

〈拳經捷要〉

Essentials of the Fist

明代 戚繼光 茅元儀

Translated by: Jack Chen

www.chineselongsword.com

Copyright © 2016 by Jack Chen Jiayi

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of the copyright owner.

www.chineselongsword.com

In dedication to the bravery and wisdoms of Men before us.

For my grandparents.

About this book

This book consists of the “Fist” (empty-handed combat) chapters translated from two ancient Chinese warfare manuals:

1. 紀效新書 (Ji Xiao Xin Shu)

New Book of Military Efficiency by 戚繼光 (General Qi Ji-guang)

2. 武備志 (Wu Bei Zhi)

Military Preparation Manual by 茅元儀 (Mao Yuan Yi).

There are a total of 32 stances here. Wu Bei Zhi has all 32 stances, but Ji Xiao Xin Shu only has 24 stances. Yet in the text, Ji Xiao Xin Shu states that there are 32 stances. Perhaps these stances are lost? I recover the missing stances from Wu Bei Zhi, and these will be indicated as such.

The stances are all described in a more poetic manner, which is good and bad. Good, because it means the writings are less focused on specific movements, but rather on principles. Bad, because it becomes difficult to translate and there can be many different interpretations.

Nevertheless, I offer my own interpretations here for your reference. If you have a different interpretation, please feel free to contact me through: **www.ChineseLongsword.com**

拳經捷要篇第十四

piān dì shí sì

(此藝不甚預於兵能

cǐ yì bú shèn yù yú bīng

有餘力

néng yǒu yú lì

則亦武門所當習

zé yì wǔ mén suǒ dāng xí

但眾之不能強者

dàn zhòng zhī bù néng qiáng zhě

亦聽其所便耳

yì tīng qí suǒ biàn ěr

於是以此為諸篇之末

yú shì yǐ cǐ wéi zhū piān zhī mò

第十四)

dì shí sì

Essentials of the Fist

Chapter #14

(from Ji Xiao Xin Shu)

This art is not very practical
for the soldier.

If the soldier has excess
energy

He can practice the unarmed
moves as a form of martial
art.

However, majority cannot
become strong

And rely on instinctual
movements only.

Thus this chapter is placed at
the last of all the chapters

As the 14th chapter.

拳法

quán fǎ

Unarmed techniques

似無預於大戰之技

sì wú yù yú dà zhàn zhī jì

Seems to have no use in big battles.

然活動手足慣勤肢體

rán huó dòng shǒu zú guàn qín zhī tǐ

However, moving the arms and legs, and regularly training the limbs and body

此為初學入藝之門也

cǐ wèi chū xué rù yì zhī mén yě

Is the initial step towards learning martial arts.

故存于後以備一家

gù cúnyú hòu yǐ bèi yì jiā

Thus this chapter is kept at the last to provide a complete training program.

學拳要身法活便

xué quán yào shēn fǎ huó biàn

To learn the Fist, one's body movements must be agile.

手法便利腳法輕固

shǒu fǎ biàn lì jiǎo fǎ qīng gù

The arms can move with ease, and the footwork is light.

進退得宜

jìn tuì dé yí tuǐ kě fēi téng

One can enter and retreat easily.

腿可飛騰而其妙也

ér qí miào yě

The legs appear to be flying, how marvellous is that?

顛起倒插而其猛也

diān qǐ dào chā ér qí měng yě

To jolt upwards and do an upper-cut, is to be ferocious.

披劈橫拳而其快也

pī pī héng quán ér qí kuài yě

To spread the arms and strike across horizontally, is to be fast.

活捉朝天而其柔也

huó zhuō cháo tiān ér qí róu yě

To catch an incoming high attack, is to be gentle.

知當斜閃

zhī dāng xié shǎn

To know to block, and evade diagonally

故擇其拳之善者三十二勢

gù zé qí quán zhī shàn zhě sān shí èr shì

Therefore, these 32 stances were chosen from those who are good at the Fist.

