects: not only improve muscle's tissue quality but also achieve "interconnectivity of all muscles" effect. In Dachengquan we said that all muscles are acting as a single one.

Through the principle of summation of muscles involved in a movement: the more muscles are involved, the bigger is the resulting force and finally the larger is the power generated.

For common people, moving limbs is usually just an instinctive physiological movement involving the muscle.

For people having practice different physical exercises, although that quality of muscle can improve (such as muscle's length, volume, etc…), but this same person may find some difficulties in some sports requesting different physical efforts.

With post standing training, muscle is not only acquiring more effective contraction and relaxation but also provides a larger stretching/retraction ability in the point where force is applied.

In other words it increases not only muscle's quantity and quality, but the penetrative/retractile distance of your movement. When you achieve this capacity "to have all muscles connected", if you use your wrist to press on

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opponent's arm, the force you are applying is not only issued from upper limbs' muscles contraction/relaxation cycle but also from muscles of shoulder, back and waist. During this time, if your partner touches your waist or back, he will obviously feel all these muscles involved also in the contraction/relaxation cycle.
It is again the reason why through long time in practicing post standing practitioners acquire bigger ejecting power and higher penetrative force.
For a clearer picture of this process let's revise the biochemistry in fueling Muscle Contraction.

Fueling Muscle Contraction

ATP (Adenosine Triphosphate) is the immediate source of energy for muscle contraction. Although a muscle fiber contains only enough ATP to power a few twitches, its ATP "pool" is replenished as needed. There are three sources of high-energy phosphate to keep the ATP pool filled:

- creatine phosphate
- glycogen
- cellular respiration in the mitochondria of the fibers.

Creatine phosphate(CP)

The phosphate group in creatine phosphate is attached by a "high-energy" bond like that in ATP. Creatine phosphate derives its high-energy phosphate from ATP and can donate it back to ADP to form ATP.

Creatine phosphate + ADP ↔ creatine + ATP

The pool of creatine phosphate in the fiber is about 10 times larger than that of ATP and thus serves as a modest reservoir of ATP.

Glycogen

Skeletal muscle fibers contain about 1% glycogen. The muscle fiber can degrade this glycogen by glycogenolysis producing glucose-1-phosphate. This enters the glycolytic pathway to yield two molecules of ATP for each pair of lactic acid molecules produced. Not much, but enough to keep the muscle functioning if it fails to receive sufficient oxygen to meet its ATP needs by respiration.
However, this source is limited and eventually the muscle must depend on cellular respiration.

Cellular respiration

Cellular respiration not only is required to meet the ATP needs of a muscle engaged in prolonged activity (thus causing more rapid and deeper breathing), but is also required afterwards to enable the body to resynthesize glycogen from the lactic acid produced earlier (deep breathing continues for a time after exercise is stopped). The body must repay its oxygen debt.

So as we presented before the summative effect of whole muscles connected is also applied even in this fuelling level of the muscles with each muscle fiber but also with deeper and more natural breathe acquire through post standing facilitating supply from this larger source of high-energy phosphate for muscle.
By practicing post standing, you are exercising a non moving effort where muscles can comparatively be involved in a much longer period of time but exercising endlessly contraction/relaxation cycles, during this time all chemical transformations appearing in the muscles itself will be facilitate including synthesis of CP , glycogen and finally ADP into power.
This constitutes in fact a perfect exercise to store up and release a larger amount of energy.
In internal martial arts, it is usually considered that when we cultivate "internal qi" then we are also collecting, in fact

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we have just demonstrated above this correlation is in the muscle's energetic supply chain.
Post standing is also very helpful for the preparation to combat because post standing suits perfectly to muscle's contraction/relaxation training principle. For example, in post standing among most important conditions is that lower limbs are required to satisfy an obtuse angle (angle greater than 90° and less than 180°).
This is confirmed in the graph {force/angle} applied on {Hip & Knee Extension} and on {Elbow Flexion} (Fig.1).

Fig.1

When elbow joint is bending according to a certain angle, relative muscles involved in this physical effort are in tension and the maximum of joint angle is 120°.
If we consider lower limbs: hips and knees joints angle is increasing: the resulting extension force is first decreasing than increasing with the angle. For example, in contradiction combat post, forearm forming at the elbow an angle of 120-135°, the rear arm forming at the elbow an angle of about 95°, in the lower limbs: hips and knees are forming an angle of 150-170°. Other posts although different from contradiction post, but angle in elbow, hip or knee is always an obtuse angle. For lower limbs as you can verify in Fig.1, when hip/knee is forming about 80°, muscles of lower limbs are able to exert a force comparatively low.
Therefore an optimal training of lower limbs should pass through a larger angle: that is the reason of high level contradiction post is so important in the preparation for combat (to compare with low stance in others
Styles of Martial Arts – *ma bu* (horse stance) for example).

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II.1 Combat Posts

As we have mentioned before Dachengquan's combat post is the application of post standing training to acquire basic strength for combat purpose. The study of Dachengquan combat techniques must first start with healing posts, as the preliminary requirement before training with combat post. Combat post constitutes the basic technique in combat training combat, but in the same time all combat posts include health benefits provided by healing post in addition to the combat purpose. Combat post training should follow progressive steps from stillness to relaxation, from relaxation to wholeness, finding contraction in relaxation, all being different levels of achievement of post standing principle.

There are different types of Combat posts: universal (*Hunyan*) post, Three Abilities (*Sancai*) post, Drifting Clouds (*Fuyun*) post, Even pushing (*Pingtui*) post, Expanding-Pressing (*Chengan*) post, Supporting-Nursling post (*Tuoying*) post, Small Celestial Star (*Xiao Tianxing*) post, Supporting Sky (*Tuotian*) post, *Ziwu* post, Golden Rooster On One Leg post, Hawk Form post, Taming Tiger post, Landing Dragon post, Powerful Buddha's Warrior Attendant (Jingang Dali) post etc… Each post offering its specific effect, therefore according your level of practice you should select corresponding combat post.

In the following we will detail Seizing Ball post, Holding Tiger Head post, Big Step post, Taming Tiger post, Landing Dragon post, Contradiction post which can be integrated in your training program according to your training level and your objective.

II.1.1 Seizing Ball post

Starting from Left Contradiction post, two hands are rotating inward to present center of palm downward, fingers slightly bent, hip relaxed and sinking, slightly pulling backward, two hands as seizing two big iron balls (Fig. 2).

Fig. 2

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Right posture is similar to Left posture, you have just to interchange direction.
This post will not only bring to the practitioner of Dachengquan a whole body strength, but it also can also improve Dachengquan's seizing, pulling, holding, roll-back wresting and pulling back abilities etc… Increasing your hand's *gonfu*.
[Mind activity] Imagine that two hands seizing an enormous iron ball, in every seam of finger you are also seizing a small iron ball, enormous and small iron balls sometimes combining into one, sometimes also parting. You can imagine throwing this iron ball leftward or rightward very far. You can also imagine being a giant which two hands are pressing on a far hill, using mind inducement to press this hill down into ground, or to push it far away.

II.1.2 Holding Tiger Head post

Assumed with lower limbs contradiction post, belly slightly withdrawn, two arms uplifted, hand clenched into empty fist, left fist at eye level with about 1 foot 2 inches distance separating them, right fist comparatively withdrawn under nose level, two eyes looking forward (Fig. 3).

Fig. 3

From the left posture we just presented you can easily practice right posture by interchanging directions respectively.
With this post you can easy practice your technique pounding fist technique in attack/defense and also to cultivate as combat preparation lucidity and whole body striking ability.
[Mind activity] Imagine that far away there is a big tree, now you want use your fist to strike this big tree; or imagine that you are facing a dangerous aggressor willing to strike to you, then use Holding Tiger Post to block, by withdrawing hands and like holding back, during this time wait for any opportunity to counterattack by punching him heavily with just one fist.

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II.1.3 Big step post

Assumes right big T-eight step, two feet separated by about 3 feet, hip sitting back, two legs squatting down, two hands uplifted slightly higher than chest level. Center of palm inclined forward, right hand in the front, on the same vertical line that is passing on right sole, left hand comparatively withdrawn, two hands are separated by about one head distance, difference of level is approximately one hand, shoulder relaxed and elbow bent, two hands are like pushing an object (Fig. 4). Left posture is similar to right posture just interchange direction respectively.

Fig. 4

This post is suitable for the development of Dachengquan's ejecting force, oblique force, horizontal force and springing force.

[Mind activity] Imagine that you are like a cat hunting a mouse, ready to bounce but not moving, willing to catch it but waiting for the right opportunity, you can also imagine like facing a powerful warrior, ready to change to other offensive immediately after your attack has been neutralized; or any situation preparing for defense or counterattack,: by minimizing your immediate changes you are able to deal with much more possible changes which may occur after and finally launch your decisive attack.

II.1.4 Taming the Tiger post

Assume left big T-eight step, two feet separated with about 4 feet distance, two legs squatting down, waist pulling back, head and neck erect, upper body straight and slightly leaning forward, two hands stretching forward, left hand in the front, right hand comparatively withdrawn, both hands are separated by about one hand distance, two elbows supporting outward, two palms facing with each other, ten fingers inclined downward, fingers slightly bent like to grasp the Tiger's neck, your body is like sitting on the Tiger's back (Fig. 5).

We have just described left posture exercise, right posture is similar just interchange respectively directions.

This post is recommended to increase rapidly the power of lower limbs necessary for fuelling Dachengquan's magnetic force, inertial force, axial force, shocking force etc…

[Mind activity] Imagine that two hands like hanging on the air, two legs and two feet with such power that they

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are ready to rip into pieces the Earth, but in the same time they are not really ripping it, your lower limbs are like unable to close nor to open; or imagine that two legs are like penetrating the tiger's body as a result tiger rave endlessly and also being powerless.

Fig. 5

II.1.5 Landing Dragon post

Try your best to assume with lower limbs a big step, bending front left leg, front left sole turning outward, pointing heel inward, rear right leg straight, right heel should not leave ground, right palm horizontal pushing forward slightly higher than head level, center of right palm facing outward, left hand at left hip level or slightly higher, center of left palm backward, two elbows slightly bent, upper body leaning forward, waist and neck turn to the right/back, two eyes are looking backward (Fig. 6).

Fig. 6

From the previous left posture you can similarly exercise with right posture by interchanging respectively directions.

This post is recommended for strengthening Dachengquan's internal Qi, internal strength, range of power, four limbs' basic power, magnetic force and whipping force etc…

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[Mind activity] Imagine that your two arms lifting Heaven and holding Earth, applying an extraordinary power on two palms, while being calm like a still water, whole body like sitting in meditation.

II.1.6 High-level contradiction post

Start with a basic contradiction post, now front foot is slightly moving three inches forward, try your best to bend your two legs, 30% of weight is on front leg and 70% on rear leg. Your two hands can be adjusted according to following:

(1) front hand remains unchanged, center of rear hand facing downward;

(2) rear hand remains unchanged, center of front hand facing downward;

(3) center of two palms all facing downward.

Two heels leaving ground, just practice with two soles (front part) touching ground, if you find uncomfortable to keep this posture you can rest whole sole onto the ground (Fig. 7).

Fig. 7

On this figure, the author is assuming a right posture, you can train similarly left posture by interchanging respectively directions.

[Mind activity] When you are practicing post standing two eyes are looking forward, like poisonous for any external observer, like able to stiffen him with just a glance. You should feel your whole body relaxed, sinking and vigorous, especially is upper limbs: presence and mutation of internal strength, you can imagine that around you there is an enormous snake and dangerous predator attacking you, and you are ready to fight them; you can also imagine that you are an arrow on the bowstring, ready to dart with full celerity once released.

Concerning high and middle level practice in contradiction post, it is only those who have achieve significant result in basic training which should try the high level practice, otherwise results may be the opposite of what you were expecting. Those starting post standing or presenting a weaker body should refrain from trying it.

As a conclusion we can say that before several years of assiduous practice one should not practice high level of contradiction post: starting phase training remains to most safe and reasonable one.

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II.2 Universal force

What is called *Universal force,* in fact is also a stretching force; presenting six stretching directions, that is why it is called *Six directions* force or even *Shaking force*. When you are issuing a universal force, it requires you to issue force almost simultaneously through these six directions.

The training of Universal force has its particular benefits:

(1) By mastering Universal force, you improve dramatically your Shaking force, Instinctive force, Springing Ejecting force and your ability to control your opponent in any direction;

(2) Increasing the level of difficulty in training universal force, so that the practitioner will continue to consolidate his post standing ability but also his ability to issue and to eject simultaneously with a force including two opposite stretching directions.

II.2.1 Training Universal Force post

Training Universal Force post uses *Holding Tree* post.

Let's take a left posture for example: start with a basic Contradiction post with front foot slightly open forward and outward, 40% of weight on front leg and 60% of weight on rear leg, upper body erect, two arms slightly bent, two hands at shoulder level, two elbows slightly dropping (Fig. 8).

Fig. 8

When assuming *Hold Tree* post, whole body should keep relaxed, sinking and unified. In the beginning of post standing, your body may feel uncomfortable or getting tiredness feeling, this is because this new posture is requesting specific muscles to new stimulation and much significant use of power.

The training of Universal Post should be adapted according to each practitioner, commonly it is considered that it is only when one can keep standing more than forty (40) minutes without having any uncomfortable feeling, the

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practitioner has achieved the adaptive phase of Holding Tree post.
Right posture is basically the same as left posture as you have just to interchange directions. In each practice of post standing do not forget to train symmetrically left and right posture.
[Mind activity] After having completed the adjustment of your posture, it is time for you to adjust also your mind. Here is the specific mental exercise: imagine that front of your body you have a big tree, your two arms holding this tree, in the same time, you are conscious that your two legs and two knees are like touching this tree, whole body closely sticking on its trunk and two hands are like hooking and seizing this big tree.
When lifting/holding upward the tree, be sure to keep your mind alert, not too focus on one single subject or observing point, don't get too stiff, and experience the contradiction feeling of having but in the same not having really something in your arms. This is only through this way that you may decrease unnecessary stimulations of your Central Nervous System located in your brain, (see "The Reference Book of Authentic Dachengquan Healing" by the same author), which is more suitable to mental training principle, reaching with lower input signals, stronger stimulation effect. If your mental is over-solicited then you will be less flexible. This method of training helps to decrease input brain signal amplitude to a lower level where it is become almost imperceptible compared to usual excitation. By tuning to this higher degree of "finesse" in input brain signal you will be able to capture the slightest information that your opponent may leak during combat.
In post standing course, every time you experience this feeling of Holding Tree, it should not be too long, in general around 2-3 minutes is enough and using remaining time to relax. The specific combination should be: once you feel your body relaxed then assume holding tree for another 2-3 minutes, and after relax again your body.

II.2.2 Training Six Directions Hanging

By training Holding Tree post, you feel progressively in your body: bone, muscle and tendon transforming, leading you to a sensation of a whole body integrated and heavier, especially your two arms: you will feel them stronger, more solid and heavier.
In this phase your whole body is steadily progressing in strengthening itself.
During your training in post standing, keep in mind the mental inducement of having front of your body an "object" (*wu* in Chinese), this object can be for example a large tree, than when your body can merged with it, it is traditionally considered that you have really captured "something" or an "object" in your internal body, this object is precisely the specific expression of the internal integrated whole body strength.
Now when you get this internal sensation, then it is time to train your strength in Six Directions Hanging.

II.2.2.1 Forward-backward Hanging force

From Holding Tree posture, imagine that you are holding and pulling backward this tree, and after you are pushing it forward to its former place.
[Mind activity] Holding backward - pushing forward. In the beginning during training your sensation of interaction with this imaginary tree is completely insubstantial then gradually it will change progressively into more substantial (object). In the beginning, exercise with slow movements, according to series of three backward – forward cycles. After increase progressively the speed of these cycles. In final you will reach a high frequency ejecting force, as in Double Opposite Stretching force you gave instantaneously appearance of two Hanging forces, but the only difference in Stretching force is that whole body moves with two arms issuing double stretching force.

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II.2.2.2 Upward-downward Hanging force

After having acquired basics from Forward-backward Hanging force, you can start now with Upward-downward training. From Holding Tree posture, imagine that you are pressing a trunk onto ground and after pulling it upward to its former place.

[Mind activity] Pressing downward—pulling upward. As before in the beginning your exercise seems to be insubstantial, and after later when you will be able to accelerate the frequency of your series, each series including three cycles of pressing downward and pulling upward. Finally, when you have reached a high frequency Upward-downward Hanging force it will be exactly identical to issuing simultaneously two opposite forces.

II.2.2.3 Opening-Closing Hanging force

Two arms assuming holding trunk posture imagine that your two hands are like pressing on the tree and slowly ripping trunk outward into two halves, and after slowly close it back to reassemble it again into one.

[Mind activity] Opening outward - closing inward. In the beginning like previous exercise, this exercise will appearance as insubstantial, and after changing into substantial one, first practice with slow movements opening--closing exercise with series of three cycles. To reach finally high frequency practice.

II.2.2.4 Hanging backward-forward and downward-upward Four Directions force

From Holding Tree posture, imagine that you are in the time pulling and pressing the trunk backward and downward, but also pushing and lifting trunk forward and upward. Practice from insubstantial to substantial with series of tree cycles, each cycle including backward/downward and forward/upward movements. Once having substantial feeling you can start to increase frequency of each cycle. Then practice with the order of backward, downward, forward and finally upward, into series of three cycles. To reach finally high frequency practice.

II.2.2.5 Hanging Opening backward and closing forward Four Directions force

From Holding Tree posture, imagine that you are pulling the tree backward as to rip it. And after imagine that you are pushing the tree forward to close and reassemble it.

Now practice series of three cycles. Each cycle including the specific order of pulling backward while in same time opening outward and pushing forward while in the same time closing.

Progressively increase your speed to reach finally high frequency practice.

II.2.2.6 Hanging Opening downward and closing upward Four Directions force

This exercise is based on the same principle that the previous one. First start with opening downward inward and outward. And after with closing upward and inward. When you are pressing downward the tree imagine in the same time like ripping it into two pieces, when you are closing it is like uplifting tree and in the same time reassembling it into one piece, first use mind inducement, again first series in slow speed, each series including three cycles. Progressively increase your speed to reach finally high frequency practice of Hanging four directions force.

II.2.2.7 Hanging Six Directions force

As the final method of training Hanging force it synthesize the previous educative methods from two directions than four directions to finally the most complex combinations of six directions.

The first recommended order is hanging downward, backward and outward as first three unified groups of

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forces, then chain with hanging upward, forward and inward as second group of three unified forces. Again start first from unsubstantial exercise into substantial exercises, from slow movement up to high frequency series.

II.2.2.7.1 First step of unsubstantial mind training: From Holding Tree posture, press downward trunk onto the ground, pull it backward, rip it by uplifting the trunk, push it forward and finally close (reassemble) it. Now you can start again another cycle to complete in total three cycles.

II.2.2.7.2 Second step: You start to have substantial feeling of the ”object”: Pressing downward and opening backward - closing upward and pulling forward in each cycle, to complete in total three cycles by series with relatively slow frequency.

II.2.2.7.3 Third step: Increase of substantial and moderate pace for series of three cycles: Pressing downward and backward - closing upward and pulling forward for a total of 3 times;

II.2.2.7.4 Fourth step: Issuing an omni-directional or universal force, increase series to high frequency issuing force instantaneously to six directions.

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II.3 Internal Strength Field of Dachengquan

II.3.1 Brief introduction to Internal Strength Field

Natural force is one of the most fundamental characteristics of Dachengquan's internal strength, therefore expressing itself by several types of forces: which should help to map Dachengquan's Internal Strength Field. If you can issue natural force, then you will be able to use an infinite variety of forms, including springing, shaking or smashing, ejecting, breaking, drilling or whatever else force, all respecting the only condition to fulfill actual combat or sparring requirements.

If we refer to the martial power of any practitioner, in Dachengquan it is considered that natural force may be divided into three different levels: Starting level, Intermediate level and High level. Along with his progress, from the lower-level to high-level, his martial power will be gradually transmuted and refined. An advanced Dachengquan adept can perceive in every part of his inner body this internal strength, with the dual characteristic of being natural and instinctive. His properties will only differ in terms of amplitude and phase exactly as in the motion principle of a wave propagating in its immediate surroundings.

Low-level martial power developed is relatively simple and its instinctive property cannot still be easily perceived.

In High-level martial power localization is losing its preponderance at the advantage of a system of integral force which bears the higher refining state of internal strength field.

At this stage of refinement, power can continuously change accordingly to your own perception and may be revealed into various forms.

If you want to pass successfully from the starting level up to the highest level one, you should practice "scientifically" and "systematically" in order to reserve sufficiently attention to your whole body's and mind adjustments.

Adjustment of body can include two meanings: the first one is that in different phase one should adopt different post or different testing force exercises; the second one is pointing on the fact that no matter with which posture you are practicing, all should adjust each part of body to its most suitable state up to feel yourself completely free from the posture itself.

In the beginning you should start with Contradiction post, Hooking-filing testing force and Friction step as the main techniques you will exercise. Then progressively switch to others posts standing and testing force exercises>

Now we are going to describe these five different phases of training.

II.3.1.1 First phase

In this very beginning phase after a short time of post standing or testing force practice, you may feel in each part of your body like muscle aching. This phase is mainly targeting to eliminate unnecessary tension in muscle and also to cultivate flexibility required in techniques of Dachengquan. In this basic phase you should reach "muscle relaxed and force stretching". What we mean by "muscle relaxed" does not mean "slack muscle". In the other hand when your muscles are contracting they should not be numb. As mentioned by Wang Xiangzhai: "Force is in the mind".

II.3.1.2 Second phase

Now when you are practicing standing post, you feel very comfortable and natural, chest broad, waist substantial and feeling warm. When you are exercising testing force, remember to "use mind and not force", no

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matter if you are pushing or pulling, any kind of object you should be able to able to issue force.
For example when you are pushing you are like pushing a big boat which will then move freely forward.

II.3.1.3 Third phase
When you are exercising post standing, your body have a swelling and heavy feeling, your body is like able to exert a force of 30 000 pounds and stable as *Taishan Mountain*. In testing force training, you can combine "Contradictive force and mind activity", hands are like heavy and substantial, like being ready to immobilize when pushing or when pulling, with this contradiction feeling of willing to stop when moving, and to move when stopping. At this stage you can feel in yourself the "internal strength" which expressed in this stage by a natural force.

II.3.1.4 Fourth phase
When you are exercising post standing, your "internal strength" is reinforcing, whole arm has a supporting outward and swelling feeling. This new apprehension of strength will help you to increase its substantiality. In your post standing you will be able in general to "imagine" this force in action. In testing force, you can easily adopt "Contradictive force and mind activity". At this time you will be able to feel the "internal strength" passing through your arm then to your hand. In post standing you will even feel this "internal strength" reaching all your limbs.
This feeling can be especially obvious when you are exercising in Snake entwining hand testing force.

II.3.1.5 Fifth phase
In post standing and testing force, your spirit is full, your "whole body like in an empty suppleness", just like Mr. Wang Xiangzhai mentioned in "Dachengquan's Theory" described "whole body like in an empty suppleness, not allow the lightest little feather to land on it, it can be substantial like a flowing water or insubstantial like the air. If the slightest feather lands on your body, it will only land in an unsubstantial part of your body, as if all muscles have lost their initial identity, to form all together a special and unique overall muscle/power entity."
At this stage power cannot be localized in any specific area of the body, as all parts are concerned to form very effectively a very intense, high frequency, multi-form "internal strength field" of Dachengquan.

II.3.2 Analysis of Internal Strength Field

Dachengquan Internal Strength Field is basically presenting a natural force, it is not only limited to this heavy feeling or this accelerating speed ability, the most important achievement is the acquirement of higher phase internal "objects" (in one's inner body), if one doesn't understand this point, one will completely misunderstand the application of each of force in Dachengquan. In fact, all these different forces have the same essential root. Once you've gained "internal strength field" than for each form of force, you can just shortly practice and experience them before grasping it definitively. So any force of Dachengquan such as the Five Elements Forces (Metal, Wood, Water, Fire and Earth forces), but also Integral body force, Universal force, Double Stretching force, Whipping force, Magnetic force, Leverage force, Entwining force, Helicoidal force and Springing force etc…all these forces will not required any long time of practice before being definitively grasped by the high level practitioner.

"Internal Strength Field" is opening to much more practical combat applications. The extraordinary ability to make any of his opponents "flying" is precisely one of the major effects of this "Internal Strength Field".

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When I studied with Wang Xuanjie, in many occasions he allowed me to experience a great variety of forces he was able to issue. One day Wang Xuanjie put slightly his hand on my chest: I felt immediately being like smashed by a heavy hammer. In another training session, Mr. Wang applied on me a double stretching force, I just had the time to see his whole body slightly shaking, and then my whole body was suddenly uprooting and bumping on the wall situated two meters behind me, this was again a free application of "Internal Strength Field".

Remember that it is only by complying with the method of "natural force when you are exercising post standing and testing force that you will be able to feel gradually your "Internal Strength Field" rising up. In the beginning of course it is still not reached the form of an "Internal Strength Field", but already in chest, back, shoulder etc… you have an obvious swelling feeling, this is the initial expression of "internal strength". Of course, using just this swelling feeling to describe "internal strength" is too limitative but it gives at least some clues to identify it… Then this "internal strength" will gradually reach all your body until reaching clearly your limbs.

Sometimes you may feel that this "internal strength" have a kind of "tightening" feeling. Then just relax more and this feeling will become even more obvious, but in any case this is not effect of muscle tightening, but in fact your whole internal body substantially stretching, someone can even check by touching your muscles: they will be still in relative relaxation, then we can say that your "internal strength" has deepened, in the same you have also increase your "Iron Shirt" ability. My students, after three to five months of practice, can commonly bear in various parts of the body punching and kicking, this is also a result from "internal strength" which has reached deeply in muscles and bones.

"Internal Strength Field" can cumulate independently effects of "natural force" and "internal strength".

If for example you have only "natural force" but not "internal strength", it will be difficult for you to develop a very large amount power, if in the other case you have only "internal strength" but not "natural force", then this "internal strength" cannot be easily exerted. Post standing allows you to cultivate "internal strength", then testing force will give to this "internal strength" more room, more practical capabilities. If one is confined to practice only post standing, then this "internal strength" is still in his state of "stiff force" which is very difficult to use in combat but bringing only benefits in improving health and general physical conditions.

Wang Xiangzhai defined it as followed: "Once you have acquired good basics in post standing, then you have significantly increased and strengthened your physical abilities so that you should continue (your training) by learning testing force exercises, experiencing each force and its expression, until reaching their real effects, this stage of practice is one of the most important and also the most difficult in the mastery of boxing…"

When practicing testing force, beside the obvious effect of extending "internal strength", you can also strengthen its effects in order to stimulate gradual development of instinctive force and natural force from internal to external without any serious difficulty.

Gaining "internal strength field" in Dachengquan requires to pass successfully all the major technical program, and within it some posts may provide their special effects. When you are training with the overall training program you should select one main post while combining with other post or technique as to complement it otherwise it will be very difficult to reach a very high-level…

Through *contradiction* post you can acquire the feeling of basic strength; *nursing baby* post can enhance mind, deepening mental activity; with *Preventing Bird from Flying* post, the unorthodox physical training of hand will facilitate "internal strength" exertion. Other posts such as *Taming the Tiger* post, *Landing Dragon* post, *Ziwu* post, *Golden Rooster stands on one leg post* etc…are very effective in training the martial power for your lower limbs. During combat you should have be steady, like sufficiently heavy to able to eject or to spring out effortlessly your opponent, without solid lower limbs you cannot properly initiate your movement.

Below we are going to detail the effects on "Internal strength" from Seizing Ball post, Taming the Tiger post and Landing Dragon post.

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II.3.2.1 Seizing Ball post

Like in assuming *contradiction* post, in the beginning you'll feel like tired, over-consuming your "internal strength" while "internal strength field" seems very weaken or even not existing. After a certain period your arms while start to be warm, numb, swelling and heavy. Your hands will be like increasing in size, at this time the "internal force" is reaching a sensible level, starting now to develop symmetrically in your whole body, soon your "internal strength field" will become more substantial, just after your training you will feel your body very light, two legs relaxed, this is how you are building good foundation for agility in steps and in your body movements which is dramatically requested in combat.

II.3.2.2 Taming the Tiger post

In assuming a large T-eight step your consumption of physical power will be also much more important, and you may need also to adjust your body, so you should exercise progressively starting from a small T-eight step. A shortcut program including too rapidly large T-eight step may even injure your lower limbs especially joint and tendons. This post is a very good "static" exercise to acquire martial power practice preparing the whole body to issue force, so please go step by step in this level of training.

When assuming it, two arms should be like hanging in emptiness and suspending, two legs and two feet are like as ready to earth, but in the same time without ripping it, with also the contradictive feeling of be unable to close or to open; or two hands like clutching Tiger's neck, two legs should be like riding on the tiger back, and like defying death in the struggle with the Tiger, you are adjusting limbs to control it; or two feet and two legs are like inserting tiger's body then the Tiger is raving endlessly, but powerless. Check your posture with Fig. 5.

In addition this post standing is not just a standing exercise but it requires also your mental to be like monitoring a state in the border of motion and immobility.

II.3.2.3 Landing Dragon post

After having assumed your post and readjusted your body, your internal body/mind but also force will feel a qualitative change by feeling of swelling, tingling feeling, transformation into substantial up to the deep marrow of bones or inside muscles. Your hands become warm, with the feeling of blowing wind, hurling with joints like grinding. Special effects on "internal strength": body reaches a specific state of relaxation, then later it will be uncommonly relaxed and finally really relaxed. Relaxation involves each bone in a cycle of unification and separation, then each part of body or whole body to go further in relaxing with the further feeling of heaviness. Two hands, two arms and even whole body is like submitted to a substantial friction with surrounding air, the Qi of your body and the Qi of the universe are like merged into a single entity of Qi.

II.3.3 Expression of Martial power within Internal Strength Field

Generally speaking Dachengquan's Internal strength can be expressed through five different types of forces: Metal, Wood, Water, Fire and Earth. My teacher Mr. Wang Xuanjie in《Dachengquan's technique and practice》explained as followed:

- strong and elastic force from muscles and bones of whole body is Metal force,
- omni-directional and flourishing force is a Wood force,
- whole body's muscles like a "pearl in a dish" moving uninterruptedly is a Water force,
- bursting like a bomb force: this impetuous and unpredictable force is a Fire force.

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- substantial and heavy in whole body like Taishan Mountain is an Earth force.

II.3.3.1 External effects experienced by opponent facing Internal Strength Field

II.3.3.1.1 Ejecting force

Submitted to Ejecting force, the opponent is ejected or sprung out, without any aching feeling, in hand to hand fight, opponent doesn't have time to realize what's happened: they are already ejected. During combat, mental focus should be expanded far away. There is the example of a friendly competition between the famous Hong Kong master Liu Sheng and Wang Xuanjie, Mr. Wang once controlled by Liu Sheng, shake suddenly forward his two hands, immediately after Liu Sheng was sent 6 meters away but without any injury.

II.3.3.1.2 Penetrating force

Once submitted to Penetrating force the opponent will be seriously wounded. When striking your opponent, it will not move your opponent but this force will also penetrate his internal body. For example when you are striking on his chest, he will feel immediately his back painful and his internal organs shaken. In combat, your fist and arm are like penetrating from the front of your opponent's body and getting out from his back…

II.3.3.1.3 Ejecting penetrating force

Once submitted to this force in addition to being ejected as in Ejecting force case, the opponent will have in the same time his internal organs damaged as this force combines both previous effects.

II.3.3.2 Internal effects experienced by the practitioner acquiring Internal Strength Field

II.3.3.2.1 Storing up force

This force is like storing up and waiting to be issued. Bones are sharpening, tendon gathering a stretching force. Accumulating this force, it will still remain under storing stage unless being touched then it will immediately burst out.

II.3.3.2.2 Whole body force (or Integral Force)

"Internal strength" is filling out your entire body and upper/lower limbs are moving harmoniously. In your whole body, Qi and blood are flowing uniformly in any part of your body: this will unable you to bring out the whole body force.

II.3.3.2.3 Universal force

From the basis of whole body force, this another type of force which requires particularly from whole body's force additional balance and symmetry. Then when you are using this force, it will be omni-directional and may even felt simultaneously by your opponent in different parts of his body.

II.3.3.2.4 Double stretching force

According to Newton's Third law:

All forces in the universe occur in equal but oppositely directed pairs. There are no isolated forces; for every external force that acts on an object there is a force of equal magnitude but opposite direction which acts back on the object which exerted that external force. In the case of internal forces, a force on one part of a

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system will be countered by a reaction force on another part of the system so that an isolated system cannot by any means exert a net force on the system as a whole.

A system cannot "bootstrap" itself into motion with purely internal forces - to achieve a net force and clear acceleration, it must interact with an object external to itself.

Therefore this *Third law* is fully in accordance with the fundamental principle in internal arts: *first go to the opposite direction before issuing force to the targeted direction.*

For example when you are issuing force forward, you will first move backward.

Taking account of this principle the resulting power is much important than directly issuing to the targeted direction. You can experience it also in hooking-pulling and attracting-repulsing applications, but also many others couples of opposite forces that you will discover yourself from this double stretching force principle.

II.3.3.2.5 Whipping force

Your body relaxed and soft, then acting like a whip you are lashing and hitting your opponent. This force is very agile but in the same time it has a strong penetrative force. It can be applied with various techniques: horizontal strike, chopping downward and palm striking armpit, etc….

During combat, two legs and two feet are like a whipstock fixed on the ground triggering the whole body as the whip lashing successively but also almost simultaneously from body to arm and finally to hand.

II.3.3.2.6 Elastic force

During your training you should enhance your body elastic force. Wang Xiangzhai used to give the following image to his disciples: “whole body is like a spring, when you are touching your opponent it will demonstrate the same properties, from the accumulating phase up to the issuing one, springing out your opponent.”

II.3.3.2.7 Magnetic force

When you are taking out a metal from a magnet, you will fell that even still being both submitted to the gravitation force, the magnetic force is still more important. Through into practice, the inertial force that your weight applies on the surface of the earth is called also “gravitation” force and in high degree of relaxation in your limbs, the effective “internal strength” will generate a force similar to a magnetic force as we describe before.

This can be very obvious in pushing-hands with a Dachengquan expert: the opponent will feel his body constantly “enveloped” by this forced and finally being attracted or repulsed by this same force.

II.3.3.2.8 Lingering force

It is quite similar to the soft force developed in Tai Chi Chuan, whole body very light and soft, like silk reeling, lingering endlessly, it doesn’t have neither beginning nor ending, even if the opponent is changing his posture, he will still be not able either to attack or to escape.

II.3.3.2.9 Shocking force

In the《Theory of Dachengquan》it is said: “When you move, you should be like an hungry tiger descending from mountain to hunt his prey, whole body twining like an evasive divine snake, also but also urging like having one‘s body burnt by fire, as dragon swaying horizontally and flying straightforward like unreal, in your muscles you should feel like being ready for a full acceleration, force will be like the one of powder detonated by a spark, your fist like a bomb, by just slightly moving “the bird difficult can hardly fly.” During combat, it should be like if a fire is burning your body, fast as lightning, in shaking there is shocking and in

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shocking there is shaking.

II.3.3.2.10 Helicoidal force

In your whole body all large and small joints are exerting a supportive force and forming an obtuse angle, this supportive force will swell then also shrink; whole body is under this helicoidal (spiral twisting) movements, if anybody touch your body: it will be swing out very far.

Besides it you may also have in presence various supplementary forces: opening-closing force, axle force, pulley force, heavy speed force, fixed center force, expanding-embracing force, inertial force, triangle force, leverage force, oblique force, attracting and repulsing force, etc…According the situation each of these forms of force may sooner or later appear.

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II.4 The state of Free Force

We have previously introduced various types of issuing force which were in fixed posture or just following fixed posture. But as in pushing hands or in sparring, two opponents are constantly modifying their postures then it is impossible for any serious fighter to relay on an issuing force form with fixed posture. In the contrary, limbs should be "free" from any fixed form: this is the estate of Free Force which is the most practical and essential issuing force. Here are its specific characteristics:

(1) It possesses an instinctive characteristic as it depends on your instinct and self appreciation to decide issuing it, but it remains also different from what is commonly called instinctive force.
(2) It may act as backup force for many types of forces.
(3) It requires a large practice of non static exercises including of course largely experiencing issuing force.

If you want to acquire a Free Integral issuing force, you should pass through different steps:

II.4.1 Internal Integral (Force) Training

Concerning an External Integral (whole body) force, you may gain it in a very short time, but Internal Integral Force requests at the opposite a much longer time of practice. In an ordinary man's body an integral force is, in quasi absolute proportion, just expressed externally and his Integral (whole body) Internal strength is completely unsubstantial. Now for Dachengquan's practitioners where Integral Internal strength has been solidly established, body's muscles can freely behave, intentionally or unconsciously, using a hanging force effect, then this hanging force will combine upper limbs with trunk or even with hips into an integration of whole muscles in contraction and relaxation process.

When you are starting to train Internal Integral force, just use one post in which you feel familiar in your daily training with fixed posture (like contradiction post) or a posture that in the contrary you are not used to train (Fig. 9).

Fig. 9

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As you are minimizing the impact of external form in this training then more attention should be paid to the internal connotation generated by the post itself. In general after a certain period passed in such training, you will realize that in much more parts in your body affected by contraction/relaxation that you may imagine before. It can expressed shortly after assuming post standing, you will feel in arm, waist or back a kind of contraction and relaxation feeling, but it is certainly not just a simple contraction/relaxation of muscle but it involves further relaxation in the body, as a result contraction and relaxation functions of your muscles are gaining in terms of amplitudes.
Here is an exercise to train more specifically this Internal Integral force: two palms slightly bent, then middle finger slightly protruding forward and whole body relaxing and sinking. The best duration for this exercise is around two to three minutes. Then you can freely adjust your posture, helping your body to reach a more effective relaxation then start again a second time this exercise of inner perception.
After a certain period of training Internal Integral force, you will feel especially relax in your shoulders, back and waist much more powerful, if anyone touch use your waist and back he will immediately verify the difference with before your training. After this, you will be able to use effectively waist and back as center axes, in the hanging upward movement with shoulder and arm for example, it will start from hip and amplify its momentum through waist-back-shoulder-arm and wrist all being like parts a large whip, joining progressively more and more muscles/joints in this contracting and relaxing process.

II.4.2 Hanging force training

The structure of human body's four limbs is like a whip: large and solid in the root and at the extremities comparatively small. In a whipping movement, the root of whip is first moving like give the impulse of the movement and propagating it up to the ending part. As the ending part of this "whip" has less inertia (smaller and lighter) it can gain a high speed and penetrative action. As we have just seen previously in Dachengquan, this whip is constituted at its root by the hip, waist and back as whipstock and hand as the other extremity of the whip.
Dachengquan is said to use shoulder and hip to strike opponent, this is because shoulder and hip are, in movement, initiating and leading the whole movement. Upper limbs are controlled by shoulders, lower limbs are controlled by hips, when shoulder and hip are moving all together then they are leading the whole body. Internal integral training is targeting to transform your body into this large and effective whip. In this stage, it is the hanging force training which will complete the effectiveness of this large whip by working specifically at its end.
Here is the specific training is:
Assuming contradiction post, you adjust first your weight distribution to 40% on front leg and 60% on rear leg, upper body should not lean backward but stay erect, front heel slightly more uplifted than in normal contradiction post, later when you'll have a very good basis of this post you can also slightly uplift your rear heel. Front hand is slightly lifting up, back hand slightly falling down, two elbows as slightly dropping down, two hands in a smashing and hanging forward and downward posture.
This is in fact another high-level form of contradiction post (Fig. 10).

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Fig. 10

II.4.2.1 Method to practice hanging force

Starting from fixed posture, first adjust relaxation in your whole body, and after with the appearance of this large whip you can proceed to the contraction and relaxation exercise as explained below:

II.4.2.1.1 Synchronize the contraction/relaxation movements of the *large whip*, use the part of hand form wrist to thumb to exercise supporting and hanging up. In the beginning you can imagine that a huge arm is attacking you, in response your two palms are forming an ascending movement to assume supporting and hanging post, arriving to the targeted posture of supporting and hanging, two palms are immediately jiggling: exercising contraction/relaxation at extremities with small amplitudes of movements.

This is how you can achieve a fast and concrete supporting hanging movement once having succeeded in basic training. (Fig. 11, 12).

Fig. 11

Fig. 12

II.4.2.1.2 Synchronize the contraction/relaxation movements of the *large whip*, two wrists smashing and hanging forward and downward using *Xiaoyuji* acupoint. You can imagine that a powerful opponent is using

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his fist to attack you, in response use your two palms to shake (smashing and hanging down) and experiencing it specific contraction/relaxation. When you can feel that hip, waist, back, shoulder, arm and wrist all are effectively forming an optimized integral contraction and relaxation then you can proceed on smashing and hanging training which will reveal higher effectiveness (Fig. 13, 14).

Fig. 13

Fig. 14

II.4.2.1.3 Now with the precondition of having a large whip internal integral force imagine that you are attacked by a fist: use your wrist and at the contact point apply a supporting/hanging up movement to counterattack and block opponent's incoming force, and immediately after chain rapidly with a smashing/hanging forward and downward movement. In the beginning just train the shaking contraction/relaxation, and later progressively you can apply a more substantial supportive and hanging force in your training.

As also an effective combination you can first apply a smashing and hanging movement then chain with a reverse springing forward and upward movement.

II.4.2.2 Further tips to learn Hanging force

You should train with a partner to check up the effects of Hanging force.

II.4.2.2.1 When your partner is punching on you, use two wrists to counterattack with front wrist supporting effectively opponent's incoming arm. Increase progressively speed in your practice, remember to apply on your opponent's arm with your wrist a substantial ward-off and support force (Fig. 15, 16).

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Fig. 15

Fig. 16

II.4.2.2.2 When your partner is punching on you, you can either use single fist or double fists to smash and hang down his arm. Increase progressively your speed in this exercise up to reach the speed in real combat. When you are smashing and hanging your opponent's arm, try your best to out balance him (Fig. 17, 18).

Fig. 17

Fig. 18

II.4.2.2.3 When your partner is smashing or punching you, deploy your large whip and touch him with single wrist or double wrists warding off and supporting him attacking arm, once you have neutralized his incoming force you chain immediately with smashing and hanging opponent's face or chest (Fig. 19, 20).

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Fig. 19

Fig. 20

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II.4.3 Natural Testing Force Training

What is called natural testing force is a testing force where any formal restriction has been released to reach the highest efficiency. In 《Fundamentals of Dachengquan by the same author》 we have introduced hooking-filing testing force, snake entwining hand testing force, etc…, all of them have their predetermined movements of limbs. But in Natural testing force, there is precisely no more predetermined movement.

Although all testing forces have the same target to extend martial power in space, each of them having its own particularity: so that in normal mode of testing force, it is through this predetermined movement that you will learn to guide this force; then later in natural testing force, when you fell abundance of strength then your force is no more restrained by any form and at this time all limbs find their natural deployment in space.

To start Natural testing force you should first select a normal testing force with fixed posture or not fixed posture post. No matter which one post standing you are assuming you should have principally the internal strength feeling of "all muscles connected".

For example, from contradiction post, after having pass sufficient time in practicing post standing, your internal strength should be gradually more condensed, movement with interconnected muscles will gradually extent.

For an advanced practitioner of Dachengquan with substantial martial power after even a relatively short time, from for example post standing, he will be able to use very explicitly large groups of muscles in contraction/relaxation cycles.

At this time, according to the situation, groups of muscles and the forces involved will naturally be involved. Like we have described previously in contradiction post, limbs adapting to suitable internal strength and automatically adjusting in space into a new posture from which a natural testing force will be exerted. At that time also your whole body will adopt the most optimized posture in accordance to the situation, it is this most advantageous configuration that your internal strength will freely flow inside your body.

II.4.4 Free issuing force training

Free issuing force is an issuing force released without any formal restriction, no matter what postures are assuming your limbs they will be able to bring up an effective striking issuing force. Although during previous normal training the practitioner has acquired abilities in issuing force with predetermined form (like penetrative force, double stretching force, etc…), but in the particular context of combat, limbs are not necessarily in suitable condition to issue force therefore the amount of power emitted may also be dramatically affected, in Dachengquan this situation is called *broken body*. For avoid broken body you need to train free issuing force.

Here are two methods to train free issuing force:

II.4.4.1 Natural testing force issuing force

Select a standing post and assume it, after gathering internal strength, you can start a natural testing force: amplitude and direction of this testing force should be set up according to your situation, just issue it freely.

Let's take an example, you are standing in right T-eight step, bring two hands front of body, center of left fist

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facing rightward, center of right palm facing leftward or obliquely forward and downward, ten fingers slightly bent (Fig. 21). From this post your waist and back muscles start contraction/relaxation cycles and through repetitions you will be able to determine by yourself what should be the most suitable movement that may issue properly force: maybe right shoulder and right arm are the best choice then issue freely to the right side or if it is more suitable is to issue forward, then chain immediately with testing forward/issuing forward (Fig. 22).

Fig. 21

Fig. 22

II.4.4.2 Multiform issuing force

Combination of different postures of issuing force is a multiform issuing force. During your pushing hands training first perform a few "inoffensive" cycles of pushing hands with your partner, then during these trajectories you can insert multiple forms or directions of issuing force.

For example, during whirling movement of double pushing hands, when left fist on the back and right fist on the front position (Fig. 23), several possible forms of issuing force are offered to you:

Fig. 23

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II.4.4.2.1 right hand with fist or palm is issuing force forward (Fig. 24).
II.4.4.2.2 left hand with fist or palm is issuing force forward (Fig. 25).

Fig. 24

Fig. 25

II.4.4.2.3 two hands with fists or palms are issuing force forward (Fig. 26).
II.4.4.2.4 right elbow as contact point is issuing force rightward (Fig. 27).

Fig. 26

Fig. 27

II.4.4.2.5 two fists or two palms are issuing force downward or upward (Fig. 28).
II.4.4.2.6 two wrists as contact points are issuing forward inward (Fig. 29).

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Fig. 28

Fig. 29

II.4.4.2.7 two wrists, as contact points, are issuing force outward, at that time you can also extend instantaneously your two hands (Fig. 30, 31).

Fig. 30

Fig. 31

II.4.4.3 Combat simulation issuing force

Besides seeking multiform issuing during pushing hands you can also adopt a specific mental activity during your training. Mental activity here refers to imagine yourself in front of an opponent and you need to deploy series of different attack-defense techniques where the apex of each of them is issuing force.

Let's take an example: first make two steps like to get closer to your imaginary opponent, imagine that he is attacking you with left fist, and then use your left arm synchronized with your right arm supporting upward (Fig. 32). From this posture, you may use:

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Fig. 32

II.4.4.3.1 Right arm and right fist issuing double stretching force (Fig. 33, 34).

Fig. 33

Fig. 34

II.4.4.3.2 Two arms and two wrists issuing universal force (Fig. 35, 36).

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Fig. 35

Fig. 36

II.4.4.3.3 Two arms and two wrists issuing right side helicoidal force (Fig. 37).

Another example: Imagine that your opponent is attacking you with right fist, use your left wrist to entwine rightward and downward his right arm, in the same time, right palm is again issuing whip force downward, leftward and forward (Fig. 38, 39, 40).

The previous examples are illustrating the very close similarity with multiform issuing force. Please notice that as in *duanshou* variations are almost infinite, it is practically impossible to enumerate all of possible combination of issuing forms. I sincerely hope that all my readers can understand it and search by themselves the way for free issuing force.

Fig.37

Fig. 38

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Fig.39

Fig.40

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II.5 Braveness Training

Great master Wang Xiangzhai in《Yiquan the New compilation》pointed out: "If you can impose yourself psychologically in front of your opponent then this will drive him rapidly to defeat. But this may also happen to any practitioner who performs ordinary in daily training pretty good technical skills, but just before combat his hands are losing power and his body shaking, unable to use his techniques: this is essentially due to a lack of braveness which leads him to inhibit himself all technical potentialities to show out. Possessing martial power and technical level are not sufficient if you enter the arena of combat with fear."

In any school of martial arts, if you want obtain victory you should first defeat your timidity, mentally full and sincere willing to face all your opponents. This is the only way for you to release your martial power while deploying your combat techniques and especially in some *duanshou* situations.

II.5.1 Improve your psychological factors

Psychological factors for successful *duanshou* refers are mental abilities that practitioners should develop and readjust.

These psychological factors have direct effect on your body, your technique and the formulation of your strategy.

Let's review the three major psychological factors which will condition your mental during *duanshou*:

II.5.1.1 Psychological strength

Psychology strength is traditionally called in Chinese martial arts mental strength; it has a direct effect on psychological activity and on psychological intensity. With a relevant psychological strength you can withstand situations of high degree of mental stress but still maintaining a clear mental, supple body, relaxed muscle and stable mood. It is evident that if your psychological strength is deficient you will reach very easily a state of hyperirritability or high anxiety where your movements will be obviously slower, muscle unnecessarily tense and your mood unstable.

II.5.1.2 Intensity of Motivation

The motivation of the practitioner affects also the quantity, the quality and the direction of his movements. For low motivation level, your movements will be comparatively less efficient, in mid-level motivation your movements are in their highest efficiency while for too high level motivation efficiency are decreasing.