勢勢相承

shì shì xiāng chéng

Each of these stances
complements one another.

遇敵制勝

yù dí zhì shèng

It can achieve victory when
encountering the enemy.

變化無窮微妙莫測

biàn huà wú qióng wēi miào mò cè

With boundless variations,
subtle and unpredictable.

窈焉冥焉

yǎo yān míng yān

How elegant!
How deep!

人不得而窺者謂之神

rén bù dé ér kuī zhě wèi zhī shén

When common people
cannot 'see' your
technique, they will think
you're a God of martial
arts.

俗云

sú yún

As the saying goes:

拳打不知是迅雷不及掩耳

quán dǎ bù zhī shì xùn léi bù jí yǎn ěr

"The punch lands
unknowingly. Fast like the
thunderbolt, one cannot
cover his ears in time."

所謂

suǒ wèi

And the so-called:

不招不架只是一下

bù zhāo bú jià zhǐ shì yí xià

“No techniques, no blocking.
Just merely one attack.

犯了招架就有十下

fàn le zhāo jià jiù yǒu shí xià

Failure to block, and there will
be 10 more attacks to deal
with.”

博記廣學多算而勝

bó jì guǎng xué duō suàn ér
shèng

Those who learn extensively
and strategise, shall achieve
victory.

古今拳家

gǔ jīn quán jiā

In the masters of Fist now and
then

宋太祖有三十二勢長拳

sòng tài zǔ yǒu sān shí èr shì
chàng quán

There is *Song* Emperor *Taizu's*
32 Long-Fist Stances.

又有六步拳

yòu yǒu liù bù quán

There's also the “6-Steps Fist”

猴拳

hóu quán

“Monkey Fist”

圈拳

é quán

And “Decoy-Fist”.

名勢各有所稱

míng shì shì suǒ chēng

Different stances have their own names in the different styles mentioned.

而實大同小異

ér shí dà tóng xiǎo yì

But actually, all are virtually the same.

至今之溫家

zhì jīn zhī wēn jiā

The *Wen*-style today consists of

七十二行拳

qī shí èr háng quán

“72-Line Fist”

三十六合鎖

sān shí liù hé suǒ

“36 Locks”

二十四棄探馬

èr shí sì qì tàn mǎ

“24 Mounted-Scout Throws”

八閃番十二短

bā shǎn fān shí èr duǎn

“8 Evasion”,
“12 Short-Boxing”.

此亦善之善者也

cǐ yì shàn zhī shàn zhě yě

These are the best among the best.

呂紅八下雖剛

lǚ hóng bā xià suī gāng

Although “Red *Lu* 8-Hits” is strong

未及綿張短打

wèi jí mián zhāng duǎn dǎ

It doesn’t match up to “*Mian-Zhang* Short Strikes”.

山東李半天之腿

shān dōng lǐ bàn tiān zhī tuǐ

The leg (kicks) of *Li Ban-Tian* from *Shan-Dong* Province

鷹爪王之拿

yīng zhǎo wáng zhī ná

The grappling of “Lord Eagle-Claw”

千跌張之跌

qiān diē zhāng zhī diē

The throws of “Thousand-Throws *Zhang*”

張伯敬之打

zhāng bó jìng zhī dǎ

The punches of “*Zhang Bo-Jing*”

少林寺之棍

shào lín sì zhī gùn

The Staff from *Shaolin* Temple

與青田棍法相兼

yǔ qīng tián gùn fǎ xiāng jiān

Are of similar standards to the “Green-Field (*Qing-Tian*) Staff”

楊氏鎗法與巴子拳棍

yáng shì lún fǎ yǔ bā zǐ quán
gùn

The *Yang*-style Spear, and *Bazi*
Fist and Staff.

皆今之有名者

jiē jīn zhī yǒu míng zhě

These are the famous styles
and fighters we have today.