Motivation may be spontaneous, triggered by some events such as some classical hero ready to give his life for others or for a just cause, in this case, motivation is often triggered situation of injustice and for defense of unfavored people.

Sometimes motivation is limited to a fixed period of time, like a boxing partner who agrees with you on the duration of your sparring training, but just before your combat, you are motivated to defeat your opponent..

We need to explain is that our motivation should be built on "pure" foundations, any deviation will sooner or later be swept off, no matter how high is its intensity. The simplest and purest object of motivation is also the toughest foundation.

Therefore by respecting "Daode" warrior codes and justice you will set up your best motivation conditions for

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duanshou.

II.5.1.3 Conquering your nerves

In *duanshou*, an optimal excitation of nerves is necessary to assure optimally limbs functions, but under nerve over-excitation this may affect their efficiency.

II.5.1.3.1 Internal/external cause of nervous tension

Internal and external nervous tension has always a precise cause. For example, if you are in unfamiliar place to fight with your opponent, the strangeness of surroundings may increase your tension, this should be the external cause of tension. In the other hand if your mental is too obstinately focused on winning and not losing, this may install doubt in yourself and leading you to fear your opponent: this can be defined as internal tension cause.

Identification of these causes of tension will enormously help you to reduce their negative effects on your mental condition.

II.5.1.3.2 Nervous tension estate

Nervous tension will directly affect your physiological functions, your behavior and your intelligence abilities. For example blood pressure will rise, heart-rate will accelerate…as physiological reactions; muscles hardening, general movement ability reduced etc… affecting your body's behavior; focused/dispersed attention, obstinate/random thoughts, affecting your intelligence abilities…

If any nervous tension is appearing, you should immediately identify it and cool your mind. Reasoning yourself to leave this tension disappear by itself as its only impact is to deserve your mental abilities.

Clarifying your mind that the only issue is resulting from how you will use your intelligence and your strength and adapt them to your situation in order to defeat your opponent, any further worry and misgiving will not solve any problem but even add further unnecessary burdens.

At this time, you can consciously relax your body, deepen and slow your breath and allow your body to be better accepting the eminent combat.

II.5.2 Cultivating and training braveness

In《Dachengquan Theory》by Wang Xiangzhai, it is written : "The key point of Combat post is empty suppleness and symmetry, full of spirit like a leopard in the fog, stable in mind like a divine rhinoceros, swift like a tempered horse and unrestrained like a dragon roar." Mr. Wang Xiangzhai also pointed out: "combat is a fight for life, in some other circumstances it is also called duel, and during duel there should be no more idea of morality and justice, you need also to be firm, pugnacious, resolute, intelligent, steady and precise. All these six words contain the secret of success. And then keep them all together constantly in your mind, if it is not the time to strike, don't strike, when you have opportunity to launch your deadly attack, do not hesitate to strike." These requests are very important in guiding your through your braveness training.

II.5.2.1 Psychological strength

Let's introduce a method to train psychological strength. First choose a standing post, for example Holding

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Tiger's Head, Seizing Ball post, High-level contradiction post, etc… (you can also choose to practice as in figure. 41)

Figure. 41

Assuming post standing, whole body relaxed, under these prerequisites:

II.5.2.1.1 Imagine that you have in front of you, at a distance between three to seven feet, a strong opponent, then, without any fear, you are like entering in the arena of combat completely desert.

II.5.2.1.2 Imagine that tigers and leopards are in the front of you, prepare and cumulate your fighting strength for a survival battle where you need to get rid of your fear.

II.5.2.1.3 Imagine that you are in combat, use some single or combination of hand techniques, repeat them up to "memorize" them unconsciously. For example, imagine that your opponent is attacking you with right fist, counterpunch immediately with left arm, with right arm smashing his face, and repeat this exercise imagining the transformation of strength during *duanshou*.

II.5.2.1.4 You can assume a standing post, watch a movie on martial arts, boxing or sparring competition… Your body and mind relaxed imagine yourself standing in this fighting or taking part as one of the antagonists, as you are already combating, you can then simulate mentally movements of attack-defense.

II.5.2.1.5 Assume your post standing and enter stillness. Imagine as if your martial arts instructor is constantly whispering near your ear precise and supportive instructions. Your objective is to gain braveness. So you can also imagine like being a reference of martial arts from who generations of practitioner will take as model to develop their character, their resolution and confidence.

II.5.2.2 Train your eyes

Eyes is called traditionally window of intention, if the practitioner trains "firing eyes" or any special looking then it may also increase your braveness. For example, when a criminal crosses the eyes of any Police officer, he will normally lose his confidence or braveness.

First assume your post standing, choose one target, like a big tree far away, a mountain, etc…and slightly keep your eyes on it. In the start you may not be able to maintain during a long period, when your two eyes feel uncomfortable you can slightly close them to have a rest, then stare progressively longer without getting to exhaustion. (Fig. 42).

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Fig. 42

After a certain period of practice you can change staring target to a slight light, during your practice two eyes are like absorbing the light, then after a relevant time of training you will feel your staring merged with the light.
Dawn staring exercise : Early in the morning, when the sun is rising just above the horizon, you can also train your eyes.
Attention: When the sun is above the Horizon and changes into a white light, increasing its solar ray intensity, in this time you cannot continue your eyes exercise or it will hurt them.
Even when you stare the sun as a big red ball you should train scientifically with small interval where you can slightly close your two eyes. Because the period where sun is like a big red ball is relatively short so that this reduce naturally your period of practice.
Twilight staring exercise: You can apply a similar method when the sun is declining the horizon and is turning again into a big red ball.

II.5.2.3 Train Testing voice in open space
In an open place or in mountain, assume combat post, when you have adjusted your posture, it will rapidly install a slower breath. And later you can reach a reverse breathing (beyond the traditional description of reverse breathing - the abdomen expands during exhalation and withdraws during inhalation – here Li Zhaoshan gives his version of reverse breathing):
When you are inhaling: lower belly is slightly withdrawing and upper belly is slightly expanding and when you are exhaling: lower belly is slightly expanding and upper belly slightly retracting, during this time your internal strength will reach its peak in density and amplitude. During inhaling you can use some words to perform your testing voice, for example "*a* ", " *yi* ", etc… (Fig. 43)

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Fig. 43

With this training you will not only balance any weakness in testing force, but also activate general functions of the body as you are combining internal strength with your issuing voice.
But in testing voice and in issuing voice as well, your "internal strength" or "internal Qi" should be completely merging with your motor power, so that in testing voice and issuing voice it will vehicle "internal strength", giving to your voice an uncommon resonance even in an open space and provoking in your opponent an strange feeling of fear.

II.5.2.4 Relevant stillness training
Stillness training has physiological effects such as adjustment of the function of vegetative nerves, whole body bone tension decreasing, lower breath rate, combating high blood pressure and facilitating optimistic mood etc…
When training stillness technique you can assume a standing or sitting post, do not over-purse entering stillness, just have your body and mind naturally getting into comfortable and positive state, at this time your inner Qi is efficiently activated, concentrating your power: you are cultivating a fearless Grand Vital-Qi.
To shorten the time requested to enter Stillness, there are some movements that may help you efficiently. In sitting post for example:

II.5.2.4.1 Two palms slightly rising from the knees. Starting with left hand in lower position with center of palm facing upward, right hand in slightly higher position with center of palm facing downward. Now make a clockwise or counterclockwise circling movement three to seven times. You can also practice with left hand in upper position and right hand in the lower position.

II.5.2.4.2 Two palms are rising from the front of body, center of palm facing each other, and after perform opening and closing movement three to seven times.

II.5.2.4.3 Bring two palms in front of body, one hand in upper level and the other in lower level, center of two palms facing with each other, and after pull slowly upward then close slowly downward three to seven times. During your movements try to feel as much as possible the natural sensation between two palms or between palms and body, this may increase this impression of stillness and finally bring back two palms on your

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knees.

II.5.2.5 Gaining experience

Gaining experience is also necessary. You may have practiced alone martial arts maybe all your life without any fighting experience. How should you gain combat experience? It is impossible to find randomly someone to attack and have him to attack you. In our modern society there are some preliminary conditions to define such as Sparring Competition or simply to get sparring partners. Although these combat situations are not identical to real combat but they will offer further references in “one to one” or “one to several” fighting experience with is certainly useful in real combat. With a rich sparring experience, your techniques become precise and effective while you are also increasing your braveness.

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CHAPTER III

Basic Fighting Techniques of *Duanshou*

大成拳

Dachengquan has no fixed *taolu* (frame), but rather a system of basic combat movements for easier application in real combat. This system includes for example the three fists, four feet, five forms, six main points, seven secrets of success, eight palms, nine hand combinations, ten seizing, eleven methods, twelve legs, thirteen attacks, fifteen strikes, sixteen sections, eighteen forms etc…but also many others forms of counterattacks, such as intercepting circling punch, chopping palm or pounding punch, entwining hand and close strike, snake form foot, old monk praying with single and double strike, dragon form strike, tiger form strike, four wonderful techniques of heavenly circle, etc… All these techniques constitute the root of basic techniques of Duanshou and present their own specificities in their own form, transformation ands applications. Presenting exhaustively all these techniques would require a much more important book and in the other hand this may encourage the practitioner in a way that Dachengquan has always forbidden: *learning a large variety of techniques with fixed posture*…

Therefore losing the fundamental principle of Dachengquan: "Do not preset any technique, all techniques are allowed. The root of boxing has no rule, if you use technique it means (that your boxing) is also empty" boxing key point. Wang Xiangzhai in《The Theory of Dachengquan theory》has clearly pointed out: "If you use force then this same force will limit you, if you use a particular technique then this technique may also limit. Each distinctive method is localized in parts of the body and is requesting a posterior conditioning and therefore will inhibit the release of your instinctive potential." This invites the practitioner to start from boxing theories, principles and basic techniques, experiencing it, synthesizing himself its main points, maintaining respect of these principles, elevating spirit and mind, experiencing any combination of technique, identifying the right timing for technique application, by understanding deeply one technique you will have access to the mysteries of other hundred ones; a fixed posture, should be understood as having multiple applications and usage with partner technique…

By extending your deep comprehension of a single technique, you will be able to express it, then once it is solicited you will be able to use it, blending with harmony in your combat's situation, transcending your consciousness and you will be able to generate ultimately your own technique without learning it previously.

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III.1 Single Hand Techniques

Dachengquan single hand techniques constitute an important part of the preparation for combat. They will provide new spaces for the Dachengquan's practitioner to develop his fighting abilities but also to understand new concepts of combat. Single hand techniques include splitting fist, smashing fist, drilling fist, pounding fist, horizontal fist, dragon form, tiger form, snake form, leopard form, crane form, chopping palm, armpit palm, collapsing palm, circling punch, downward punch, bowing with hands folded in front, stomping foot, piercing crotch foot, shifting foot, side leg, snake form foot etc… totaling 21 forms. In 《Fundamentals of Dachengquan by the same Author》 we have already introduced in details circling punch, splitting fist, pounding fist, slapping palm, Knee of Buddha Warrior Attendant totaling five forms including their applications and training method.
Now let's introduce eight others advanced forms: smashing fist, tiger attack, chopping palm, armpit palm, downward punch, piercing through crotch foot, snake form foot and shifting foot.

III.1.1 Smashing fist

Assume T-eight step, the tiger mouth (*hukou*) of two fists facing upward, left fist in the front protecting your chest, put right fist front of right rib at 3-4 inches distance; when upper body is slightly twisting to right side at the same time shoulder and hip are collaborating to help right fist to issue forward, left fist follows by falling down in front of left rib; and after, upper body is slightly twisting to left at the same time, shoulder and hip are collaborating to help left fist to issue forward, right fist follows by falling downward in front of right rib. Now you can repeat this technique (Fig. 44, 45, 46).

Fig. 44

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Fig. 45

Fig. 46

[Combat application] It is mainly used to strike opponent's chest, belly and ribs.
[Mind activity] Imagine that front of your body you have a big tree, your fist is flying like a bullet, in every attack you are piercing its trunk.

III.1.2 Tiger attack

Assume T-eight step, upper body slightly bent forward, two shoulders relaxed, slightly depleting your chest while bending it forward, two palms opened in front of your body at your head level, the center of palm facing forward and downward, distance with head is about one foot; and after, two palms are slowly slamming forward and downward; when two palms are reaching your belly level then lift again your two palms with an arc movement to their former position. From now you can repeat this technique (Fig. 47, 48, 49).

Fig. 47

Fig. 48

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Fig. 49

[Combat application] Mainly used to strike or to eject opponent, if opponent uses fist or foot to attack you, avoid his fist/foot and then use this technique to strike or to eject him.
[Mind activity] Imagine that in front of you, there is a very strong man, now as a fierce tiger you are attacking this man; or imagine that in front of your body you have a wall, two hands are pouncing on the wall and making this wall immediately falling apart.

III.1.3 Chopping palm

Assume T-eight step, you can choose either left posture or right posture. Right arm extending straight, the center of palm facing forward and downward, five fingers separated and placed at neck level, bring left palm in front of right shoulder at about half foot distance, the center of palm facing obliquely to the right, the tiger mouth (*hukou*) facing obliquely upward. And after, turn your upper body to the left, right palm moves with arc downward next to belly and up to the front of left shoulder at about half foot distance, the center of palm facing obliquely leftward, the tiger mouth (*hukou*) facing obliquely upward, during this time, left palm at your left side is performing an horizontal arc chopping palm movement; after this turn your upper body to the right, left palm moves with arc downward next belly to the front of right shoulder as in the starting posture, during this time, right palm makes an horizontal arc chopping palm movement to the right. You can now repeat this movement (Fig. 50-53).

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Fig. 50

Fig. 51

Fig. 52

Fig. 53

[Combat application] Mainly used to chop opponent's head at ear level, neck, shoulder or back etc…
[Mind activity] Imagine that behind of your body you have a trunk standing vertically, so that when you're twisting your body your palm is chopping into pieces this trunk.

III.1.4 Armpit palm

Assume (left or right) T-eight step, two arms forming with your body an angle of 60 degrees, ten fingers separated. And after, left palm arc moving upward next to right shoulder, the center of palm facing obliquely rightward and backward, right arm is simultaneously rotating outward and spreading rightward, the center of palm facing forward, this movement should be not interrupted, during the time when your body is slightly turning to the left, use waist to lead right forearm, promoting your right palm to issue forward, the center of palm facing upward; and after, left palm falling leftward and downward, the center of palm facing forward, right palm returns back to left shoulder position,

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the center of palm facing leftward and backward, this movement should not be interrupted, during the time your body is slightly turning to the right, use waist to lead left forearm, promoting left palm to issue forward, the center of palm facing upward. Now you can repeat this movement (Fig. 54-57).

Fig. 54

Fig. 55

Fig. 56

Fig. 57

[Combat application] Mainly used to strike opponent's armpit, rib or waist.
[Mind activity] Imagine that in front of you, there is a wooden trunk, by using double palm technique you are striking into pieces this trunk.

III.1.5 Downward punch

Assume T-eight step. With left fist protecting your face, right elbow hanging up, use right shoulder to lead right elbow, right elbow to lead right fist, make an arc downward punch movement, the tiger mouth facing outward, the center of fist facing backward; once right fist arrived at your belly level, bring it back to its starting hanging posture.

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Now you can start a second downward punch movement and continue this by repeating this movement (Fig. 58, 59, 60).

We have started with right posture downward punch, left posture downward punch is exactly similar to right posture you have just to interchange directions respectively.

[Combat application] Front hand is mainly used to block opponent's attacking arm, rear hand is mainly used to strike opponent's chest, stomach or belly.

[Mind activity] Imagine that in front your body, there is a trunk of around one meter height, so when you use downward punch you should imagine your fist as a heavy hammer striking this trunk into the ground.

Fig. 58

Fig. 59

Fig. 60

III.1.6 Piercing crotch foot and snake form foot

III.1.6.1 Piercing crotch foot

Assumes lower limbs T-eight step. Two hands opening on both sides and forming with your body an angle of 80 degrees while two shoulders relaxed. And after, shift your weight onto left leg, uplift right knee with hip leading

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right knee and use right foot to kick forward, the center of foot facing forward, once your right foot is dropping onto the ground at the right front side and shift your weight onto right leg, uplift left knee with hip leading left knee and use left foot to kick forward. You can now repeat this movement (Fig. 61, 62, 63).

Fig. 61

Fig. 62

Fig. 63

[Combat application] Piercing crotch foot's movement is comparatively high, it is mainly used to kick opponent's crotch or belly.
[Mind activity] you can imagine that in front of you there is wooden trunk with the same diameter than a bowl, by using you foot technique you are broking it into pieces.

III.1.6.2 Snake form foot
In doing the above movement, you should now avoid form lifting your knee and then let left foot or right foot like rubbing the ground while kicking forward, you are now performing snake forms foot movement.
[Combat application] snake forms foot comparatively low so it is mainly used to kick opponent's tibias.

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[Mind activity] you can imagine that in front of you there is wooden trunk with the same diameter than a bowl, by using you foot technique you are broking it into pieces.

III.1.6.3 Impact and sparring partner training

III.1.6.3.1 Stand in front of a tree or a trunk (trunk or tree should be wrapped by sponge or other shock-absorbing materials), use left foot or right foot to kick uninterruptedly.

III.1.6.3.2 Your sparring partner is wearing his protective equipment including groin guard, shin guard…then use pierce crotch foot or snake form foot with steps

III.1.6.3.3 Now your sparring partner can randomly perform any kind of defensive movements, use piercing crotch foot or snake form foot to kick your "live target".

III.1.7 Shifting foot

Assume with lower limbs left T-eight step, raise two hands at a higher lever than your head, left foot makes a filling up step forward, when left foot is dropping onto ground shift your weight onto left leg, when your upper body is slightly moving leftward and backward, lift right hip to lead right foot from right side in an out-in arc hooking and kicking movement; during this time, two hands opening outward (Fig. 64, 65), after right foot falls onto the ground shift your weight onto right leg, two hands withdraw to protect head, and during the time your upper body slightly turns right and back, lift left hip to lead left foot from left side in an out-in arc hooking and kicking movement; during this time, two hands are opening outward (Fig. 66, 67). Now two feet can repeat this movement.

Fig. 64

Fig. 65

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Fig. 66

Fig. 67

III.1.7.1 Shifting foot combat application

In the above exercise you can first start with a single posture practicing left foot or right foot's hooking kick, wait to be proficient in one movement then you proceed to a complete shifting foot movement, here is the complete shifting foot sequence:

III.1.7.1.1 Hook and step on opponent's lower limbs.

III.1.7.1.2 Direct kick on opponent's chest or belly.

III.1.7.1.3 From opponent's back, kick his back or waist.

III.1.7.1.4 From side of opponent, kick his rib.

III.1.7.2 Impact and sparring partner training

III.1.7.2.1 Stand in front of a trunk and use foot hooking-pulling technique; you can also train with a sparring partner standing in front of you body and use foot hooking-pulling to kick his front tibia.

III.1.7.2.2 Stand in front of sandbag and after turn your body to kick it; you can also train with a sparring partner holding a boxing pad, and use first a single posture of shifting foot to kick it.

III.1.7.2.3 Your sparring partner is wearing his protective equipment and performs randomly any kind of defensive movements, use different angles to perform shifting foot/hooking/kicking on your partner.

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III.2 Practice and Use of Golden Turtle Emerging from Water

Golden Turtle Emerging from Water is one of the main forms of testing force in Dachengquan, during this testing force, body and hands are moving up and down, and the left/right movements are similar to those of a turtle emerging from water as its name indicates. "Golden Turtle Emerging From Water" testing force should be carefully apprehend by the Dachengquan's practitioner as an important technique, it will practice his waist agility and body soft force, it has also excellent effect on increasing Dachengquan's lingering force, elastic force, whole body force and double stretching force, etc… In addition this testing force has a very good effect on combat abilities. So, "Golden Turtle Emerging from Water" testing force needs to be perfectly mastered if you want to build strong technical basis in Dachengquan *Duanshou*.

III.2.1 "Golden Turtle Emerging From Water" test. force requirements

In "Golden Turtle Emerging From Water" testing force, arms are moving up and down, left, and right, front and back, lifting upward and pressing downward, with the front of body and the back of the body, rising and falling in full balance and harmony. Arms and body moving upward; if arm is moving leftward then body is moving rightward; arm is moving forward and upward, then body is moving backward and downward. Hands and body are not moving similarly in same side, but their movements and directions are opposite. If hand moves first then body should follow; if the body is moving first, then hand follows.
In fact there is a mutual collaboration between them: if one moves the other should follow immediately.
Coordinating "Golden Turtle Emerging from Water" movements is quite complex if we want to visualize consciously all movements of the body, so you'd rather pay attention to relax your mind, focus your mental, move slowly, naturally and with harmony.
In the beginning pay more attention to the form and the correctness of the movement; once you've mastered them then pay more attention to your mental connotation and relation with external environment; after a relevant time in practicing Golden Turtle Emerging From Water, you will find in yourself a new verve, a new vigorous, esthetic and heavier power with natural and unrestrained properties.

There are three phases to fulfill when you are practicing Golden Turtle Emerging from Water:

III.2.1.1 First phase: experience with slow movements and increase progressively speed, then in the next step alternate slow and fast movements, when you are fast you should be like a waterfall torrent, when you are slow you should be like floating clouds or a flowing water.

III.2.1.2 When you have acquired the basics you can complement your testing force with issuing force training, to exercise the ability to be able to issue force in whatever moment and in whatever circumstances.

III.2.1.3 When you are proficient in testing force you can train with mental inducement: intercepting the attack of an enemy attack, improving directly your attack-defense abilities in combat.

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III.2.2 The Practice of Golden Turtle Emerging From Water。

III.2.2.1 Golden Turtle Emerging From Water - Fixed step

Assumes with lower limbs left T-eight step, left hand in the front, right hand in the back, two hands separated with a distance of about one head, ten fingers pointing obliquely forward and up, the center of palm facing downward; and after, two hands are slowly pushing leftward and forward from chest, when two arms are almost straight, wrist is rotating outward, the center of two palms facing with each other. When two hands are higher than head level, at that time hip is slightly sitting downward, descend your weight, two hands continue to withdraw from top of head down to shoulder level; and after, two wrists are simultaneously rotating inward and pressing in front of your chest, upper body is slowly straightening, again two hands are slowly pushing leftward and forward (Fig. 68, 69, 70), now you can repeat this movement.

Fig. 68

Fig. 69

Fig. 70

If right foot was in the front this was a right posture of "Golden Turtle Emerging From Water.
Left posture is similar to right posture, just interchange directions respectively.

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III.2.2.2 Golden turtle emerging from water practice with steps

First assumes left T-eight step, when two hands are higher than head and wrists have rotated inward, shift weight onto left leg, lift right foot and make a big step from the inner part of left foot to right/forward and change your posture into right T-eight step; in the same time, two hands are pressing in front of your chest, left hand slightly withdrawn compared with right hand, upper body is slowly straightening, two hands are slowly pushing rightward and forward; and after, two wrists are rotating outward, the center of palm facing with each other, rise your two hands at a higher level than your head; in the same time, hip is sitting downward, descend your weight, two hands continue to withdraw from head down to shoulder level; two wrists are simultaneously rotating inward and pressing downward in front of your chest, your right hand is slightly withdrawn compared with left hand; during this time, shift your weight onto right leg, lift left foot and make a big step leftward and forward from the inner part of right foot to assume finally a left T-eight step, now you are a gain in the left posture of "Golden Turtle Emerging From Water" testing force. You can continue without interruption this stepping forward movement (Fig. 71-74).

Fig. 71

Fig. 72

Fig. 73

Fig. 74

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[Mind activity] Imagine that your two hands are lifting a round piece of wood, in a slow upward movement, when you are pushing forward it is like pushing a big wood ball on the water, your whole body should move exactly like a huge turtle rising and falling in a wave movement.

III.2.3 Applications of Golden Turtle Emerging From Water

III.2.3.1 Supporting, poking, smashing and striking

Your opponent is attacking you with a right straight fist, block rapidly with right arm his right forearm; and after, with right foot filling up half step rightward and forward, turn upper body to the right in the same time, descend your weight and wrists rotating inward, use inner of forearm to poke and to hook opponent right arm rightward, as you are leading your opponent to your right side use your left hand with smashing fist to strike his back (Fig. 75, 76, 77).

Fig. 75

Fig. 76

Fig. 77

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III.2.3.2 Supporting, hanging and chopping

Opponent uses two fists to smash top-down on your body, dodge slightly your body backward, and in the same time use your two forearms to catch opponent's two wrists; and after, with your two wrists and bases of finger supporting and hanging upward, rightward and backward opponent's two arms, destabilize your opponent and then use suddenly your two palms to counterattack with a chopping forward and downward movement on the opponent's chest (Fig. 78, 79, 80).

Fig. 78

Fig. 79

Fig. 80

III.2.3.3 Parting block and pounding fist

When your opponent is attacking your head and face with a left straight fist, dodge slightly your body back, counterpunch rapidly with your two arms, your hip is slightly sitting backward, and your body turns to the right while with external side of your right arm parting and knocking on the opponent's left forearm, and immediately after turn your upper body to the left, your left palm changes into fist and issues a pound fist on the opponent's face (Fig. 81, 82, 83).

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Fig. 81

Fig. 82

Fig. 83

III.2.3.4 Catching elbow and chopping

When your opponent is pushing on your chest use right palm, deplete slightly your chest while bending forward, and with right hand catch his right palm, strike on it with your left hand and press on his right elbow; and after, your hip is slightly sitting backward, turn your body to the right, two hands are in the same time pulling rightward your opponent's right elbow, as a result your opponent's joint been controlled is starting to withdraw; once your opponent is erecting his body then turn rapidly your upper body leftward, left palm, with the full inertia of your body, is chopping his neck (Fig. 84, 85, 86).

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Fig. 84

Fig. 85

Fig. 86

III.2.3.5 Rotating body and counterpunch

When your is opponent attacking you with a left straight fist, dodge slightly your body to the left, in the same time use your right arm to strike rightward on his left forearm; and after, right wrist rotates outward and uses right palm to catch forcibly your opponent's inner side of left forearm, left hand presses on opponent's left shoulder; and after use simultaneously two hands in the same time to rotate and hook opponent's upper body rightward and backward, as a result opponent is getting out of balance then try to struggle backward, at this precise moment change rapidly left and right hands into fists to counterpunch simultaneously on opponent's chest and face (Fig. 87, 88, 89).

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Fig. 87

Fig. 88

Fig. 89

III.2.3.6 Pushing chin and destabilize

When your opponent is attacking you with right straight fist, use rapidly right arm to knock rightward on opponent's right forearm, then use right hand to catch tightly your opponent's right wrist, left hand pushing and pressing on opponent's right elbow joint, descend your weight and turn body to the right, in the same time two palms are catching opponent's right arm rightward and backward; and after, right palm is suddenly pushing and catching opponent's chin forward, right foot stepping at the back of his right leg, as a result your opponent cannot readjust his balance on his right leg and is inevitably falling down (Fig. 90, 91, 92).

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Fig. 90

Fig. 91

Fig. 92

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III.3 A successful strike and evading strike

The success of your strike is largely depending on all the process you are deploying to strike opponent, as a result whatever how high is your martial power, how firm is your posture, an unsuccessful strike is a waste of all the power and movement combination involved in your attack. As the decisive step of victory, every serious Dachengquan practitioner needs a good striking performance and therefore should constantly enhance the efficiency of his strike on target.

III.3.1 Conditions for a successful strike

Here are the preconditions for a successful strike:

III.3.1.1 Penetrating vision in combat
You should act with intelligence, excelling in detecting when to launch attack, at this precise moment your attack should be without any hesitation, issuing your best strike.

III.3.1.2 An amazingly fast movement
The speed of an attack is very important, once you have detected the opportunity to launch an attack you should move with a lightning speed attacking, leaving your opponent unable to realize your offensive and being irresistibly defeated.

III.3.2 Strike training

In general to train your striking ability you should strike on boxing pad, boxing gloves. Your sparring partner should stand in front wearing his boxing gloves for example.

Now you can use different striking techniques to attack him:

III.3.2.1 Your sparring partner stays in the same posture during your exercise without changing position, use pounding fist or circling punch strike on this non moving target. When you are hitting the target you should simultaneously feel the target and the effect of the force issued.

III.3.2.2 Your sparring partner stays in the same posture as previously, now your target can sway left and right, but also back and forth, use pounding fist and try each time your best strike (Fig. 93, 94).

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Fig. 93

Fig. 94

In the beginning use you may have an empty feeling while striking, for example, when your target is moving to the left, maybe due a mistake of your judgment your strike has been deflected as you were planning to hit right, then continue to repeat this exercise up to enhance timing estimation of each of your strike.

III.3.2.3 Your sparring partner can now make some steps to present you a moving target, as a result use a combat stepping and adjust your body movement to chase this moving target and strike finally. This training can not only enhance your *duanshou*'s striking ability but also improve your body's agility, judgment and overall patience.

III.3.3 Evading from strike

Evading from strike is the case when your opponent is striking you but did not finally hit you, in this case no matter how strong is your opponent, how damaging is his incoming power, how dangerous is his technique, all his efforts involved in his offensive have no results on you, for reach this ability your reaction must be fast, body movement very agile and your stepping very fluid. An adequate training of "Evading from strike" should include:

III.3.3.1 Stand in your posture without moving, your opponent is attacking you with pounding fist, act immediately according to the direction of his incoming fist, dodge body to left or right so that your opponent fist is just finding in front of it an empty space (Fig. 95, 96).

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Fig. 95

Fig. 96

III.3.3.2 When your opponent is attacking you with pounding fist or circling punch, descend rapidly your weight so your opponent incoming force will find nothing to strike (Fig. 97, 98).

Fig. 97

Fig. 98

III.3.3.3 Train with your sparring partner by attacking alternatively each other, when A is striking or chopping to B with fist, B is dodging back rapidly with fill up step, so that A's attack is "empty" (Fig. 99, 100).

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Fig. 99

Fig. 100

III.3.3.4 Assume with lower limbs T-eight step, your opponent is attacking you with right fist. Use triangle step to change your posture in lower limbs and avoid his attack (Fig. 101, 102).

Fig. 101

Fig. 102

In the beginning of this "evading strike", your sparring partner should strike with a suitable speed, relatively low, as you will experience and feel your striking movement then progressively he can increase his striking speed. In the contrary if he starting with a very high speed to strike you, you will have no time to "feel his strike" and can even be wounded…

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III.4 Defense-Attack training for real combat

Although there are myriads of techniques of *Duanshou*, but we should not forget that your unique purpose is to defeat your opponent, it is no only as in training defense or attack, but it requests you to be able to use fluidly single hand techniques and to chain them effectively. Defense and attack present basically a contradiction in terms of issue but if you can unify them at a higher level of your fighting strategy then your attack/defense system reveals a more devastating property.
It is only when defense is effective that you can launch a good attack; in the other hand it is only through a successful attack that makes it impossible for your opponent to defend effectively.
Dachengquan attaches a primes importance in unifying attack and defense, it is called "considering (your opponent) is striking, striking is considering (your opponent)".

III.4.1 Defense and counterattack training

This training focuses on providing to opponent's incoming force to find no target to strike but give you the opportunity to strike him, if we simplify the process we can say that it is first defense and after attack.
Your method of defense can be for example: dodge your body, step back, block and pull, etc…

Let's present some complete defense/attack techniques:

III.4.1.1 Opponent is attacking your head with his right fist, dodge rapidly body to the left; and after use right smashing fist to strike opponent's liver and rib (Fig. 103, 104).

Fig. 103

Fig. 104

III.4.1.2 Opponent is attacking you with right fist or left fist, lower your center of gravity, and after use right fist strike unexpectedly his heart (Fig. 105, 106).

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Fig. 105

Fig. 106

III.4.1.3 Opponent is using right leg to kick you, dodge rapidly body to the right; in the same time chain several pounding fists to strike his head or chest (Fig. 107, 108, 109).

Fig. 107

Fig. 108

Fig. 109

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III.4.1.4 Opponent is using right leg to kick you, dodge rapidly body to the left; and after immediately step forward, use right fist or right palm to strike opponent's head or back (Fig. 110, 111).

Fig. 110

Fig. 111

III.4.2 Simultaneous Defense-Attack Training

This training is focus on when your opponent is attacking you, in the same time you are defending and striking him effectively: this simultaneous combination has a high practical value in combat.

III.4.2.1 Application of contradiction post

When opponent is attacking you with right fist, use left arm like a shield to block out his right arm, your right fist like a spear piercing opponent's head (Fig. 112, 113).

Fig. 112

Fig. 113

III.4.2.2 Application of smashing and pounding fist with entwining arm

When your opponent is attacking you with right fist, dodge slightly body to the left, use right wrist to entwine

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opponent's right arm; in the same time, your left fist is issuing a smashing fist to strike his liver or ribs, and after use right pounding fist to strike his head (Fig. 114, 115, 116).

Fig. 114

Fig. 115

Fig. 116

III.4.2.3 Application of splitting fist

When your opponent is attacking you with his left fist, first use rapidly a right direct splitting fist to split his left arm and after use reverse splitting fist to strike his face (Fig. 117, 118).

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Fig. 117

Fig. 118

III.4.2.4 Application of Knee of Buddha's Warrior Attendant

When your opponent is attacking you with right fist, block rapidly with left arm; in the same time, use your right Knee of Buddha's Warrior Attendant to strike unexpectedly your opponent's heart. (Fig. 119, 120, 121).

Fig. 119

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Fig. 120

Fig. 121

III.4.2.5 Application of chopping palm with horizontal sweeping

When your opponent is attacking you with right fist, use rapidly a horizontal sweeping with the external side on your left wrist on his right arm, and after use right chopping palm to strike opponent's neck (Fig. 122, 123, 124).

Fig. 122

Fig. 123

Fig. 124

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III.4.3 “Insubstantial” and “Substantial” Training

There is a saying which goes as “in war nothing is too deceitful”, applied in martial arts it implies the concept of true and false, or in other words by combining insubstantial and substantial movements you can blur your opponent and hide your real attacking intention.
First give to your opponent a false striking movement, when his attention has been distracted by this first attack, stupefy him with this time a real attack striking him with your greatest power.
As your first movement has initially not real intent, when you are applying it, it should reveal all the properties of a “false” movement, which implies that no matter what you are using strength or what depth you are attacking, in each “false” movement you should always keep enough “room” to chain immediately with a “real” movement.
In the contrary you may affect immediately the effectiveness of your “real” attack.
To complete this explanation, it is also evident that if during your first “false” attack you did not arouse your opponent’s attention, then you can immediately transform this same “false” attack into a real one: as a direct application of the principle “insubstantial into substantial, substantial into insubstantial, interchanging constantly, expressing their mutual wonder, deeply rooted in your heart (mind).”

III.4.3.1 Left insubstantial and right substantial
First use left palm or left fist to feint punching your opponent once, and after use right fist to strike him (Fig. 125, 126).

Fig. 125

Fig. 126

III.4.3.2 Pointing up and striking down
First use right fist to feint punching forward your opponent, as your opponent is defending from your right attacking fist, uplift rapidly right foot to kick forward his crotch or belly (Fig. 127, 128).

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Fig. 127

Fig. 128

III.4.3.3 Pointing down and striking up

While you are standing and facing your opponent, uplift rapidly right leg as intending to kick him, you're your opponent is focusing his attention on your right leg, chain immediately by stepping forward and strike unexpectedly his face (Fig. 129, 130).

Fig. 129

Fig. 130

III.4.3.4 Insubstantial smashing and substantial slapping

First use left smashing fist to feint a frontal attack, and after right slapping palm to attack your opponent (Fig. 131, 132).

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Fig. 131

Fig. 132

III.4.3.5 High insubstantial and low substantial

First use left fist or right fist with the intent to attack your opponent, as your opponent is defending; lower suddenly your center of gravity, and with a low position contradiction post strike his heart or belly (Fig. 133, 134).

Fig. 133

Fig. 134

III.4.4 Combat Tactile Sensation Training

During real situation of combat, sometimes due to some factors it may happen that you do not find any obvious attack/defense opportunity.

At this time, you should act according to your tactile sensation, combining ultimately attacks strategy or striking artifice.

Combat Tactile Sensation training requires you to use precisely your feed-back information in the only target to gain a final victory: first use any single hand technique to launch your attack, if your opponent is defending properly then

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according to the amplitude of resistance you found out in your touching point and it direction then launch a second one, a third one or even more attacks, until you succeed.

III.4.4.1 Use pounding fist and experience at your contact point your combat tactile sensation (Fig. 135).

III.4.4.2 Use splitting fist and experience at your contact point your combat tactile sensation (Fig. 136).

Fig. 135

Fig. 136

In the beginning of your combat tactile sensation training, experience tactile sensation with slow movements, in fact this training can be perfectly integrated in your pushing hands and sparring training.
By increasing your tactile sensation ability, your overall combat aptitude will improve and in your training you will gradually increase speed up to reach the speed required in a real combat.

III.4.5 Touch and Stick Training

When your opponent is attacking you, at your touching point: touch and stick to your opponent, let his incoming force unable to harm you. The target of "Touch and stick" is to lead your opponent and neutralize his incoming force. There a difference with a pure defense technique: in pure defense we are generally blocking and using brutal force against brutal force; "touch and stick" defense principle is mainly to use entwining (or spiral twisting) with your limbs moving towards opponent's incoming force, although your opponent may feel at the touching point like very light, but at that time his incoming force has already been captured and neutralized...
Here are the main points of touch and stick training:

III.4.5.1 At the precise moment you have a touching point with your opponent, by extending this touching point while touching and sticking your opponent, you will easily neutralize his incoming force.

III.4.5.2 At the precise moment you have a touching point with your opponent, by rotating at this touching point while touching and sticking your opponent, you will easily neutralize his incoming force.

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III.4.5.3 At the precise moment your body has a touching point with your opponent, try your best pass round his attacking direction while maintaining slightly touch and stick, you will avoid his attack and gain the initiative in this combat.

Now let me give you some more examples for further explanation。

III.4.5.1.1 Your opponent is attacking you with right fist, use left arm blocking, your external side of forearm to touch his inner side of right forearm, immediately rotate your forearm inward while pulling it back to dissolve his incoming force; and after, use right smashing fist to strike his heart (Fig. 137, 138, 139).

Fig. 137

Fig. 138

Fig. 139

III.4.5.1.2 Your opponent is attacking you with right fist, dodge slightly body to the left; in the same time, your two wrists are touching rapidly his external side of right arm, and slightly leading him to the right; immediately after use right to chop him at neck level (Fig. 140, 141, 142).

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Fig. 140

Fig. 141

Fig. 142

III.4.5.1.3 Your opponent is attacking you with right fist, dodge slightly body to the right; in the same time, use rapidly your two wrists to his inner side of right arm, and then slightly leading his right arm left and back; and after, use right palm to chop at the right of his neck (Fig. 143, 144, 145).

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Fig. 143

Fig. 144

Fig. 145

III.4.5.1.4 Your opponent is attacking you with right foot, dodge slightly body back and use rapidly left and right forearms to entwine and to sweep his right leg, neutralizing his incoming force, and making him out of balance; and immediately after use right fist to strike opponent's armpit (Fig. 146, 147, 148).

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Fig. 146

Fig. 147

Fig. 148

III.4.5.1.5 Your opponent is attacking your chest with his right fist, wait for the precise moment that his fist will touch your chest, then rotate rapidly your trunk to the right; in the same time, right arm with an ascending arc is entwining his arm right, to neutralize his incoming force; and after, use right circling punch to strike the base of his ear (Fig. 149, 150, 151).

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Fig. 149

Fig. 150

Fig. 151

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III.5 Main Points in intercepting an attack in Duanshou

Combat aspect in Dachengquan is particularly important due to its ability to chain freely a large variety of techniques with a special focus on the practitioner's mental while cultivating an invincible might of victory.
Great master Wang Xiangzhai in 《Dachengquan's theory》 pointed out: "*yi fa bu li, wu fa bu rong, quan ben wu fa, you fa ye kong*."
If we consider Dachengquan globally, you should remain open and quiet: "*yi fa bu li"*: practically speaking whatever the moment selected and whatever the circumstances you should be able to issue force, "wu fa bu rong" everywhere is *fa*, meaning literally everywhere (in your body) you will be balanced and harmonious; "*Quan ben wu fa"* this reminds you to fight without any fixed technique as the main principle in combat for Dachengquan to avoid any fixed technique dominating victoriously and keeping away from any fighting method applying mechanically fixed techniques "*You fa ye kong"*.
Dachengquan in combat requests also mental stillness which provides a relevant psychological steadiness (like a mountain), as a result this body/mind stillness and availability such as the constant interaction between wind and ocean will generate like giant billowing waves surging untiringly down to your opponent who is unable to counter with any technique.
If we consider Dachengquan external formal aspect we can define techniques such as splitting, smashing, drilling, horizontal, pounding, chopping palm, armpit palm, unbalancing palm, *Fuzi*'s greeting, piercing crotch foot, snake form leg, etc… all these different techniques can be also applied specifically with for example lifting strike, hooking strike, dodging strike, hanging strike, whisking strike, overlapping strike, rising strike, wrapping strike, tramping strike, cutting strike, blocking strike, supportive force strike, sliding force strike, borrowing force strike, rolling back strike, half step strike, whole step strike, bowing step strike, large step strike, frontal strike, side strike, frontal inclined strike, up/down rolling strike, left/right leading strike, forward-backward rotating strike, specific unilateral strike, part of whole body strike, etc… each of having their own specificities so that you should be able to exert properly them when using them.
In this context of no fixed method, be sure that some techniques should not dominate arbitrary others when you are including them in your combat "sequence", then according to opportunities and situation in combat, be able to issue force.
The constant change of position between your opponent and you in real combat makes it impossible to define clearly how to behave in real combat, but from a global point of view we can say that when you are near your opponent, your head should be ready to hammer, hand ready to strike, body ready to break, step ready to pass ahead, foot ready to trample, spirit ready to threaten, Qi ready to envelop everyone, hand and foot reaching their target with the full participation of the whole body.

III.5.1 The precondition of Invincible Might - Threatening Eyes

Invincible might refers to mental aptitudes. During combat you should prepare your mind without underestimating yourself, don't be afraid about your opponent, in front of a strong opponent you should keep a full mind, you are mentally like a leopard in the fog, a divine rhinoceros, a violent-tempered horse bold and unrestrained, roaring like a

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divine dragon…
In application of *duanshou* self-defense: you need rapidly to drive him into a "fatal position". Through this way your mental is optimally adjusted, supporting each part of whole body when it is required, combining with the best effects in a word releasing the very best of your martial potential.
This requires in your normal training to add mental activity such as the presence of tiger or wolf in the front of you, storing up first your power as before imminent fighting, ready to fight for life with your opponent.
The precondition of Invincible Might may also include a specific "expression" in your eyes as further requirement, when facing opponent your eyes should be poisonous, emitting like a frightening light, when you are touching you opponent you should time suddenly watching him, eyes like discharging electricity sparks, keep on watching him intently, as you may induce him like being shaken and dissolving in his mind any fighting/hostile will.
In order to train these frightening eyes, while assuming your post standing, you can choose one target in front of you, eyes fixing continuously this target, until you can fix it without interruption during several minutes.
When you are intercepting the attack of an opponent, try your best to keep on presenting the side of your body, avoid presenting directly your chest in front of your opponent, allowing your head to present more securely in side position and maintaining your eyes watching him at his acupoint *Yintang* acupoint (EX-HN3) (ref. Authentic Healing Dachengquan – By Li Zhaoshan p. 175).

III.5.2 Mind should be Real, Force should be Penetrative

Dachengquan requirement, no matter you are in sparring training or in real combat you should always look your opponent as a real enemy, without slackening any single instant, with this indomitable will to put your opponent rapidly in "fatal position" , this is the real mental status. It is only with this real mental that you can command properly your body, mobilizing each part of your body, preparing you to release your biggest amount of power, and overcoming psychological fear before fighting, be at your best just before striking…
You have some specific mind inducements to reinforce mental and penetrative force. For example, before striking, imagine that opponent is cruel and vicious criminal, and you are in an unavoidable confrontation, fighting for your life. This mental inducement is even present in same kungfu movies where the Hero is overcoming pains and physical limitations by subliming his fighting motivation (In Dachengquan Duanshou training both partners should ideally have a similar martial power level and use protective equipment to avoid damage of vital parts).
Penetrative force allows you in your striking movement to penetrate the body of your opponent up to other side, diametrically situated with the touching point.
Dachengquan attack should be with a real intent to strike and to chop, the impact point should be precise then your force will be penetrative.
If you want to reach a penetrative force, you should concentrate your efforts in your daily training, the method is relatively simple, when you are issuing fist, and your mind should be like striking further.
Let's take an example: face a large tree and practice your smashing fist, when your are issuing fist your target is this tree (attention, between fist and this large big tree it should have some distance, you should not touch it), then use your mind to strike this large, even far beyond it is located, after a certain time of practice, you will gain naturally a penetrative force.

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III.5.3 Keep Mid-line and Use Mid-line, Changing Endlessly

In pushing hands, you should pay attention to keep your mid-line then use mid-line principle. During a real combat when you are facing your opponent, you should still follow this important principle. Because mid-line is fundamental to control his balance, if you lose your mid-line then you lose your balance which will bring you inevitably to defeat. So, try your best to protect your mid-line.
There are several methods to keep one's mid-line, here are the most common ones:

III.5.3.1 Blocking limbs method
When your opponent is attacking your chest with a straight fist, use forearm to block, deviating his attack from the initial mid-line target. Protect your mid-line position without altering your following counterattack movement.

III.5.3.2 Steps adjustment method
When your opponent is attacking you heavily with his fist, use rapidly a step to adjust your mutual position, through this fast whole body shifting movement your mid-line can retrieve safely its correct position.
Keeping your mid-line position precondition, try your best to control and to strike opponent's midline position. It should be accordingly to combat situation and its change, in postural change of your opponent find the opportunity to strike him, no matter if you are using fist to strike, foot to kick, head to bump and elbow to strike etc… all can be used, and you should strike on all along his mid-line position, threatening at any time your opponent.
Let's take an example: strike your opponent's heart with single palm, if he hasn't the time to block it, your palm will naturally strike his mid-line. If your opponent is blocking with his arm, your palm is touching on his arm, but mentally your force should sufficiently penetrative to strike your opponent's mid-line.
During combat, suddenly raise your body, stand right against your opponent, or step forward to overpass his position and seize him: you are in seizing posture.
Seizing posture method is mainly used to eject opponent, it requests to combine simultaneously hand and foot. For example, when an opponent is attacking your chest with left palm, press on his left arm with right hand, chain by sticking on opponent's chest with left palm, elbow suddenly bent, in the same time left foot suddenly inserting his crotch, as a result of your frontal pressure your opponent is losing his balance, use two arms in the same time to issue force to throw out your opponent, this is one application of seizing posture.
Seize posture is focusing on making your opponent losing his balance; opening therefore further opportunities to strike him more effectively.

III.5.4 Issuing Continuously Force, Attacking Endlessly

In real combat, sometimes just a single posture and a single technique can hardly subdue your opponent, therefore you should use rather multiple postures and/or striking method to attack continuously your opponent, until beating him down or eliminating definitively any hostile intention. Here are the most common techniques used for continuous attacks:

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III.5.4.1 Pure continuous attack

When you are intercepting an attack, you can just use some pure continuous attack against your opponent. For example, use a pounding fist to strike him, then without really caring about the effect of this first strike, chain immediately with a second one, a third one, pounding on his body, or use right hand with a circling punch, then with left hand issue a splitting fist to strike him, and later use also right hand to smash his belly. This is the strategy of "you are issuing your punches, I am issuing mine, but my fists are like being delivered by a machine gun."

III.5.4.2 Random series of continuous attacks

During combat, because both opponents are constantly changing posture, therefore sometimes varying your attacks may lead you to defeat your opponent. So that during a combat you can launch some random series of continuous attack, this should be done accordingly to situation in combat. Here are some techniques of random series of continuous attacks.

III.5.4.2.1 [Example 1] Right foot in the front, use with your right hand splitting fist to strike opponent's face; opponent blocks with left arm and in the same time dodges his body to the right or steps back, now follow him with your right foot making a half forward step, use a left circling punch to strike your opponent's right face; opponent blocks with right arm and in the same time is step back, follow him with your right foot making a half forward step, back foot follows with also half step, in the same time use smashing fist on his chest or belly. (Fig. 152, 153, 154)

Fig. 152

Fig. 153

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Fig. 154

III.5.4.2.2 [Example 2] During combat use right pounding fist on your opponent's face; then your opponent uses left forearm to block, your right wrist leading opponent's arm entwining downward and inward on the inner side opponent's arm, strike opponent's face; if he is stepping back, step rapidly forward with tiger attack technique strike opponent. (Fig. 155, 156, 157)

Fig. 155

Fig. 156

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Fig. 157

III.5.4.3 Integrated series of continuous attacks

Integrated series of continuous attacks can be used in pushing hands and in sparring as well, integrating striking and ejecting techniques for the most efficient combination under continuous attack.

III.5.4.3.1 [Example 1] When your opponent is catching your arm, use Dachengquan's Double Stretching force or Frightening Force, shaking his body, take off his hand; wait for his unbalance, strike rapidly with right drilling fist on his chin; immediately after make a trample step forward, stepping on opponent's mid-line, bumping his chest suddenly and issuing force forward to eject him. (Fig. 158, 159, 160)

Fig. 158

Fig. 159

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Fig. 160

III.5.4.3.2 [Example 2] When opponent is attacking you with right straight fist, slightly dodge body to the left; in the same time, right wrist blocks his right arm, and use pushing hand's touching and sticking force and after turn wrist outward, the center of fist facing upward, strike forcibly his face forward, make rapidly a trample step with whole body force to eject him forward. (Fig. 161, 162, 163)

Fig. 161

Fig. 162

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Fig. 163

III.5.5 Be merciless and precise in your strike - Mutual Force

Dachengquan in intercepting an attack requires: "Heart should be merciless, hand should be precise."
It is only when you are merciless, that hand will not tremble, don't attack with half power and half determination, it should be a real strike and the falling point should be precise. And this principle is valid for each of force of Dachengquan such as whole body force, double stretching force, penetrative force, whipping force, springing force, lingering force, swallowing and spitting force, shaking force, helicoidal force, etc… Penetrative force is force which if striking on opponent's chest will penetrate and reach even his back. In addition to the mass inertia of your hand itself, you can cumulate scientifically various others forces existing in your body to reach a huge resulting force. Let's give now some examples for further explanations:

III.5.5.1 [Example 1] If opponent is smashing you top-down with left and right fists, use immediately two wrists with lingering force to block his two arms, through a whole body's movement and a step adjust, entwine his arms, bringing to a situation where he can not move; when your opponent wants to escape, step immediately forward, use right hand with penetrative force to strike opponent's chest or belly, imagine that your fist can pierce through his chest or belly. (Fig. 164, 165, 166)

Fig. 164

Fig. 165

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Fig. 166

III.5.5.2 [Example 2] When intercepting an attack, in your whole body's big and small joints there is everywhere a supportive force, the force will swell and also shrink, inducing whole body into an helicoidal movement. When your opponent is attacking you with two hands, use immediately two hands to catch his two forearms, and after with your whole body issuing an helicoidal force to swing opponent the right and back, during his unbalance, use right fist or right palm again with whipping force to strike opponent's right rib or shoulder. (Fig. 167, 168, 169)

Fig. 167

Fig. 168

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Fig. 169

III.5.6 Ability to Issue Force any time/circumstance - Borrowing Force

This principle has some similarities with the "borrowing the force and use it to strike back" specific to Tai Chi Chuan Boxing but reveals in the same time some differences. The ability to Issue Force in any time and in any circumstance is very important, if depending to his posture, you can borrow his force then use it back on his body you can double the initial effect with half of the effort and even turning his initial attack into a fatal counterattack. This ability to Issue Force in any time and in any circumstance is in fact to determine effectively the right timing, space and use this offensive opportunity to attack your opponent at this "crucial moment".
In general there are two kinds of borrowing forces:

III.5.6.1 Borrowing force counterpunch

Borrow during his attack the bumping force of your opponent then use back this reverse force. If someone is unconsciously bumping on a trunk, or on a wall, it will certainly hurt, but if in addition the reactive force of the wooden trunk you add a counterpunch power you can imagine the amazing resulting power: that is where it differs from the "pure" Tai Chi Chuan borrowing force. When using borrowing force you should avoid your opponent from releasing his whole power on you and in the same time also counterpunch him.

III.5.6.1.1 [Example 1] When opponent is rushing on you with right straight fist, left foot makes half step to the left; in the same time, left palm is patting to opponent's right arm, avoid first his right fist which will induce him to lean forward, then right foot makes rapidly half step and use right smashing fist on opponent's chest or belly strike. (Fig. 170, 171, 172)

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Fig. 170

Fig. 171

Fig. 172

III.5.6.1.2 [Example 2] When opponent is rushing on you with right straight fist, use right foot to make a right forward half step; in the same time, use right palm patting and pulling your opponent's right arm leftward and backward, and after right wrist and right palm continue by entwining opponent's right arm downward and rightward, wait that your opponent forms a front inertia by leaning forward, then use left palm to bump forward, striking his liver and rib. (Fig. 173, 174, 175)

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Fig. 173

Fig. 174

Fig. 175

III.5.6.2 Borrowing force direct strike

Here you learn to borrow from your opponent, his attacking inertia and exert back on him in the opposite direction. Now we are closer to the Tai Chi Chuan principle of borrowing/striking force.

III.5.6.2.1 [Example 1] When opponent is attacking you with two hands, your two hands are catching his two arms; during this time, twist and lean slightly your upper body to the left, stick on his posture and exert on one side of his body a leftward and backward helicoidal force to make him fall down. (Fig. 176, 177, 178)

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Fig. 176

Fig. 177

Fig. 178

III.5.6.2.2 [Example 2] When opponent is attacking you with right straight on your head or chest, dodge slightly body to the left; and after, turn body to the right with an angle of 90 degrees, move around the right side of your opponent, right hand in a blocking posture catches his right arm, left fist or palm strikes his back or waist, at this time three different forces are converging to your opponent: 1) his own forward inertia, 2) your right hand seizing force and 3) your whole body twisting rightward and backward. Finally use left hand to strike rightward and backward. (Fig. 179, 180, 181)

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Fig. 179

Fig. 180

Fig. 181

III.5.7 Strike heavily and Seize tightly, Absorb & Carry on your combat

This is a very important principle in Dachengquan combat and we can even say that it is one root of the style of combat of Dachengquan. Through hard training, you will increase dramatically your resistance to shocks and strikes then complement it with exertion of instinctive reaction and high coordination of whole body force: now you can apply effectively this principle.

"Strike heavily and seize tightly" means that no matter how opponent is issuing fist and moving foot, you just keep on moving forward blocking your opponent's force and attacking to his mid-line position. "You strike yours, I strike mine" principle does not consider other parts to strike than the mid-line of your opponent. When you use this method you should be like a ferocious tiger coming from the mountain, your momentum is like the one of a mythical dragon flooding out from an excavation, majestic and fierce, shaking vigorously your opponent.

For example, your opponent attacks your face with left straight fist, use right fist to counterattack, right forearm bent

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with about 90 degrees, with external side of forearm rushing on opponent's mid-line position, you can possibly hit him with left forearm, or hit his left arm, but without caring precisely what result may be expected you just issue your force to strike heavily his body.

"Absorb & Carry on your combat" means that when opponent uses fist or palm to attack you, do not dodge, use your body to receive opponent's hit, in the same time with lightning speed strike him. Because "Absorb & Carry on your combat" requires operating in a short distance, by applying it appropriately you will reach extraordinary results: besides discouraging him, you will strike him effectively.

You should keep in mind to avoid being stroked in the head, five sense organs and other vital parts such as chest, or belly… When you are absorbing in your part of body you should withdraw it immediately, and in the same time bending other related parts to reduce effects of incoming force. In the exchange of power, the amount of power does not remains the same, you should use his whole attacking force and leaving without any chance of defense, and applying rationally your striking force.

For example, when opponent is attacking your left chest with right straight fist, then with left chest counterattacking, when opponent's right hand is up to touch your chest, lean slightly your body leftward and backward, from upper body to waist lean forward to reduce opponent's right fist incoming force, in the same time use suddenly your right fist to strike his face or left rib.

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CHAPTER IV

Chaining Fighting Techniques of *Duanshou*

大成拳

Dachengquan's Chaining Techniques of Duanshou are single hand techniques arranged into a rational sequence, accordingly bringing up a systematic sequence of combat movements. Chaining Techniques include of course a large variety of technical combinations, however these combinations should not be purely mechanical and isolated from your overall combat situation, through integrating this combination in your overall strategy of combat, every combination being a logical part of the whole sequence of movement in combat and this makes precisely the essential difference with combinations of techniques in other martial arts.

There are three kinds of situations which may be in favor for the application of Chaining Techniques:

1. Direct chaining application

This is the application of Dachengquan's combat principle "strike heavily and move resolutely forward". During combat, you are conscious about the presence of people but in the same time their presence does not interfere with your resolution, in your mental you are like a hungry tiger attacking for food, your momentum is like the one of a dragon emerging from water. Do not even consider how your opponent is issuing fist or moving foot, with agile and adaptive combinations of techniques maintain an uninterrupted striking flow on your opponent, one combination chaining immediately with another one, putting him in a situation where he cannot defend effectively, until beating him down opponent or taking from any hostile intention, it is only once he reaches this deadlock situation in combat that you can finally stop.

To reach this target, in your daily training you should constantly search while chaining your techniques, their real applications in combat so that you will be confidently controlling the combat progress.

2. Blocking and chaining application

At the precise moment in intercepting an attack, you block it and chain with a combination of techniques. In combat there are many parameters which occur from both parties such as forces, precision, space, etc… So that you may select among specific combat techniques to attack your opponent, depending on whether he is avoiding previous ones or he is stepping backward or he is blocking your attack, etc…In a word, even if your previous attack was not successful, do not waste your time: chain immediately your posture then adopt a rational combination including different attacking techniques to strike him.

3. Defending and chaining application

Here you are changing a passive situation to counterattack by chaining techniques. When opponent is attacking you, you should move rapidly, judging clearly the speed and direction of his incoming force, in parallel with the use of chaining techniques be sure to protect yourself. A serious fighter cares always defense with attack, conducting simultaneously an effective attack/defense maneuver. When you are leading opponent's incoming force into emptiness or you are blocking it, just chain immediately with other attacking techniques to beat him.

When you become proficient in chaining techniques, then do not stick rigidly to the forms but rather explore every aspect that they may contain. Just before combat, you should rely on your instinctive feeling then when you start to issue force, you do not need anymore to consider it.

In training each chaining technique, start indifferently with left posture or right posture and later change side.

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Here is a poem dedicated to Dachengquan's chaining techniques, it will help to memorize further chaining techniques:

Attacking with Circling Fist like a Leopard in Fog, Pounding Fist like Divine Rhinoceros.

Closing Palms Upward-Downward like Wind Swaying Willow, Leads his Strike Forward-Backward Like wrapping it.

Circling Strike Leftward-Rightward and Side Kick, Direct and Reverse Chopping Fist and Frontal Fist, Cutting Palm, Neck Scissor and Snake Form Foot.

Hand Like a Halberd, Striking Knee, Splitting Fist, Piercing Crotch and Wrapping Strike, Entwining Hand, Drilling Chin and Palm Flying.

Black Dragon Emerging from Sea Penetrating Back Fist, White Snake Spitting Tongue and Crane Leg Form

Chopping obliquely, Reverse Slapping and chaining Smashing, Springing Kick, Smashing Downward and Drilling Fist Strike.

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IV.1 Circling Fist Attacking Like a Leopard in Fog

This is the combination of left and right circling punch with leopard form.

Let's practice it: lower limbs assuming right T-eight step, presenting upper side body, two hands clenching into empty fist, then upper body turns rightward, in the same time left fist makes a circling punch from left/down side to right/up side in front of head at about one foot distance. And after, chain with upper body turning leftward same time, right fist makes a right-left circling punch movement, at about one foot distance from the front of head and left fist slightly pulling backward. Now shift slightly weight forward, two legs slightly bent, two fists change into palms to make a Tiger Attack movement forward and downward, this movement should not be interrupted, right foot makes a half step forward, left foot follows with half step, use root of palm to bump forward. Now use left hand to start a second chaining movement, so that you repeat this technique. (Fig. 182-185)

Fig. 182

Fig. 183

Fig. 184

Fig. 185

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IV.1.1 Chaining combination after an attack

Left hand with circling punch strikes on opponent's right side of head, then opponent uses right forearm to press top-down on your left forearm, use right circling punch to strike opponent's left side of head; opponent uses external side of left wrist to block, change your two fists into palms to beat forward his heart; if your opponent is stepping back, make rapidly a half right step forward, left foot following with half step, two hands with base of palms bumping forward on opponent's ribs. (Fig. 186, 187, 188)

Fig. 186

Fig. 187

Fig. 188

IV.1.2 Chaining combination as a counterattack

Opponent uses right straight fist to attack your head, dodge slightly your body back, in the same time left hand with circling punch is knocking on opponent's right forearm, upper body turns to the left, right fist with circling punch strike on opponent's left ear root. And after, lower your center of gravity, right fist changes into palm to beat his heart,

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if opponent dodges his body back, make rapidly a right half step forward next to opponent's external side of right foot. During this time, right foot is stepping forward on opponent's right leg, two hands in same time use palm to push and bump forward on opponent's chest. (Fig. 189, 190, 191)

Fig. 189

Fig. 190

Fig. 191

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IV.2 Pounding Fist Strike like Divine Rhinoceros

This is chaining application with pounding fist, smashing fist and horizontal fist.

Let's practice it: assume lower limbs right T-eight step, two hands clenching into empty fist, issue with right fist a straight punch, right arm is like straight but no completely straight, left fist protecting your chin, and after right fist withdraw to protect your chin, issue a left straight punch, left arm is like straight but not completely straight. Right fist is slightly pulling rightward and downward to right side of upper body, this movement should be interrupted, then issue a smashing fist forward. And after turn your body to the right, two legs slightly bent, in the same time right arm is rotating outward, right fist sweeping to the right, the center of fist facing upward. And then your upper body turns slightly to the left, moves right fist to left/upper side in front of head at about half foot distance. And after, again make a second combination, so that you can repeat the whole sequence. (Fig. 192-195).

Fig. 192

Fig. 193

Fig. 194

Fig. 195

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IV.2.1 Chaining combination after an attack

Use right pounding fist to strike opponent's face and then opponent uses right forearm to knock on your right forearm, use left pounding fist on his face, opponent moves his right foot and dodge his body to the right, make rapidly with right foot a half step forward next to inner side of opponent's right foot, in the same time your upper body turns to the left, two legs slightly bent, right fist sliding downward next to opponent right/back side. And after your upper body turns to the right, use horizontal fist to strike your opponent's waist, right foot stepping on opponent's right leg. (Fig. 196, 197, 198)

Fig. 196

Fig. 197

Fig. 198

IV.2.2 Chaining combination as a counterattack

When opponent uses it left straight fist to attack your head, use inner side of right forearm to knock his external side of right forearm in a right-left movement, then use left pounding fist to strike his head; opponent uses right forearm

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to poke your left forearm in a in-out movement, now use right forearm to spin out opponent's inner side of left forearm; and after your right foot makes a half step, left foot follows also with half step, issue a right smashing fist on your opponent's liver or rib. (Fig. 199, 200, 201)

Fig. 199

Fig. 200

Fig. 201

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IV.3 Closing Palms Up-Down like Wind Swaying Willow

This is a combination with closing palms up-down and horizontal sweeping palm.

Let's practice it: assume with lower limbs left T-eight step, present the side of your upper body, two arms are like straight but not completely straight, two hands naturally opened, bring left palm in front of left hip, bring right palm in front of right/front side of head, the center of palm facing obliquely downward, left palm make a ascending poking movement, right palm makes a descending patting movement in front of right hip, two palms once respectively in upper and lower positions, can proceed to the closing palm upward-downward movement. And after shift weight onto left leg, right foot makes large step forward, left palm moves with arc rightward and downward to the left side of chest at about half foot distance, the center of palm facing downward; in the same time, upper body turns to the left with right forearm in palm position to sweep leftward and forward. Now left foot makes a big step forward to assume after left T-eight step: you are ready for a second combination. (Fig. 202, 203, 204)

Fig. 202

Fig. 203

Fig. 204

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IV.3.1 Chaining combination after an attack

Your right palm strikes on opponent's face with a descending movement, opponent uses left forearm to block, then use inner side of right wrist to press his left arm; in the same time, left palm changes fist to strike opponent's chin with an ascending movement; if opponent dodges body backward, make rapidly a right big step forward to inner side and slightly behind his right foot, step leftward on his right leg, right palm bumps on his chest down-up-front, and right palm's force direction should pointing left and front side. (Fig. 205, 206, 207)

Fig. 205

Fig. 206

Fig. 207

IV.3.2 Chaining combination as a counterattack

When opponent is attacking your head with right straight fist, dodge slightly body to the left, left palm patting down on opponent's right wrist, and left palm poke up on his right elbow joint; and after, makes with right foot a forward big step next to his back, now from right palm to right forearm issue a horizontal sweeping

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upward-leftward-downward movement, waist turns to left side, right leg steps on opponent's right leg which stumbles and falls down. (Fig. 208, 209, 210)

Fig. 208

Fig. 209

Fig. 210

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IV.4 Lead Strike Forward-Backward like wrapping it

This is a combination with leading strike forward-backward and armpit palm.

Let's practice it: assumes with lower limbs left T-eight step, upper body slightly presenting its side, bring left hand on the left/lower side of body, the center of palm facing obliquely backward/downward, bring right hand in front of right/front side of head, the center of palm facing leftward/downward, upper body turns to the left, right palm is moving with arc to left/lower side of left hip at about half foot distance, lift left palm in front of your head, leftward and upward, the center of palm facing rightward/downward, upper body turns to the right, left palm is moving with arc rightward and downward to front of right hip at about half foot distance, right wrist is simultaneously rotating outward and moving to the right next to external side of right rib at about half foot distance, the center of palm facing leftward/forward, fingers pointing right/down. Right foot makes a big step forward to assume a right T-eight step. In the same time, right hand issues an armpit palm to strike forward, left palm withdraws to protect your chest. And after, your left foot makes a big step forward to assume left T-eight step. You can now proceed for a second combination (Fig. 211-214)

Fig. 211

Fig. 212

Fig. 213

Fig. 214

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IV.4.1 Chaining combination after an attack

Left foot in the front, right palm slaps from right to left your opponent's base of left ear; and then opponent uses left arm to block outward your inner side of right forearm, turns your upper body to the right, your left hand uses root of palm to strike from back to front his right ear; opponent uses right forearm to block, then chain by using inner side of left forearm to hang and lead his right forearm to the right, in the same time, right foot is making a big step forward, two legs slightly bent, right hand with armpit palm is bumping forward on opponent's heart. (Fig. 215, 216, 217)

Fig. 215

Fig. 216

Fig. 217

IV.4.2 Chaining combination as a counterattack

When opponents uses left hooking fist to strike with an ascending movement your neck, slightly dodge your body, in the same time, right hand hooks and leads forward-downward-rightward his left forearm, your left palm strikes forward-rightward-downward his right side of neck; opponent steps back with right foot and uses his right forearm to

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block your left forearm. Now make with right foot a big step forward next to external side of opponent's left foot to step his left leg and use the base of your right palm to strike forward his heart. (Fig. 218, 219, 220)

Fig. 218

Fig. 219

Fig. 220

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IV.5 Circle Strike Leftward-Rightward and Side Kick

This is a combination with circling strike leftward-rightward and side kicking.

Let's practice it: assumes with lower limbs left T-eight step, presents slightly side of upper body slightly, two arms bent, two hands clenching into empty fists, arms forming with body an angle of 60 degrees, then upper body turns to the right in the same time, left fist makes a circling punch movement leftward, downward, rightward and upward in front of chin at about half foot distance; and after upper body turn to the left with an angle of 90 degrees, right fist making a right-down circling punch movement leftward and upward, in front of head at about one foot distance, now in the same time that upper body turns to the left, lift right foot and kick forward. Wait that right foot falls on the ground, let left foot makes a big step forward to assume left T-eight step, and after from empty fist start to make second combination of movements. (Fig. 221, 222, 223)

Fig. 221

Fig. 222

Fig. 223

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IV.5.1 Chaining combination after an attack

Use left fist from to left to right in a circling strike on opponent's right side of head, then opponent uses right forearm to block; turn upper body to the left, use right circling punch to strike opponent's left side of head; opponent steps back with right foot, body dodging, and with his left arm blocks your right forearm from left to right, continue to turn your body to the left; during this time, uplift right foot and use side kick to strike his crotch. (Fig. 224, 225, 226)

Fig. 224

Fig. 225

Fig. 226

IV.5.2 Chaining combination as a counterattack

When opponent is attacking your head with right straight fist, dodge slightly body back, left hand with circling punch is hanging to the right your opponent's right forearm, your right fist is issuing a circling strike down-up-forward to opponent's base of left ear; in the same time, upper body turns to the left, with right side foot kicking on his crotch, wait that your right foot has falling onto the ground, next to opponent's inner side of right foot and slightly rear his

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right heel in the direction of his left leg, use bases of two palms to issue suddenly force forward, as a result your opponent stumbles and falls down. (Fig. 227, 228, 229)

Fig. 227

Fig. 228

Fig. 229

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IV.6 Direct and Reverse Chopping Fist and Frontal Fist

This is a combination with direct and reverse chopping fist and pounding fist.
Let's practice it: assume with lower limbs right T-eight step, body straight, two shoulders and chest and belly relaxed, two hands at higher level than head, the center of two palms facing obliquely forward and downward, left palm slightly in retreat than right palm. Two hands make a chopping forward and downward movement to his belly, two hands make an arc movement leftward and downward, than make a reverse chopping upward, forward and downward movement to chest position, left palm in the front, the center of palm facing forward and downward, right palm in the back, the back of palm facing forward and downward. Two palms change into fists, left hand springs forward with pounding fist, and after left fist withdraws to protect your chin, right hand is now issuing forward with pounding fist. Two fists change into palms and rise to prepare a second combination of movements. (Fig. 230, 231, 232)

Fig. 230

Fig. 231

Fig. 232

IV.6.1 Chaining combination after an attack

Use right direct chopping fist to strike opponent's face, then opponent uses right forearm to block, right hand continues to rotate rightward/downward, use right wrist to hook and hang his right arm and use reverse chopping fist to strike opponent's face and chest. If opponent is stepping back with left foot to avoid it, make rapidly a half step with right foot, left foot follows with half step, left palm changes into fist to strike forward on opponent's head. When left palm withdraws right palm changes into fist to strike forward opponent's head and face. (Fig. 233, 234, 235)

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Fig. 233

Fig. 234

Fig. 235

IV.6.2 Chaining combination as a counterattack

When opponent is attacking your head with left straight fist, slightly turn body to the left, two hands chopping and hanging top-right-down on opponent's left arm; opponent uses now right fist to attack your head, two hands change rapidly into reverse chopping fist, left hand moving leftward and upward, use external side of left wrist to block opponent's inner side of right forearm, left palm continued to chop forward on opponent's face; if opponent steps back with right foot, make with your right foot a forward step next to opponent's inner side of left foot while stepping on the direction of his right leg, in the same time, use right pounding fist to strike opponent's face. (Fig. 236, 237, 238)

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Fig. 236

Fig. 237

Fig. 238

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IV.7 Cutting Palm，Scissor Neck and Snake Form Foot

This is a combination with Cutting Palm and Snake foot.

Let's practice it: assume with lower limbs left T-eight step, body erect, two shoulders relaxed, bring two arms in front of body, right hand slightly higher than left hand, the center of two palms facing downward, weight slightly shifting forward, two hands in an out-in movement in front of chest, two arms are now forming a cross, left hand in the lower position, fingertips pointing right and forward, right hand in the upper position, fingertips pointing left and forward. Then two hands open outward to bring left hand slightly higher than right hand. Two hands should move without interruption, then again they repeat the out-in movement in front of chest, two arms are again in cross position, but now right hand in the lower position, fingertips pointing left and forward while left hand in the upper position, fingertips facing rightward and forward, two arms are moving like a scissor, wait that your two hands are opened and right foot moves into friction step and kicks forward. After drop right foot onto the ground, left foot makes a big step forward to assume left T-eight step, now you can prepare a second combination with Cutting Palm and Snake foot. (Fig. 239-242)

Fig. 239

Fig. 240

Fig. 241

Fig. 242

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IV.7.1 Chaining combination after an attack

Your center of right hand facing downward, chop from right to left opponent's left ear root or neck. Opponent uses right forearm to block, your upper body turns to the right, the center of left palm facing downward, chops from left to right on opponent's neck. Now opponent uses right forearm to block, shift rapidly weight onto left leg, uplift right foot and use top of foot to kick forward on opponent's crotch. (Fig. 243, 244, 245)

Fig. 243

Fig. 244

Fig. 245

IV.7.2 Chaining combination as a counterattack

When opponent is attacking your head with right straight fist, your left hand in lower position and right hand in upper position, use rapidly scissor hands to block opponent's right forearm; if opponent struggles backward, then use left pounding fist to strike opponent's face, right hand pressing on his left chest. And after, with your left fist changing into palm catch your opponent's neck; in the same time shift weight onto left hip, left hip muscle wraps inward, lift

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right leg, use right knee to bump opponent's crotch, if opponent's is stepping back, then chain with extremity of right foot to kick his crotch. (Fig. 246, 247, 248)

Fig. 246

Fig. 247

Fig. 248

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IV.8 Hand like Halberd Striking Knee

This is a combination with Hand like Halberd, Knee of Buddha's Warrior Attendant and Smashing fist.
Let's practice it: assume with lower limbs left T-eight step, bring two hands forward at head level, two shoulders relaxing and sinking, forearm slightly bent and protecting mid-line position of your face, the center of two palms facing downward, left palm slightly further than right palm. Shift weight onto left hip, lift right leg then use knee to bump forward; during this time, two palms are smashing down. Wait that right has dropped onto the ground in the right/front side, change rapidly right palm into fist and use smashing fist strike forward presenting your side of body. Left palm changes into fist to protect your chin. And after, left foot makes a big step forward to assume left T-eight step, two fists change into palms and return to their initial position so that you can prepare your second combination of Hand like Halberd and Striking Knee. (Fig. 249, 250, 251)

Fig. 249

Fig. 250

Fig. 251

IV.8.1 Chaining combination after an attack

Two palms in scissor position: smashing and hooking down to the front of opponent's chest, then your opponent is resisting with two arms, use now two hands to catch and pull down his two forearms; in the same time, shift weight onto left hip, uplift right knee and bump forward on his crotch. If opponent withdraws, drop rapidly right foot onto the ground and use right smashing fist to strike his belly. (Fig. 252, 253, 254)

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Fig. 252

Fig. 253

Fig. 254

IV.8.2 Chaining combination as a counterattack

When opponent is attacking your head with right straight fist, dodge slightly your body, left palm smashes down on opponent's right forearm while right palm patting on opponent's chest. And after, left palm continues by hooking and pulling to the right his right forearm and right foot makes a big step forward next to inner/rear side his left heel after having stamped on his left leg, in the same time right palm changes into fist to bump forward on opponent's heart. (Fig. 255, 256, 257)

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Fig. 255

Fig. 256

Fig. 257

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IV.9 Splitting Fist, Piercing Crotch and Wrapping Strike

This is a combination with Splitting fist, Piercing crotch, Left hand chopping palm and right smashing fist. Let's practice it: assume with lower limbs left T-eight step, bring two palms in front of chest, the center of palm facing downward. When you are raising your palms, at the same time shift your weight onto left leg, now lift right foot and kick forward (Fig. 258, 259). In the same time that right foot is falling down forward, two palms are splitting forward/downward. And after, two palms issue reverse splitting fist, left hand in the front, the center of palm facing forward/downward, right hand in the back, the back of hand facing forward/downward. Left palm chops left-right horizontally in front of right shoulder at about one foot distance, right hand issues smashing fist forward. And after, left foot makes a big step forward to assume left T-eight step, two fists change into palms and return to their initial position in front of chest to prepare a second combination of Splitting fist, Piercing crotch, Left hand chopping palm and right smashing fist. (Fig. 260, 261, 262)

Fig. 258

Fig. 259

Fig. 260

Fig. 261

Fig. 262

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IV.9.1 Chaining combination after an attack

Lift right foot and use the front of foot to kick opponent's crotch, in the same time two hands raising up to front of chest, when opponent is stepping back and dodges his body, make rapidly with right foot a big step forward, left foot follows with half step and two hands split down on opponent's face; then opponent uses two arms to block, now your upper body turns to the right, left palm chops left-right on his neck, right palm changes into fist and pulls forward, rightward and downward, and finally use smashing fist to strike opponent's belly. (Fig. 263, 264, 265)

Fig. 263

Fig. 264

Fig. 265

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IV.9.2 Chaining combination as a counterattack

When opponent is attacking your head with right straight fist, raise two hands and split left/down on his right forearm, in the same time raise right foot and kicking forward on opponent's tibia; when your right foot is dropping onto the ground, turn upper body to the right, two palms attack with reverse splitting method, left palm striking his base of ear while right palm is pressing on his left arm. And after your right palm changes into fist, entwines opponent's right forearm and finally smashes his left rib. (Fig. 266, 267, 268)

Fig. 266

Fig. 267

Fig. 268

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IV.10 Entwining Hand, Drilling Chin and Flying Palm

This is a combination with smashing fist, drilling fist and flying palm.
Let's practice it: assume with lower limbs right T-eight step, upper body slightly presenting its side face, assume with right arm an arc posture in the front of body, the center of palm facing inward, five fingers of left hand naturally separated, the center of left palm facing downward to protect your belly. Upper body turns to right, right arm is rotating outward and makes a smashing left-right-down arc movement, wait until right arm is almost straight then right palm slightly withdraws back in front of chest at about half foot distance, this movement should not be interrupted. Right palm changes into fist with drilling fist issuing forward and upward, left palm moves upward to protect your heart. And after, upper body turns to right, left palm arc moves with arc to the right in front of your right rib, the center of palm facing rightward/downward, right arm is rotating inward, right fist changes into palm and moves to the right with arc in front of right shoulder, the center of palm facing rightward/forward. And after upper body turns to the left, two hands return to their initial position and prepare a second combination of entwining hand, drilling chin and flying palm. (Fig. 269, 270, 271)

Fig. 269

Fig. 270

Fig. 271

IV.10.1 Chaining combination after an attack

Right fist is smashing opponent's right side of neck, starting from front of your left shoulder and moving right/down, if opponent dodges his body back and uses his right forearm to block, use left wrist to hook and pull right/back his right forearm, inducing him to lean right/back; and after, your right foot is making a filling up step forward while you are twisting waist and turning hip to the right, in the same time two palms with right rotating palm movement are striking on opponent's waist and back. (Fig. 272, 273, 274)

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Fig. 272

Fig. 273

Fig. 274

IV.10.2 Chaining combination as a counterattack

When opponent is attacking your head with right straight fist, dodge slightly body back, in the same time use external side of right forearm to block from left to right his right forearm, now right forearm follows opponent's inner side of right forearm and slides up, use right drilling fist forward on opponent's face; if opponent dodges his body, your right foot makes an arc step leftward/forward next to the inner/back side of opponent's right sole while steeping his right leg. Now use left palm to strike opponent's right rib. And finally use your two palms with right rotating palm to pat on opponent's back. (Fig. 275, 276, 277)

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Fig. 275

Fig. 276

Fig. 277

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IV.11 Black Dragon Emerging from Sea & Penetrative Back Fist

This is a combination with dragon form and smashing fist.
Let's practice it: assumes with lower limbs right T-eight step, upper body slightly presenting its side, two shoulders relaxed, then with shoulder leading elbow, elbow leading shoulder, ten fingers naturally separated, the center of palm like attracting two balls, ten fingers bent, fingertips pointing forcibly, the center of palm facing downward and forming like a dragon claw, bring left hand in front of belly, right hand makes a descending arc movement down to front of belly at about eight inches distance, during this time, left hand makes an ascending arc movement up to left and front of head at about one foot distance. Two palms change into fists, issue right smashing fist forward, left fist protects chest; and after two fists change into palms to prepare a second combination of Black Dragon Emerging from Sea – Penetrative Back Fist. (Fig. 278, 279, 280)

Fig. 278

Fig. 279

Fig. 280

IV.11.1 Chaining combination after an attack

Use right palm to chop down on opponent's face, then opponent uses left forearm to block, turn slightly upper body to the right, use inner side of right wrist to press continuously on his right wrist, then it is now left palm which chops on his face; if opponent steps back with left foot and in the same time use his right arm to block your forearm, then make rapidly a half step forward with right foot and issue right smashing fist on opponent's belly. (Fig. 281, 282, 283)

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Fig. 281

Fig. 282

Fig. 283

IV.11.2 Chaining combination as a counterattack

When opponent uses right swing fist to attack right side of your head, dodge slightly body and use right hand to chop down on his right forearm, when your inner side of right wrist is touching his external side of right wrist, rotate your upper body to the right, your opponent may also modify his upper body position, and after, use left arm to entwine and to hook continuously leftward/downward opponent's right arm, issue right smashing fist on his liver and rib. (Fig. 284, 285, 286)

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Fig. 284

Fig. 285

Fig. 286

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IV.12 White Snake Spits Tongue & Crane Form Leg

This is a combination with snake form and crane form leg.
Let's practice it: assumes with lower limbs right T-eight step, whole body relaxed, with left hand and right fist, left arm forming about 90 degrees angle to protect your heart, the center of palm facing downward, right arm forming about 120 degrees angle and brought at the font/left side of upper body, center of fist facing leftward. Chain with the rotation of waist to the right, two arms swaying to the left, left palm arriving in front of belly at about eight inches distance, bring right fist in front of left shoulder at about one foot distance. And after, shift weight onto right leg, uplift left foot, use top of foot to kick forward. Lift slightly left fist to protect your head, right hand is slightly moving down to protect your heart. And after, when left foot is falling on the ground, right foot makes a big step forward to assume right T-eight step and to prepare a second combination of White Snake Spits Tongue & Crane Form Leg. (Fig. 287, 288, 289)

Fig. 287

Fig. 288

Fig. 289

IV.12.1 Chaining combination after an attack

Right hand forms an horizontal palm or fist and sweeps horizontally from right to left opponent's left side of neck, then opponent dodges slightly his body to the left and lift his right forearm, blocking to the right with your right wrist; left palm is now sweeping horizontally from left to right on his face, then opponent dodges slightly body and uses right forearm to block. Now two hands press on opponent's two arms, in the same time shift weight onto right hip, uplift foot and with top of foot kick opponent's crotch. (Fig. 290, 291, 292)

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Fig. 290

Fig. 291

Fig. 292

IV.12.2 Chaining combination as a counterattack

If opponent uses right descending hooking fist to attack your chin, then make with left foot a horizontal half step to the left, use right wrist to sweep horizontally opponent's right forearm; and after, right wrist continues to move down: right palm is hooking-pulling down to the right his external side of right wrist; in the same time, left palm pats to the right on opponent's waist and back, at this time opponent's body is leaning forward, uplift rapidly left foot and kick on his hip with your sole or the top of your foot. (Fig. 293, 294, 295).

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Fig. 293

Fig. 294

Fig. 295

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IV.13 Oblique Chopping, Reverse Slap and Smashing Fist

This is a combination with right chopping fist, left slapping palm and smashing fist.
Let's practice it: assumes with lower limbs right T-eight step, two arms slightly bent, ten fingers separated, bring right palm in front of body, the center of palm facing leftward, fingertips pointing obliquely up, bring left palm in front of belly, the center of palm facing downward. Right palm makes an oblique chopping descending movement to the left in front of left shoulder, then reverse direction and make a slapping movement up to front of head at about one foot half inch distance, the center of palm facing upward. And after, right palm changes into fist and issue smashing fist forward, in the same time left fist withdraws to the front of belly. Two fists change into palms and right palm uplifts to prepare your second combination of Oblique Chopping, Reverse Slap and Smashing Fist. (Fig. 296, 297, 298)

Fig. 296

Fig. 297

Fig. 298

IV.13.1 Chaining combination after an attack

Right palm moves towards left forward with an oblique chopping on opponent's face, if opponent blocks with left forearm, then dodge slightly upper body, right arm relaxing and sinking, using its external side to slide forward; and after, back of right palm slaps opponent's right side of neck or base of ear, compelling opponent to dodge body to the right. Now twist waist and turn hip to the right, left palm changes into fist and issues smashing fist on opponent's liver and rib, in the same time, do not forget to protect front of chest with right hand. (Fig. 299, 300, 301)

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Fig. 299

Fig. 300

Fig. 301

IV.13.2 Chaining combination as a counterattack

When opponent uses right straight fist to attack your head, dodge slightly body to the right, right palm chopping obliquely to the right in an ascending and finally descending movement on opponent's right forearm. And after, right palm issues in the reverse direction with back of palm a slap on opponent's right side of face; during this time, your left palm blocks in an ascending and repulsing movement his right forearm. Your right hand reaches naturally its lowest position: your palm changes into fist, your weight shifts slightly forward, use right smashing fist to strike on opponent's belly. (Fig. 302, 303, 304)

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Fig. 302

Fig. 303

Fig. 304

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IV.14 Springing Kick, Smashing Down & Drilling Fist

This is a combination with snake form foot, reverse smashing and drilling fist.

Let's practice it: assume with lower limbs left T-eight step, two shoulders relaxed, two arms are like straight but not completely straight, two hands clenched into empty fist, left fist protecting chin, right fist protecting head, left foot makes a forward filling up step, when it drops onto the ground, the top of foot pointing slightly aside, shift weight onto left leg, left hip wraps inward, in the same time that your body is moving to the left, lift right foot and kick forward. When your right foot is dropping on the ground, use from external side of right forearm up to back of fist to smash forward/downward, right fist falls front of right hip with the center of fist facing up. Now right foot makes a half step forward, left foot follows also with half step and finally issue a frontal ascending right drilling fist. And after, left foot make a big step forward to assume left T-eight step: you can prepare your second combination of Springing Kick, Smashing Down & Drilling fist. (Fig. 305-308)

Fig. 305

Fig. 306

Fig. 307

Fig. 308

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IV.14.1 Chaining combination after an attack

Use suddenly right arm in reverse smashing on opponent's head and face, if opponent blocks with right arm, right arm hooks down his right arm, during this time, lift right foot kicks on opponent's crotch; then opponent makes with left foot an horizontal half step to the left and in the same time dodges his body, your right foot drops next to his external side of right foot, issuing a right drilling fist forward, as your right leg has stepped on his right leg: your opponent should lose his balance and fall down. (Fig. 309, 310, 311)

Fig. 309

Fig. 310

Fig. 311

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IV.14.2 Chaining combination as a counterattack

If opponent uses right straight fist to attack your head, make with left foot a horizontal half step to the left and with external side of right wrist block opponent's right forearm. In the same time, lift right foot to kick opponent's crotch and hip, once your right foot has dropped onto the ground, use inner side of right forearm to press his right forearm. Finally your right foot makes rapidly a half step forward while right drilling fist strikes forward on opponent's throat. (Fig. 312, 313, 314)

Fig. 312

Fig. 313

Fig. 314

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CHAPTER V
Self-defense with Dachengquan *Duanshou*

大成拳

V.1 Against punching assault

In contemporary combat, we may find generally some techniques such as straight fist, swinging fist, hooking fist and downward fist, etc… When opponent is using one of these fists on you, Dachengquan's *Duanshou* can offer you an effective method of counterattack and self-defense.

V.1.1 Blocking left and smashing right

When opponent stands with left front foot and uses right straight fist to attack your head, then dodge your body slightly to the right, block his right fist with external side of your left forearm, and after, make with left foot a half step forward, right foot following immediately with also half step. You are stepping into your opponent's mid-line, in the same time that waist twists and hip turns to the left: issue a right smashing fist on his belly. (Fig. 315, 316, 317)
Main point: when your left arm is blocking opponent's fist, you should perform in the right timing, blocking leftward and attacking rightward without leaving any chance for your opponent to escape.

Fig. 315

Fig. 316

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Fig. 317

V.1.2 Hooking wrist and striking rib

When opponent is standing with right foot in the front and uses right hook to attack your heart, turn slightly body back, with left palm hooking to the right opponent's right fist. And after, lower slightly your body and strike rapidly right fist on opponent's crotch or belly; at the same time you are erecting your body, use left fist to strike opponent's liver and rib. This technique will not only inflict heavy losses on your opponent but it can also eject him or make him fall down. (Fig. 318, 319, 320)

Fig. 318

Fig. 319

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Fig. 320

Main point: When your left fist is hooking to the right my opponent's wrist, it should shake your opponent's whole body. When your right fist is striking opponent's belly, left fist should immediately follow by striking opponent's rib and should not give any chance for your opponent to avoid your attack.

V.1.3 Chopping and advancing pounding

When opponent uses right straight fist to attack your head, raise left hand to protect face, in the same time lift right fist or right palm, chop horizontally with wrist from right to left your opponent's forearm or wrist; and after turn your body and use right chopping palm to strike from left to right opponent's neck. When your opponent is dodging, change your right palm into fist, make with right foot a forward step and get close to his crotch: now issue a pounding fist on opponent's face. (Fig. 321, 322, 323)

Fig. 321

Fig. 322

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Fig. 323

Main point: When you are chopping to the left on opponent's wrist, your body should slightly dodge. When your palm is chopping his neck you should defend from opponent's right fist striking your face. When your pounding fist is attacking opponent's face, you should step sufficiently close to opponent's crotch. You should first gather your power and issue it with an unexpected celerity.

V.1.4 Rotating wrist and drilling palate

When opponent uses right straight fist to attack your head, right foot makes slightly a horizontal half step to the right. When your body is slightly turning to the left, you should block with external side of left fist opponent's inner side of right wrist while rotating and repulsing his fist to the left. Right foot makes a half step forward, left foot follows also immediately with half step, in the same time issue an ascending right drilling fist on opponent's chin. (Fig. 324, 325, 326)

Fig. 324

Fig. 325

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Fig. 326

Main point: When you turn body to the left, you can slightly lower your center of gravity and bringing whole body away from opponent's right fist. When you are issuing right drilling fist you should be steady, precise and ruthless.

V.1.5 Smashing arm and striking face

When opponent uses descending right hooking fist to attack your chin, left foot makes a horizontal step to the left and smash with left descending forearm on opponent's right arm, so that opponent's fist is just finding space; and after right foot makes a horizontal big step forward, left foot follows with half step, left hand strikes with drilling fist on opponent's face. (Fig. 327, 328, 329)

Fig. 327

Fig. 328

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Fig. 329

Main point: When you are smashing to right on opponent's forearm, two legs should slightly bent, whole body relaxing and sinking. When right fist strikes an opponent's face you should defend from opponent's right fist striking your heart.

V.1.6 Dodging and splitting to the right

When opponent uses right swinging fist from right to left on your left side of head, your two fists should rapidly split in an ascending, frontal and finally descending movement pressing on opponent's right forearm, then right palm strikes on opponent's face. Now right foot steps forward, foot follows with half step; and after, two hands are suddenly issuing force forward, splitting on opponent's face and striking his chest. (Fig. 330, 331, 332)

Fig. 330

Fig. 331

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Fig. 332

Main point: When you dodge your body, you should avoid by all means keeping your body facing forward but in the same time you should maintain body erect.
When you are issuing splitting fist, left hand should split and hook opponent's right arm and leaving him no chance for a new attack.

V.1.7 Jabbing and splitting face

When opponent with right hooking fist is attacking you, dodge slightly body, in the same time use right palm to jab from right to left on his fist; and after with inner side of your left arm smash to the right on opponent's right forearm and withdraw right palm. When right foot is making a big step forward, right palm is splitting with an arc movement your right-back-upper side position down to hiss face. (Fig. 333, 334, 335)

Fig. 333

Fig. 334

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Fig. 335

Main point: After right palm has jabbed opponent's right fist, left arm should also mash rapidly after, so that two hands are still controlling opponent's right fist. When using right splitting fist you should use shoulder and hip's force to lead right arm so that right palm will strike effectively opponent's face.

V.1.8 Pressing arm and advance striking

When opponent uses right fist to smash on your head, dodge slightly body to the left, with right forearm blocking obliquely opponent's right forearm; and after, left hand continues the descending pressure started by your right forearm on opponent's right forearm, chain with right foot stepping forward, at this time, right palm or right fist is striking forward on opponent's face. (Fig. 336, 337, 338)

Fig. 336

Fig. 337

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Fig. 338

Main point: When your right arm's is blocking up and your left arm is pressing down, you should not interrupt your movement. When right fist strikes on opponent's face your body should be slightly leaning forward.

V.1.9 Leading to emptiness and striking down

When opponent uses right straight fist to attack your head or chest dodge slightly your body. Once his fist is reaching its ends in space, your left wrist is entwining and attracting to the left opponent's right arm; and after, right foot makes a half step forward, in the same time right fist strikes down on opponent's neck or heart. (Fig. 339, 340, 341)
Main point: When you are entwining his arm, take strict precautions against opponent's right fist reverse springing on your face. When your right fist is striking down you should use your waist to twist to the left and relax your shoulder so that your whole body strength can flow up to your fist.

Fig. 339

Fig. 340

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Fig. 341

V.1.10 Holding, hocking and kicking crotch

When opponent uses right straight fist to attack your face your right hand holds and hooks from left to right opponent's right forearm. Now your opponent's weight shifts onto right side. During this time, use splitting left palm on opponent's base of right ear so that he needs to lean forward. Now left foot is making rapidly a half step forward, lift right foot with piercing crotch foot to attack his crotch. (Fig. 342, 343, 344)

Main point: When your right hand is holding, hooking and left hand splitting: you must destabilize his balance. Your piercing crotch foot should be impetuous. Just after kicking right foot should immediately drop onto the ground to prevent from opponent grabbing your right leg.

Fig. 342

Fig. 343

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Fig. 344

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V.2 Against grappling assaults

When your opponent is seizing your wrist, shoulder, chest or holding your waist or leg, you are in a very disadvantageous position, at this time you should use instinctive touching sense to break your opponent's force, changing your passiveness into a powerful counterattack.

V.2.1 Wrist locking and hooking-kicking

When opponent uses right hand to seize your left wrist, turn rapidly body to the right with your right hand in reverting seizing to catch opponent's wrist, and after lift left hand while right hand is pressing downward. So that two hands are forming a couple which should break opponent's right wrist seizure.
In the moment opponent is withdrawing, your right foot makes a big step forward next to opponent's inner side of right foot while stepping of the rear side of his right leg, at the same time strike with right elbow on his chest. (Fig. 345, 346, 347)

Fig. 345

Fig. 346

Fig. 347

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Main point: When you are breaking his right wrist, the force should be swift and violent. When right elbow is striking your opponent it should done simultaneously with right foot hooking-kicking movement.

V.2.2 Stretching force for splitting and breaking

When opponent uses his left hand to catch your shoulder and his right hand to catch your arm, you should slightly lower your whole body, use Dachengquan Double Stretching force to evade from his seizing; and after, turn slightly body to the right, two palms splitting down on opponent's face, at this time, right foot makes a forward step next to the inner side of opponent's left foot, stepping on his left leg. As a result of your opponent will fall down. (Fig. 348, 349, 350)

Fig. 348

Fig. 349

Fig. 350

Main point: When opponent is seizing you with two hands, you should first pay attention to relax and sink shoulder and hip. When issuing double stretching force you should keep your body balanced but in the same time try your best

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to destroy your opponent's balance.

V.2.3 Locking arm and double rotating palms

When opponent uses right hand to catch your neck, use left hand to press rapidly on opponent's right wrist, upper body is slightly leaning forward, right hand catching opponent's right arm, right elbow tightening and locking opponent's elbow joint; and after use two hands to pull suddenly back, your right foot makes a big step forward, upper body turns to right with left palm striking on opponent's liver while right fist is striking on opponent's neck or face. (Fig. 351, 352, 353)

Fig. 351

Fig. 352

Fig. 353

Main point: When your two hands are locking and pulling opponent's right arm and right wrist, you should twist waist and turn body leftward and downward, in order to inflict serious damage to his wrist joint. Once opponent is loosing his grasp or withdrawing, chain immediately forward with right step and striking combination.

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V.2.4 Breaking wrist and kicking crotch

When opponent uses right hand to catch your hair, use right hand to press down on opponent's wrist, left hand lifting opponent's elbow joint and bend rapidly waist, pull backward/downward opponent's right wrist. At the precise moment he is loosing his grasp your right hand, catch forcibly opponent's right hand to break his wrist. As a result he should be leaning forward, and after, lift right foot to kick his crotch. (Fig. 354, 355, 356)

Fig. 354

Fig. 355

Fig. 356

Main point: When you are pulling opponent's wrist and reverse catching his wrist you should be in full harmony and unification with your whole body. Issue calmly force when you are breaking your opponent's wrist joint. When you are kicking his crotch, be merciless.

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V.2.5 Turning body and splitting fist

When opponent is catching your collar from the back, turn rapidly body to the right and back with a spiral force swing out opponent's right hand; two hands ascending with arc: your left hand changes into palm in front/right side of your head, right forearm is knocking to the right on opponent's right forearm; and after, left foot makes a big step forward. Now two palms are issuing simultaneously forward: left palm with the center of palm is splitting on opponent's chest, right palm is splitting on his face. (Fig. 357, 358, 359)

Fig. 357

Fig. 358

Fig. 359

Main point: When your body is rotating to the right/back, left foot should use top of foot as rotation axis while right foot should use its heel as axis. When left foot is stepping forward you should come close to his crotch in order to control opponent's mid-line position.

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V.2.6 Turning your head, pushing and smashing

When opponent uses two hands to catch your collar from the back, lower slightly your center of gravity, in the same time, your body turns slightly to the right with your right elbow striking back on opponent's heart; and after shift weight onto right leg. During the time you are turning back your body, left foot makes an arc to the right/backward to opponent's front of crotch, left palm pushes on opponent's chin while right hand issues a smashing fist to strike his belly. (Fig. 360, 361, 362)

Fig. 360

Fig. 361

Fig. 362

Main point: After that right elbow strikes opponent's heart, you should turn body rapidly to prevent from opponent's using two hands to strike your back. Your pushing palms should be precise and your smashing fist ruthless.

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V.2.7 Catching elbow and hooking-kicking

When opponent is catching your belly with his right hand, use first right hand to press on opponent's right back of hand, upper body slightly leaning forward and pulling backward on opponent's wrist joint. When you rise body up, right hand holds opponent's right hand, left hand knocks on opponent's right elbow joint. As opponent struggles back, right foot steps forward to inner side of opponent's right foot, hooking-kicking back on opponent's right leg; in the same time left palm strikes on opponent's head and right palm strikes on his belly. (Fig. 363, 364, 365)

Fig. 363

Fig. 364

Fig. 365

Main point: When you are catching opponent's joint, two hands should lock firmly his right forearm. When you are stepping forward while hooking-kicking on his right leg, you should use force from hip to be able to pull back successfully his calf.

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V.2.8 Wresting head and chopping neck

When opponent uses two hands to hold directly your waist, lower rapidly you center of gravity and lean slightly your body back, your left hand firmly catching his hair. Right hand is firmly lifting opponent's chin, and after wresting forcibly opponent's head to the left/down, compelling opponent's body to withdraw and to loose his seizing. At this time, relax two hands and issue immediately a left palm on opponent's face while right palm is chopping his neck. (Fig. 366, 367, 368)

Fig. 366

Fig. 367

Fig. 368

Main point: When you are wresting opponent's head, two hands should lock firmly his head. When your two hands are before striking opponent, arm stretching should be relatively small and your issuing force should be fast and precise.

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V.2.9 Stamping his feet and back thrusting

When opponent holds your waist from the back, relax and sink immediately your whole body, lower your center of gravity, lift rapidly right foot to stamp on opponent's right foot. Upper body turns to the right while right elbow is striking on opponent's right side of neck. And after, upper body continues to turn to the right/back, in the same time left foot touches ground with top of the foot and right foot touches ground with heel. Now your right leg is in front of opponent's crotch and right fist is striking directly on opponent's belly. (Fig. 369, 370, 371)

Fig. 369

Fig. 370

Fig. 371

Main point: When you are stamping with your foot be merciless in order to inflict an unbearable pain to your opponent. When your right elbow strikes on your opponent's neck, you should be fast in order to get him loose his seizing. Turn your body with sufficient speed. Right fist should strike accurately on opponent's belly.

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V.2.10 Closing palms and make him fall

When opponent uses two hands to hold directly your waist and hip, lower rapidly your center of gravity, left palm strikes on opponent's belly with an ascending movement while right palm strikes down on opponent's back. And after, right foot steps forward next to external/rear side of opponent's right leg, then hooks and pulls back opponent's right leg. In the same time, two hands wrest and pull back opponent's upper body so that he has no chance to escape from falling down. (Fig. 372, 373, 374)

Fig. 372

Fig. 373

Fig. 374

Main point: When two hands are closing palms to strike on opponent's belly you should slightly withdraw while upper body is slightly leaning forward. When you are pulling his leg, use base of hip to wresting and twist to the right.

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V.3 Against kicking assaults

When opponent uses techniques such as stepping on leg, kicking leg, flying foot, side kicking etc… against you, you should pay attention to keep your body moving with agility, so that opponent's leg can just find space while you can chain with an effective *duanshou* technique of counterattack.

V.3.1 Dodge body and rotate & pull

When opponent uses right leg to kick your belly, left foot makes a horizontal half step to the left; and after, body turns to the right with two hands catching and holding his right leg. And after, two wrists and two hands are simultaneously rotating to the right and pulling back. Once you have pulled his right foot, two hands continue to rotate to the right and maintain seizing of opponent's right foot. (Fig. 375, 376, 377)

Fig. 375

Fig. 376

Fig. 377

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Main point: When your left foot is making half step to the left, be fast. When you are rotating and pulling opponent's right leg, you should coordinate your movements with your back stepping.

V.3.2 Turning hip and tiger attack

When opponent uses a right side kick on your belly, left foot makes one step to the left. When opponent's right foot is missing its target, right foot makes a half step to the left, in the same time turn body to the right with an angle of 90 degrees, continue by placing left foot next to the left/rear side of his right foot. Once positioned at the back of your opponent, attack him with Dachengquan's tiger attack. (Fig. 378, 379, 380)

Fig. 378

Fig. 379

Fig. 380

Main point: Your left step should not be too large. During shifting steps, make sure to keep your balance. When you are counterattacking, relax your shoulders and sit your hip.

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V.3.3 Grabbing step and striking

When opponent is lifting right foot to kick on your left rib, makes with right foot a half step to the right and use left arm to block opponent's right forearm. As he is losing his balance, right foot is suddenly making a grabbing forward step, left foot follows half step, two palms are lifting up to the right front side of your head, and after again directly down on opponent's chest. (Fig. 381, 382, 383)

Fig. 381

Fig. 382

Fig. 383

Main point: When left forearm is blocking opponent's right calf, use a hooking hanging and pulling right/up movement. When you are performing a grabbing forward step, turn slightly your body to the left.

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V.3.4 Lifting-poking-blocking-pushing

When opponent is lifting left foot to kick your right rib, your body is slightly dodging to the left, and after right foot is making a forward step next to opponent's front of crotch while right forearm is raising and poking from left to right on opponent's left leg to block his incoming force. Once he is losing his balance, right palm bumps forward on his belly, left palm pushes and bumps forward on opponent's face. (Fig. 384, 385, 386)

Fig. 384

Fig. 385

Fig. 386

Main point: Dodge body rapidly so that your opponent's leg cannot harm you. After having stepped forward, raised and poked him, your opponent should be leaning back, apply rapidly an oblique force to strike his face and belly.

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V.3.5 Bumping and close double striking

When opponent kicks your crotch with his left foot, turn immediately your body to the left and lift your right knee which is hooking and defending. And after right foot makes a rapid step to left side of opponent, use right fist to strike opponent's left rib, and after, right foot makes a half step forward. Left foot follows with half step while right leg is blocking his left leg, upper body bumps forward and right fist is bumping forward on opponent's face. (Fig. 387, 388, 389)

Fig. 387

Fig. 388

Fig. 389

Main point: When hooking and defending with right knee, left leg should be slightly bent, belly withdrawn, the weight shifted onto base of left hip. Bumping, blocking (leg) and striking movements should be smoothly chained.

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V.3.6 Pressing, defending and piercing palm

When opponent is kicking with left foot your crotch, make with left foot a half step to the left, right foot is stepping forward to assume showing T-eight step. And after upper body turns to left, right hip is wrapping inward, two palms are patting and pressing down on opponent's left leg. As your opponent is losing his balance, right foot makes a half step forward, left foot follows with half step, two palms piercing rapidly up with base of palm parting/bumping on opponent's chest and face. (Fig. 390, 391, 392)

Fig. 390

Fig. 391

Fig. 392

Main point: When using piercing palms, your two hands should turn wrist very fast, stepping forward swift and dropping point precise. Your issuing force should be symmetrical and solid.

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V.3.7 Poking, defending and striking hip

When opponent raises directly his right foot to kick your crotch, left foot makes a left/forward half step, right foot follows with half step, right forearm pokes down on opponent's right leg, and after body turns to the right, lift left knee to bump opponent's crotch and hip from his back while left fist strikes his head or back. (Fig. 393, 394, 395)

Fig. 393

Fig. 394

Fig. 395

Main point: When you are poking, the waist should turn with agility. When you turn your body to the right, using knee to strike your opponent: you should shift weight onto right hip to keep your balance.

V.3.8 Raising, poking and striking throat

When opponent uses a direct left foot to kick your belly or rib, right foot makes half step to the right. With base of

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left palm touch his thigh, turn waist while sitting hip, raise and poke to the left on opponent's thigh, right fist smashes down on opponent's crotch. After striking his crotch, left foot makes a big step forward, left palm changes into fist on opponent's throat with an ascending movement. (Fig. 396, 397, 398)

Fig. 396

Fig. 397

Fig. 398

Main point: When you raise and poke on opponent's left leg, left hand should slightly form a claw form to avoid your opponent's leg from sliding downward; when two fists strike on opponent, your movement should be harmonious and smoothly chained.

V.3.9 Rolling and holding knee

When opponent is lifting right foot, sweeping horizontally his leg to kick your upper body, left foot makes a step half step back, in the same time bend knees and squat slightly, left arm is slightly lifting. Once left arm touches

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opponent's right leg, roll and pull it back. As your opponent's right sweeping leg is missing its target, right foot steps rapidly forward, two hands holding firmly opponent's knee, right shoulder next to opponent's crotch and hip, in the same time two hands pull back to make him fall. (Fig. 399, 400, 401)

Fig. 399

Fig. 400

Fig. 401

Main point: When you are dodging and lifting arm, the movement should be harmonious and you should focus on the pulling force while absorbing his incoming power.

V.3.10 Kicking knee and chopping palm

When opponent raises his left foot for a low kick on your right knee, then right knee twists inward, in the same time upper body is leaning forward, right fist pokes and lifts to the right opponent's inner side of left calf. And after, left foot makes a filling up step forward, lifting right foot to kick on opponent's right knee joint. Right foot is naturally dropping onto the ground, body turns to the right and right palm chops on opponent's right shoulder or neck. (Fig.

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402, 403, 404)

Main point: When you are kicking, make sure to relax your hip and to withdraw crotch. Use properly the timing when opponent's left foot has not yet dropped onto the ground to apply efficiently stepping upward and kicking knee: movements should be fast and powerful.

Fig. 402

Fig. 403

Fig. 404

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V.4 Against lethal weapons/in crucial combat situation

When an aggressor is locking your throat or uses a stick, a dagger or any lethal weapon to threaten you, you should face lucidly the situation, looking for his weak points, be faster then him and take his control. Especially dealing with stick or any lethal weapon, you should use agility of your movements and steps to adjust, avoid or control his lethal weapon's arm and if needed use even the most poisonous and vicious method to save your life.

V.4.1 Catching his crotch and cut apart leg

When opponent uses left arm to hold your left shoulder and right arm to lock your neck from the back, use rapidly left side of head to knock violently leftward/backward on opponent's face. Then right hand catches his private parts. And after shift weight onto left hip, raise left foot and step back to opponent's left leg. Now sweep forward opponent's left leg, in the same time use right elbow to strike his belly. (Fig. 405, 406, 407)

Fig. 405

Fig. 406

Fig. 407

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Main point: When you are catching his private parts you should be precise and with full determination. When you are sweeping his left leg you should be fast and merciless.

V.4.2 Penetrating eyes and slapping palm

When opponent's right hand is catching your right wrist and his left hand locking your throat, turn rapidly your body to the right, left hand in the posture of "Two dragons playing ball" penetrating with determination opponent's two eyes. This should compel your opponent to loose his seizing, and then right foot makes a big step forward, left palm chains with base of palm striking his face while right palm is slapping opponent's heart with back of palm. (Fig. 408, 409, 410)

Fig. 408

Fig. 409

Fig. 410

Main point: When you are pointing on opponent's two eyes, the fingertips should be like a sharp weapon. When you are stepping forward and using slapping palm you should be fast and powerful.

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V.4.3 Parting palm and destroying his balance

When opponent uses directly two hands to lock your throat, use right drilling fist to strike on opponent's throat, left hand patting right/down on opponent's right forearm,. This should compel him to loose his seizure, then right hand presses on opponent's left shoulder, after left foot steps immediately to the left/forward, right foot makes a big step forward next to the rear side of opponent's right leg to make him fall left/forward. (Fig. 411, 412, 413)

Main point: Here it is necessary to strike opponent's throat in order to take off any hostile intentions from opponent. When you are destroying his balance your two legs are like taking roots and your two arms are suddenly issuing force on both sides.

Fig. 411

Fig. 412

Fig. 413

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V.4.4 Patting and bumping crotch

When opponent uses a knife to touch/strike your right side of neck, use rapidly right forearm to block opponent's right forearm. As left foot makes a half step to the leftward, right arm is rotating outward and right hand catches opponent's wrist. Left palm is patting on opponent's waist at *Mingmen* acupoint (Li Zhaoshan's Authentic Healing Dachengquan); and after, left foot makes a half step and right knee lifts to bump forward on opponent's crotch. (Fig. 414, 415, 416)

Main point: After blocking, your right hand should firmly catch opponent's right wrist. When right knee is bumping on opponent's crotch, left hip should rotate gluteal (hip) muscle inward. Make sure to keep your balance.

Fig. 414

Fig. 415

Fig. 416

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V.4.5 Closing arms and bumping

When opponent is suddenly using a knife to stab your belly, left foot is rapidly and slightly stepping back, right arm knocks to the right on opponent's right arm. As you are avoiding his knife, your right fist strikes on his crotch, left palm strikes on his right rib; and after, right foot makes half step forward, left foot follows with half step and finally two palms are suddenly closing inward simultaneously to strike on opponent's liver and belly. (Fig. 417, 418, 419)
Main point: When you are dodging, be fast. Be sure about the timing of your counterattack. Your two fists should strike simultaneously with full determination.

Fig. 417

Fig. 418

Fig. 419

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V.4.6 Catching elbow and pulling leg

Your opponent presents the side of his body and he is going to chop the right side of your face with a knife. Now step slightly the left/back and use left forearm to smash to the right on opponent's right elbow. As you are avoiding his chopping movement, your right hand catches and rolls back his right wrist, left wrist strikes powerfully to the right on opponent's elbow. And after, right foot makes a big step forward. Left hand pulls back opponent's right leg and raise your body to swing him out to the right/back. (Fig. 420, 421, 422).

Main point: Just before swinging your opponent, your right hand should always hold firmly his right wrist. As you are swinging your opponent, you should twist waist and turn hip to the right while controlling him with the special helicoidal bursting force of Dachengquan.

Fig. 420

Fig. 421

Fig. 422

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V.4.7 Locking arm and smashing fist

When opponent raises his right hand with a stick to smash down on your head, dodge rapidly body to the right with left wrist counterpunching on opponent's right arm, poking and pressing to the left, in the same time right fist strikes on opponent's face. And after, left hand follows opponent's right forearm by sliding down to elbow, five fingers press on opponent's inner side of elbow muscle to lock his right arm. Once your right fist has withdrawn, left foot makes a step forward with right fist striking on his face. (Fig. 423, 424, 425)

Main point: When you are pressing with left hand then use right arm to strike face, your movements should be harmonious. Be sure to chain smoothly hooking and smashing fist.

Fig. 423

Fig. 424

Fig. 425

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V.4.8 Striking crotch and locking neck

When opponent holds with two hands a stick and is smashing down on your head, left foot makes a left/forward big step, upper body follows by dodging to the left; in the same time, right foot with top of foot is kicking on his crotch. When you are dropping onto ground your right foot, left palm strikes his neck from the back, right palm strikes with ascending movement on his throat, both palms should strike simultaneously. Finally lock firmly locking hiss neck to control him. (Fig. 426, 427, 428)

Main point: Dodge body rapidly. Kick with precision his crotch. Lock his neck and throat with determination.

Fig. 426

Fig. 427

Fig. 428

V.4.9 Catching arm and strangling throat

When opponent's right hand holds a knife and chops down on your head, upper body dodges slightly to the right, issue rapidly your left hand block in an ascending movement your opponent's forearm. In the same time use right

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pounding fist to strike opponent's face; and after right foot makes a big step forward, right fist changes into palm to sweep down his neck and finally right hand changes into claw to strangle him firmly by his throat. (Fig. 429, 430, 431)

Main point: When you are catching opponent's forearm, you should always hold him firmly so that he cannot move easily. When you are chaining striking on his face, sweeping neck and strangling throat, all these three techniques should be linked with smooth transitions.

Fig. 429

Fig. 430

Fig. 431

V.4.10 Pulling wrist and catching elbow

When opponent's right hand holds a knife to chop down on your head, left foot steps rapidly back, upper body turns to the left, right forearm knocks to the right on opponent's right arm. After blocking your opponent's right arm, right wrist turns immediately inward/downward while holding firmly his right wrist and in the same time pulls leftward/upward while left hand is patting and catching opponent's right elbow. (Fig. 432, 433, 434)

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Main point: When you are stepping back and dodging body, be fast. Lock his wrist firmly. Catch his elbow with determination. With your two hands forming correctly a force couple, you should be in position to control your opponent from his elbow.

Fig. 432

Fig. 433

Fig. 434

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V.5 Last resort Self-defense Technique

The mastery of martial arts requires a deep understanding and control of one's martial power. As an example you should not use the full power in your punch when you are training free fighting with a partner, or in competition there are some parts of the body which are prohibited to strike. But when you are in dangerous situations where you are facing your aggressor in some remote areas such as jungle, etc… You should try your best to release your largest amount of martial power, using extreme killing techniques, striking on his most deadly vital points, in order to control him, to inflict him severe injuries or even kill him when there are no other possibilities.
Now we are going to introduce techniques of self-defense to be used as a last resort to preserve your own life. Again please do not take them lightly.
Here you should strike viciously and not arrogantly in order to preserve your instinctive potential of defense.

V.5.1 Two dragons playing ball and bumping face

When aggressor uses right straight fist to attacking your throat, dodge slightly body, in the same time lift left arm, hook and pull to the left/back his inner side of right arm; and after, stretch horizontally index and middle finger even (other fingers clenching into empty fist) in the posture of "Two dragons playing ball " to thrust forward your opponent's two eyes; no matter if it thrusts finally his eyes or not, fist changes rapidly into palm which bumps on your aggressor's face or nose. (Fig. 435, 436, 437).
Main point: Thrusting aggressor's two eyes: this technique may cause blindness when used heavily on his eyes, or at least inflict him an unbearable pain. After applying this deadly technique you can apply at your will any technique to finalize your attack.

Fig. 435

Fig. 436

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Fig. 437

V.5.2 Blocking, kicking crotch and left side kicking

When aggressor uses two hands to smash down on your head or to strangle you by your throat counterpunch and block rapidly with two palms with an ascending movement. In the same time shift weight onto left leg, lift right foot and use top of foot to kick forward on opponent's crotch. When you are dropping right foot onto the ground, turn to right upper body while shifting weight onto right leg, lift left foot and with issue a side kick on opponent's belly and you can also kick again this time on his crotch. (Fig. 438, 439, 440)

Main point: Crotch is an important vital part of the body so when you hit it effectively you will inflict an unbearable pain to your aggressor. When your right foot is dropping onto the ground, you should chain immediately with a heavy left kick on his crotch/belly in order to inflict him unbearable pain.

Fig. 438

Fig. 439

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Fig. 440

V.5.3 Catching wrist, hanging and smashing nose

When aggressor uses right hand to catch your chest, left fist strikes on his rib and liver, block him with an ascending right arm. And after left hand catches and presses on aggressor's right hand, deplete your chest while bending it forward and use upper body's bending force to break his right wrist. As a result your aggressor bends forward, change your right palm into fist, and with middle finger slightly protruding from right fist, hook down downward and smash his nose; and after shift your issuing force's direction to point forward on his *Yintang* acupoint (EX-HN3) (ref. Authentic Healing Dachengquan – By Li Zhaoshan p. 175). (Fig. 441, 442, 443)

Main point: After smashing on aggressor's nose you have severely broken his nose or at least make him bleeding, damaging his soft bone. When he is feeling pain and fear, strike his *Yintang* acupoint. Because *Yintang* is one of the Extraordinary Acupoints, by striking it effectively you will bring him dizziness, making him dazzling and finally falling down.

Fig. 441

Fig. 442

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Fig. 443

V.5.4 Dodging body, rotating, hanging and striking hindbrain (back of head)

When opponent uses left palm to chop from right to left on your neck artery, dodge rapidly your body and use left arm to block his right arm; and after left arm rotates inward with inner side of wrist hooking to the left/back on his left arm. And after, right foot makes a big step forward at the back of your opponent, left foot follows with an arc step forward to the left/front side of right leg to assume left T-eight step. Upper body turns to the left, right fist strikes on opponent's hindbrain or *Yamen* acupoint (DU15) (ref. Authentic Healing Dachengquan – By Li Zhaoshan p. 174). (Fig. 444, 445, 446)

Main point: Hindbrain or *Rhombencephalon* is related to the functions such as Attention and Sleep, Autonomic Functions, Complex Muscle Movement, Conduction Pathway for Nerve Tracts, Reflex Movement, Simple Learning etc…and is normally a forbidden part in free fighting competition. When you strike effectively on it, it will damage close cervical bones but also related medulla or spinal cord, for heavier strike it may cause death or at least immediate paralysis.

Fig. 444

Fig. 445

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Fig. 446

V.5.5 Dodge hanging, striking chest and throat

When opponent uses right straight fist to attach your head, dodge slightly body and use external side of left arm horizontally to hook to the left opponent's inner side of right arm. And after left arm rotates inward while left wrist is hooking and pulling to the left/back his right arm. In the same time, right fist strikes forward on opponent's chest then right foot makes a big step forward, left foot follows with half step and finally right fist strikes up to opponent's throat. (Fig. 447, 448, 449)

Main point: Throat is in the middle of neck, it is also forbidden to strike on it in free fighting competition. The throat area includes trachea, vocal cords, throat, esophagus, etc… as important parts of respiratory and digestive systems. When you are striking heavily on his trachea, it will obstruct it and disorganize his respiratory system or even cause death by suffocation.

Fig. 447

Fig. 448

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Fig. 449

V.5.6 Entwining arm and chopping neck artery

When opponent's left fist is in "Black tiger hollowing out heart" attack in front of you, and ready to launch a deadly attack, dodge slightly body, left forearm knocks rapidly to the left/up; and after, left arm rotates inward with wrist pressing left arm while pulling it. As he is losing his balance; left foot makes a half step forward, right foot follows with a half step, right palm chops to the left/up on opponent's neck artery. (Fig. 450, 451, 452)

Main point: After a heavy strike on neck or neck's artery, it will cause stagnancy of Qi and blood then inflicting him dizziness. When spinal cord is damaged it will cause paralysis or at least affecting stimulation and nerve adjustment which may be expressed by a momentary unconsciousness. This is also why neck is a forbidden hitting part in free fighting competition.

Fig. 450

Fig. 451

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Fig. 452

V.5.7 Dodging body, pressing arm and striking *Taiyang* acupoint

When opponent with right hooking fist is attacking your throat, left foot steps to the left, upper body also follows to the left side. When opponent's right fist is missing his target, turn slightly body to the right with right forearm blocking outward his right arm. And after, pressing down, at this time use right arm to hook and pull opponent's right arm. Now he is losing his balance; at this time, use left fist to strike opponent's right side *Taiyang* acupoint (EX-HN5) (ref. Authentic Healing Dachengquan – By Li Zhaoshan p. 176). (Fig. 453, 454, 455)

Main point: Located on both sides of the forehead, the left one being *Taiyang* and the right one being *Taiyin* (or simply *Right Taiyang*). Nowadays they are generally called *Taiyang* Acupoints and are considered as an important vital part of the head among the twenty-four Deadly Acupoints. One will be faint or even die if it is slightly seized.

Fig. 453

Fig. 454

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Fig. 455

V.5.8 Pulling wrist and stepping forward to strike heart

When opponent uses two palms to attack your chest, dodge slightly body back to dissolve his palm force; in the same time use two hands to catch opponent's two hands, to break and pull back his two wrists. As your opponent is locked his upper body bends now forward. Then loosen suddenly left hand seizure and strike forward with left fist on opponent's right chest. If he withdraws, loosen also your right hand and in the same time right foot makes a half step forward, left foot follows with half step and right fist strikes forward on opponent's heart. (Fig. 456, 457, 458)

Main point: Right side chest of body protects lung and other organs, if your strike can penetrate up to damage lungs and these other organs, your opponent will feel his chest tight and uncomfortable, if you strike a second time with right fist on his heart, as it as being bumped twice, it will increase dramatically the chance to inflict a heart stroke and even death.

Fig. 456

Fig. 457

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Fig. 458

V.5.9 Blocking wrist and striking liver

When opponent uses right hand to catch my collar and left fist is attacking your head, use right arm to block rapidly to the right; in the same time, left hand is firmly catching opponent's right hand, breaking with an ascending and repulsing movement your opponent's wrist joint, right fist strikes on opponent's left *Taiyang* acupoint. Now your opponent is loosing his seizure of your collar, dodge your body to the right and strike with left palm his liver and rib. (Fig. 459, 460, 461)

Main point: Liver is located at the right side of belly, soft and fragile. After being hit, a heavy blow may produce its bursting, for a lighter it may shake it and cause unbearable pain. In general your opponent will be shocked and fall onto the ground.

Fig. 459

Fig. 460

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Fig. 461

V.5.10 Wresting arm, pressing elbow and striking *Mingmen*

When opponent uses left fist to attack your heart, dodge slightly body, in the same time use left arm to knock from right to left; and after, left arm rotates inward with left hand to catch opponent's left forearm and wresting and hooking opponent's left arm in the reverse direction. Right palm presses to the left/down on opponent's left elbow so that opponent's left arm and left elbow being under control, is forced to turn body to the right/backward. Now right foot makes a half step forward and right elbow smashes down on opponent's back or waist's *Mingmen* acupoint (DU4) (ref. Authentic Healing Dachengquan – By Li Zhaoshan p. 171). (Fig. 462, 463, 464)

Main point: As your opponent turns body and leans forward due to the lock on his left, use elbow to smash opponent's waist. By smashing *Mingmen* acupoint, you are damaging his kidney functions: if you are smashing relatively lightly on it, opponent's will bend and fall down with serious pain in his waist, but for heavier strike it may cause paralysis.

Fig. 462

Fig. 463

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Fig. 464

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V.6 Self-defense Techniques in daily situations

We are presenting here Dachengquan self defense techniques applied in daily situations. For example you can be just standing and talking, walking, resting, sitting, lying etc… but you are suddenly submitted to an aggression, then you should instinctively defend yourself.

V.6.1 The basic conditions of self-defense techniques in daily situations

These techniques of self-defense are high-level combat technique: no matter you are walking, sitting, lying… all will maintain the pure martial capacities of a high-level boxing. Here technique has no determined posture or form and can be supplemented at will with behavioral expression of happiness, laugh, anger or verbal aggression… all being possible.
Let's presents now the three basic conditions under which you can apply self-defense techniques in daily situations.

V.6.1.1 Abundance of Martial power

Without real technique you cannot reach precisely your target. The search of martial power forms the root of post technique and testing force, as you should know power is the heart of boxing. Post standing and testing force should help to strengthen it, after a certain level you are no more restrained to any form or posture but using more frequently a more solid martial power, in post standing, dispelling unnecessary any muscular tension so that your instinctive potential can be transformed into "internal strength". And after, whole body can exert an universal, abundant and heavy feeling. At this time from fixed post standing you will experience progressively various others postures including the most unorthodox ones, tasting each time its specificities, but most important of all you will realize the heaviness of this universal force.
Sometimes even sitting or laying you can also experience this feeling of strength. In testing force training, by experience various forms you will understand further properties of this strength in space, concerning its generation and its extension. Only like through this way that you can practice and build up a solid martial power, from static configuration migrating progressively to dynamic configuration to finally defeat any of your opponent.

V.6.1.2 Instinctive reaction

Instinctive reaction is a very important condition for daily situations self-defense. When you are walking or sitting and it is suddenly occurring a surprise attack on you, if you do not have instinctive reaction, even beaten or ejected you will not be able to realize and react properly if you relay only on pure consciousness.
So what is instinct? Put it simply: it is something that you don't need to learn and to understand by yourself, something that you are not involving your conscious intelligence and memory functions.
Applied in martial arts: it can be expressed in a situation where you are suddenly aggressed and you are naturally adopting the most suitable reaction. Though this reaction has been memorized previously as a self-defense reaction, but now it does not need the conscious information process of your brain to use it as

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counterattack reaction.
At this time boxing becomes free from timing and posture limitation: you can instinctively use a relevant self-defense movement with a lightning speed and addressing the full power when issuing.
Self-defense instinctive reaction can be strengthened through training. It requests mental and power training. Mental training focuses on feeling and suppleness. Free from your posture, whole body relaxed, mental highly concentrated: in this estate imagine that someone is attacking you, and then use each of self-defense reaction.
Power training: it seeks first whole body force, double stretching force, whipping force, universal force, etc…and finally seeks instinctive issuing force free from any postural limitation.
This force is completely independent from your stance: you can be standing, sitting, lying, in all these situations you will be able to issue it, within a very short time. When you are touched, your whole body will suddenly shake and issue immediately force.

V.6.1.3 Lightning Movements
Self-defense techniques in daily situations, according to your instinctive reaction, you should adopt relevant measure, integrating instantly attack and defense simultaneously, it is called "blocking is striking, striking is blocking, issuing is stopping, force should be explosive like powder and fist like a bullet, fast in your movements enough to prevent bird from flying fly."
Issuing hand fast as lightning: try your best to strike on opponent's vital point, as it is traditionally said "strike in upper level throat and lower level strike crotch, left and right ribs in the middle level".
In your daily training you should practice single hand technique starting from slow speed, whole body relaxed, and after gradually increase the speed of your movement until it reaches its faster speed.
From this basic rules, complement your training with some mind inducement: for example imagine yourself dealing with an opponent, every technique should be applied with determination, like a predator willing to eat his meat, drink his blood and leading him to a fatal situation.
Sometimes due to the position of your limbs, it is difficult subdue your opponent then change immediately your posture to regain a dominating situation in combat. At this time switch immediately in a mode of combat with no predetermined posture. For example you are standing, lying or sitting and writing, when you are attacked, try your best to neutralize him or/while raising immediately body and adjusting for the best situation in combat.

V.6.2 Examples of self-defense techniques in daily situations

V.6.2.1 Double Contradiction attacks
Standing naturally, when opponent attacks you with right fist, dodge slightly body to the right, left arm like a shield, right arm like a spear; issuing forward simultaneously both arms and with left arm is knocking opponent's right arm: right drilling fist fierce is striking his throat. (Fig. 465, 466, 467)

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Fig. 465

Fig. 466

Fig. 467

V.6.2.2 Bending bow and shoot arrow

Two hands brought in front of your body while assuming standing post, when opponent uses left fist or right fist to attack you, lower rapidly your body and step with right foot. At this time, your whole body is like forming crossbow, two hands are like a sharp arrow shaking and shooting your opponent's heart. (Fig. 468, 469, 470)

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Fig. 468

Fig. 469

Fig. 470

V.6.2.3 Iron elbow bumping bell

Assume naturally a standing post, when opponent is attacking with right fist your base of left ear from the side, dodge slightly body, in the same time, use inner side of right forearm to poke and to hook his attacking hand. And after present your right elbow forward, left hand pushes on right fist, two arms in the same time use force to the right: as a result right elbow is bumping rapidly on opponent's right side of base of ear or neck. (Fig. 471, 472, 473)

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Fig. 471

Fig. 472

Fig. 473

V.6.2.4 Hooking elbow and striking with knee

You are standing naturally then opponent is attacking you with right fist or use knife to thrust your body. Dodge rapidly body to the left, in the same time, right hand catches opponent's right wrist, left hand hooks and presses on his right elbow,. Two hands pressing to the right/down, right knee lifts and bumps his belly or crotch. (Fig. 474, 475, 476)

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Fig. 474

Fig. 475

Fig. 476

V.6.2.5 Pulling neck into arms, making him stumbling and falling

You are standing naturally then opponent uses right fist to attack you from the back, dodge slightly body to the left. At this time, left arm is parting blocking in an ascending movement opponent's right arm, right arm pulls firmly on opponent's neck, lift right leg and step next to opponent's back of right foot and after use whole body to issue suddenly force to the left/forward to make him fall. (Fig. 477, 478, 479)

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Fig. 477

Fig. 478

Fig. 479

V.6.2.6 Spring kicking and striking down

You are standing naturally then opponent uses right fist to attack your head. Left foot makes a slight step to the left. In the same time, right foot lifts and issues forward a spring kick on opponent's tibia. When right foot drops onto the ground right fist punches forward/down on opponent's heart. (Fig. 480, 481, 482)

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Fig. 480

Fig. 481

Fig. 482

V.6.2.7 Iron palm piercing heart

You are sitting naturally on a stool then opponent use right fist to attack or catch you. Dodge slightly body to the left. In the same time, hip leaving slightly the stool and two legs sliding respectively forward and backward and finally two palms are gathering whole body's universal force to bump on opponent's heart or liver and rib. (Fig. 483, 484, 485)

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Fig. 483

Fig. 484

Fig. 485

V.6.2.8 Golden needle pointing eyes

You are sitting naturally and in the same writing then opponent uses left fist to attack you from right side or use his left palm to catch you. Raise rapidly your right arm and block backward his right arm. And after, in the same time that you raise body rotate back right arm and use the pen to point straight on opponent's eyes or neck or any part of his face. (Fig. 486, 487, 488)

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Fig. 486

Fig. 487

Fig. 488

V.6.2.9 Smashing crotch and striking throat

You are in lying position on your back or on your right side then opponent is up to strangle your neck. Use rapidly a right fist to smash his crotch, in the same time use right elbow as support on the bed. Upper body slightly is raising and left palm smashes straight on opponent's neck or heart. (Fig. 489, 490, 491)

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Fig. 489

Fig. 490

Fig. 491

V.6.2.10 Chaining double kicking

You are in lying position on your back then from right side opponent uses right fist to attack down your belly. Use rapidly right forearm to block outward, in the same time, body turns to the right, use right sole to issue a spring kick on opponent's hip or right rib. Finally left foot kicks forward on opponent's chest, belly or crotch. (Fig. 492, 493, 494)

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Fig. 492

Fig. 493

Fig. 494

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CHAPTER VI

Ultimate Fatal Techniques in *Duanshou*

大成拳

Ultimate Techniques are executions of larger range combat techniques. When you are applying them, you should be faster then usual, mastering distance estimation and timing. When you are issuing strikes you should be steady, precise and with determination. Dachengquan *Duanshou* ultimate fatal techniques should be trained as followed: first practice well *Gluteal muscle* (hip) step, *No technique* step, practice in higher level your distance estimation and timing and finally choose some of the ultimate fatal techniques presented below and practice them.

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VI.1 Gluteal muscle (buttocks) step

Gluteal muscle step training is not only focus on strengthening the physical power of your lower limbs but it provides also suppleness in changing steps and it improves the fluidity of overall body adjustment (very useful in combat).
For example, when you are in a deadlock combat situation against your opponent, sometimes in high posture dealing with opponent and sometimes in lower posture to attack him, this combat tactic may defeat your opponent. Because *gluteal muscle* step requests lower posture, you should have already acquired some significant martial power basis before starting its practice.
Training method: Assume T-eight step (with left foot in the front for example), try your best to bent two legs as low as possible, assuming slightly a squatting posture, weight mainly shifted onto right leg, two feet are touching ground with their tip. Now turn inward your left hip and right foot steps forward. Once right foot drops onto the ground, shift weight onto left leg then according to the previous method prepare a second stepping with left foot. (Fig. 495, 496, 497)
From now on you can repeat this stepping but also practice Gluteal Muscle back step. Due to the higher physical constraint involved in this step, you recommend you to practice it moderately especially in the beginning and manage some rest time between each practice.

Fig. 495

Fig. 496

Fig. 497

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VI.2 No Rule step and distance appreciation

Mr. Wang Xiangzhai pointed out: "If hand reaches but step doesn't reach then you will not harm seriously your opponent, but if hand reaches with step simultaneously, your strike will be like pulling him out of the ground. If you are assuming a pre-determinate posture you'll need to step, in a not pre-determinate posture you will also need to step."

This confirms how stepping is important in combat. It is only by using freely steps that your body's movements can reach highest agility and seize the initiative in combat. So which Dachengquan steps can produce to most surprising effects? It is the No Rule step.

No Rule step looks like a step without any process scheme. Its roots start from standard steps and reach its final form as a No Rule step: it is in fact for high-level combat where the most practical step is used. No Rule step's precondition starts from standard steps, then synthesizing two or more kinds of standard "ruled" steps, reaching progressively a freely step, in a later stage by subliming your stepping, you will gradually transit into a No Rule step. (Fig. 498, 499, 500).

Fig. 498

Fig. 499

Fig. 500

After being proficient in combining steps you can practice with targets stepping. Targets stepping requests to have around you various (2 or 3) partners or targets positioned differently on which you are stepping forward. When you start its practice, your partners should not move first, then you are stepping forward, backward, leftward and rightward, this is called fixed targets steps. Once you've mastered fixed targets steps, your standing partner can avoid your step so that you'll need to combine following to reach him, as a live target. Later once you become proficient in practicing with live target, you will be stupefied by how easy you are now changing steps.

Because targets are all around you in different positions in this practice you cannot respect strictly single step as practice before, but includes different shifts due to the rotation of the body and related shifts two feet position. Especially in live target practice, it will require more agility in steps; body's movements should be as elegant as those of a fish in water, moving freely in a crowd of other fishes.

Once you have trained the basis of No Rule steps, you should train *duanshou* distance appreciation and timing.

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Example of exercise 1: imagine that in front of you in a certain distance there is your target. Now within a very short time with No Rule step fast you need to get close to this target.
Example of exercise 2: One partner standing in front of you at three to five meters distance. Use No Rule step with a very high speed to reach the front of opponent's body
Example of exercise 3: Same as Example of exercise 2, then when you've reached front of opponent's body move suddenly to side or back of his body.

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VI.3 Strengthening Combination techniques

VI.3.1 Pounding fist with elbow attack

Step rapidly forward in front of opponent, first use left fist to strike him then use right elbow to sweep horizontally opponent's neck, finally use right elbow to reverse bump on opponent's face or neck. (Fig. 501, 502, 503)

Fig. 501

Fig. 502

Fig. 503

VI.3.2 Pounding fist with Knee of Buddha's Warrior Attendant attack

Use first left fist to strike opponent then use right fist to punch him and finally chain with Knee of Buddha's Warrior Attendant bumping on opponent's belly or crotch. (Fig. 504, 505, 506)

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Fig. 504

Fig. 505

Fig. 506

VI.3.3 Reverse smashing and piercing crotch

You are standing face to face with your opponent, suddenly step forward to your left side next to opponent, and right forearm issues reverse smashing on him. Now turns body to the right and use right foot to kick forward on opponent's crotch. (Fig. 507, 508, 509)

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Fig. 507

Fig. 508

Fig. 509

VI.3.4 Piercing crotch and wheel rotating

Step forward rapidly next to opponent and use right foot to kick his crotch. Now right foot drops onto the ground while left and right arm with wheel rotating posture smash on opponent's face. (Fig. 510, 511, 512)

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Fig. 510

Fig. 511

Fig. 512

VI.3.5 Jade cat washing face and pounding fist

Left and right palms are first assuming Jade Cat Washing Face's posture to split on opponent's body and after right palm changes into pounding fist to strike forward on his face. (Fig. 513, 514, 515)

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Fig. 513

Fig. 514

Fig. 515

VI.3.6 Oblique elbow reverse smashing and Knee of Buddha's Warrior Attendant

Once you are close to your opponent, change rapidly frontal posture into left side posture, use right elbow to strike obliquely opponent's chest. Now erect right forearm, with right fist reverse smash his face. Finally use two wrists to control opponent's neck, in the same time lift right knee to bump him. Once right leg has dropped onto the ground you can continue by ejecting or striking him. (Fig. 516, 517, 518)

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Fig. 516

Fig. 517

Fig. 518

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VI.4 Close Combat Fast Attack Techniques

Close Combat Fast Attack techniques are combinations of martial arts techniques including catching and striking, shaking/ejecting, locking and close combat techniques, being designed for further effectiveness in combat.
In the beginning of Dachengquan's history, Wang Xiangzhai's disciple Bu Enfu who was The National Champion in Chinese Wrestling in title at that time, by combining former Dachengquan's techniques with locking and wrestling techniques defeated a large number of challengers.

In Dachengquan Close Combat Fast Attack techniques, you are seeking for the state where hand doesn't assume any determinate posture, foot and body not in any determinate posture, technique not referring to any determinate technique and being able in any moment to issue force. But there are progressive steps in Close Combat Fast Attack techniques: in the beginning respect all Dachengquan in your movements, then in sparring you'll be able progressively to detect all combat opportunities, increase your strength and defeat your opponent.
Dachengquan has principles describing progression of martial abilities:
"From no existing (fighting abilities) to acquired (fighting abilities), then from acquired (fighting abilities) into unrestrained (fighting abilities) and finally up to the highest level where you are issuing with full power, instinctively and mechanically upon the slightest relevant solicitation."
"Not expecting it (consciously) but however having it while reaching high-level's combat abilities."
Dachengquan Close Combat Fast Attack techniques are forming a variety of short distance combat techniques to overcome opponent.
Locking and striking techniques are among the most important of them and we will stress particularly on them in the following presentation.
Lock-strike is in fact a lock followed by a strike. When you have locked, stricken, hooked his foot, outbalanced him, ejected him…all techniques are designed with the most practical way to assure their most deadly effects on your opponent.
We hope that each reader can measure their effectiveness!!!

VI.4.1 Breaking finger and striking face

When opponent uses to right palm push your chest, dodge slightly your upper body, left palm presses rapidly on opponent's right palm. In the same time pull back/down opponent's hand to break his finger. Catch his wrist, now opponent should bend his body and lean forward. Use right fist to strike his face.
In combat you should pay attention the seizing duration, to be sure to break and strike in the same time. (Fig. 519, 520, 521).

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Fig. 519

Fig. 520

Fig. 521

VI.4.2 Catching elbow and striking face

When opponent attacks your head with left straight fist, make a horizontally half step to the right and avoid his attack. In the same time, left hand catches and pulls from right to left and finally down opponent's left wrist, right fist knocks on opponent's left elbow. If opponent resists to the lock by mowing to the left/forward, use back of right fist to strike forward on opponent's face. (Fig. 522, 523, 524)

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Fig. 522

Fig. 523

Fig. 524

VI.4.3 Pushing wrist and striking crotch

When opponent uses right hand to catch your right wrist, use rapidly left hand to catch his side of right wrist and apply the force down. In the same time, right wrist rotates slightly back/in, pushing forward opponent's wrist and inflicting him an unbearable pain. Now he has to lean his upper body forward, offering you the opportunity to lift immediately right knee and bump forward on his crotch. (Fig. 525, 526, 527)

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Fig. 525

Fig. 526

Fig. 527

VI.4.4 Wresting arm and smashing rib

When opponent is attacking you with right straight fist, make with left foot a horizontal half step to the left. When you avoid his attack, right hand catches his right wrist, turns arm and rotates wrist outward to wrest opponent's right arm. As opponent is under locking, he must turn body to the left, right hand continues to catch his right arm, twist rapidly your waist and turn your body to the right, and left hand with smashing fist is striking on opponent's liver and rib. (Fig. 528, 529, 530)

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Fig. 528

Fig. 529

Fig. 530

VI.4.5 Wresting head and unbalancing

When opponent is directly holding you by the waist, sit rapidly your hip, bend the body and strike with two palms opponent's two sides of face. And after, two hands twist to the left opponent's head and neck, in the same time, left foot steps to the left/forward, next to the rear side of opponent's right leg to destroy his balance. (Fig. 531, 532, 533).

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Fig. 531

Fig. 532

Fig. 533

VI.4.6 Breaking neck and striking knee

When opponent is directly holding your right leg, left leg makes rapidly a half step back to lower opponent's center of gravity; in the same time right hand lifts opponent's chin, left hand presses on opponent's head, two hands pull to the right/down his head to break his neck. And after right knee strikes on opponent's liver and rib. (Fig. 534, 535, 536)

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Fig. 534

Fig. 535

Fig. 536

VI.4.7 Catching arm and striking crotch

When opponent is attacking you with right straight fist, left forearm knocks rapidly outward on opponent's right forearm. As he is missing his target, your left wrist rotates outward to wrest his right wrist, in the same time, right hand lifting up to opponent's right elbow and pulling to the right/down his right arm. As a result his upper body is leaning forward: use right knee to strike his crotch. (Fig. 537, 538, 539)

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Fig. 537

Fig. 538

Fig. 539

VI.4.8 Breaking hand and striking neck

When opponent is holding your waist from the back, lower slightly your center of gravity and use rapidly right foot to stomp on opponent's right foot. And after left hand presses on opponent's finger and reverses it forcibly to break it. Now opponent is releasing his seizure, turn immediately body to the right, swing right elbow and use its extremity to strike his neck. (Fig. 540, 541, 542)

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Fig. 540

Fig. 541

Fig. 542

VI.4.9 Repulsing arm and striking throat

When opponent is striking you with left straight fist, turns slightly body to the left and use left palm to pat to the right on opponent's left forearm. And after use right hand to thrust rapidly opponent's left armpit to make him lower his right shoulder. Now while keeping your lock, pull to the left/forward opponent's left shoulder and left arm, in the same time use left drilling fist to strike on his throat. (Fig. 543, 544, 545)

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Fig. 543

Fig. 544

Fig. 545

VI.4.10 Pulling wrist and unbalancing striking

When opponent is using directly his right hand to catch your hair, right hand presses rapidly on opponent's right palm, left hand pats and catches to the right on opponent's right elbow. In the same time lean upper body slightly forward while locking his right wrist and right elbow. Left foot makes rapidly a forward step to unbalance his right leg, in the same time two palms are rapidly bumping opponent's liver. (Fig. 546, 547, 548)

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Fig. 546

Fig. 547

Fig. 548

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VI.5 How should you form a "Unique Technique"

In Chinese martial arts literature, it is frequently the term of *Juezhao* which we can translate by "unique skill" or "unique technique". This expression refers in fact to the highest technical level achieved in martial arts against which it is merely impossible to defend effectively.
For those who have "unique skill", you are "navigating" with easiness among all martial techniques and able to form any single basic technique your "unique skill".
This "unique skill" finds his root from the accomplishment of your physical body, according to how you have integrated and synthesized fighting techniques after having practiced again and again.
In Chinese Martial circle, it was said that Guo Yunshen (the famous Xingyiquan master of Wang Xiangzhai) had a "half step smashing fist which strikes everything under the sun".
Xingyiquan's smashing fist (*Peng Quan*) is in fact a very simple technique which is known by any adept of Xinyiquan (Mind Body Boxing), but in the same time, generally speaking this technique is not perceived with such greatness.
However Guo Yunshen through years of dedication in research and practice complemented it with an exceptional martial power, has brought his smashing fist at such a level that it was merely unbeatable.
However "unique skill" does not mean "dedicated to a sole technique": what may appear as "unique" for A may not so be "unique" for B. In a word what helps you to deal successfully with C, may not always lead you to victory with D. This is the relativity contained in the concept of "unique skill".
There is a saying in martial arts which goes: "Understanding one thousand techniques is not as good as being proficient in single techniques".
It is evident that in fighting, with a very large scope of techniques you can brilliantly defense and attack, using leg well as using fist, integrating also wrestling techniques, etc…This should be ideal, but impossible for everyone to reach it. Some fighters like to increase constantly their technical range but during sparring they are unable to use successfully one single technique. At this time you'd rather practice one or two perfectly, so that you can use them effectively.
"Unique technique" can also be a combination of basic techniques: starting from a single technique, mastering and enriching it with your own experience and combine it with others. As you can see a good technical background is a must otherwise you do not have any solid clue to pattern your "unique skill".
In addition it is also clear that "unique technique" has a direct incidence on your mental during combat, if you use others technical movements, you will not as confident as using your "unique technique" which will have a direct incidence at the very moment of your crucial attack.

How should you form your unique skill?

VI.5.1 Gather significant experience

Some pure street-fighters think that "unique skill" can only gained through "field" experience.
So that they may enter the combat arena courageously, without being nervous but also without knowing very well

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how to apply their fighting techniques, just by cumulating combat, improving gradually their movements until they "solidify" their experience into a "unique skill".

This approach is not completely wrong, as through the reality of combat you will integrate these indispensable parameters of timing and space appreciation, however because of this lack of solid technical background, you may lost a long time to improve your movements and without proper guidance will probably contract bad habits which will be later hard to solve.

You need also to listen to other successful experience, analyzing your own combat abilities but also asking further advice to experts or senior practitioners, selecting for what suits more to your personal case and always checking and validating this knowledge in your daily training so that you will inevitably form your "unique technique".

VI.5.2 Abilities analysis

VI.5.2.1 Two factors for the expression of a "unique skill"

Your body itself: height, weight, length of limbs...

Your temperament: more or less courageous, apathetic or nervous.

VI.5.2.2 Prescription according to the type of body

VI.5.2.2.1 Small body type

He should use mainly rushing fist and kicking hidden rear leg. This kind of fighter has relatively less striking power than any strong fighter. So that they will use at their best agility and constant change in step, one hand attacking the other hand stepping back, catching with intelligence any opportunity in combat, suddenly approaching opponent with fast rushing fist or any fake movement destroying opponent's defense and immediately after use a hidden kicking with rear leg.

VI.5.2.2.2 Tall and thin body type

He should use mainly rushing fist and leg striking. This kind of fighter has the advantage of long limbs and long body, and even with upper limbs he can easily touch his opponent. So the most suitable strategy in combination of techniques is rushing fist and kicking. Front kick and circling kick, etc… all these leg techniques are suitable.

VI.5.2.2.3 Strong body type

He should use mainly rushing fist to make his opponent fall down. This type of fighter has the disadvantage of lacking promptness and therefore he should use his power to compensate it. Starting from rushing fist or any horizontal strike, he should stick and catch his opponent then immediately strike/unbalance his opponent.

VI.5.3 From sparring training getting the intuitive apprehension of combat

I would like to reiterate a last time this important statement: *"unique skill" has its roots in practice* because also in practice you can fully check your aptitudes. So, if you want to form your "unique skill", you should gather and synthesize untiringly any combat experience, adapting accordingly to your physical conditions factions and your natural inclinations in fighting techniques, exploiting as much as possible any your favorable opportunity and avoiding any unfavorable one, combining pertinently series of techniques but also selecting among many techniques to forge finally your "unique technique".

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