雖各有所取

suī gè yǒu suǒ qǔ

Although each are good at
what they do

然傳有上而無下

rán chuán yǒu shàng ér wú xià

However as these are passed
down, sometimes there's the
upper part (arms), but lacking
the lower part (legs).

有下而無上

yǒu xià ér wú shàng

Or train the lower part (legs),
but lacking the upper part
(arms).

就可取勝於人

jiù kě qǔ shèng yú rén

Even if victory can be obtained

此不過偏於一隅

cǐ bú guò piān yú yì yú

This is but only a piece of the
whole picture.

若以各家拳法兼而習之

ruò yǐ gè jiā quán fǎ jiān ér xí
zhī

If one can learn all the
different styles of Fist
together

正如常山蛇陣法

zhèng rú Cháng shān shé
zhèn fǎ

It will be like the
“Mountain-Snake Formation”.

擊首則尾應

jī shǒu zé wěi yīng

If you strike the head, the tail
will counter-attack.

擊尾則首應

jī wěi zé shǒu yīng

If you strike the tail, the head
will counter-attack.

擊其身而首尾相應

jī qí shēn ér shǒu wěi xiāng
yìng

If you attack the body
(center), the head and tail will
counter.

此謂上下周全

cǐ wèi shàng xià zhōu quán

This can be called as
“Thorough from up to down”
(*Holistic solution*).

無有不勝

wú yǒu bú shèng

There will always be victory.

大抵拳棍刀鎗叉鈚劍

dà dǐ quán gùn dāo qiāng chā
pá jiàn

Overall, the Fist, Staff, Saber,
Spear, Fork, Trident, Sword

戟弓矢鉤鐮挨牌之類

jǐ gōng shǐ gōu lián āi pái zhī
lèi

Halberd, Bow & Arrow, Hook,
Scythe, Shield, etc...

莫不先有拳法活動身手

mò bù xiān yǒu quán fǎ huó
dòng shēn shǒu

Are all practiced by exercising
the body and arms with the
Fist techniques first.

其拳也為武藝之源

qí quán yě wéi wǔ yì zhī yuán

Therefore the Fist is also the
root of martial arts.

今繪之以勢註之以訣

jīn huì zhī yǐ shì zhù zhī yǐ jué

Here, the stances are drawn
and the songs are written

以啟後學

yǐ qǐ hòu xué

To inform the pupils.

既得藝必試敵

jì dé yì bì shì dí

When the art is learnt, one
must put it to the test on the
enemy.

切不可以勝負為愧為奇

qiè bù kě yǐ sheng fù wéi kuì
wèi qí

One must not feel ashamed
when there's defeat, nor
baffled when there's victory.

當思何以勝之

dāng sī hé yǐ sheng zhī

One must consider rationally,
how is victory obtained

何以敗之

hé yǐ bài zhī

And how did defeat came
about.

勉而久試

miǎn ér jiǔ shì

Make an effort to test (the
techniques) for long duration
of time.

怯敵還是藝淺

qiè dí hái shì yì qiǎn

If one is afraid of the enemy,
that means one is still not
well-trained yet.

善戰必定藝精

shàn zhàn bì dìng yì jīng

Those who are good in
fighting must surely be highly
skilled in the art.

古云藝高人胆大

gǔ yún yì gāo rén dǎn dà

As the ancient saying goes:
"The highly-skilled are
courageous."

信不誣矣

xìn bù wū yǐ

One must believe this!

余在舟山公署

yú zài zhōu shān gōng shǔ

When I (General Qi) was at the *Zhou-Shan* prefecture's government office

得參戎劉草堂打拳

dé cān róng liú cǎo táng dǎ quán

I trained with Officer *Liu Cao-Tang* in the art of Fist.

所謂

suǒ wèi

As the saying goes:

犯了招架便是十下之謂也

fàn le zhāo jià biàn shì shí xià zhī wèi yě

"If one fails to block, the fight will drag on with 10 more exchanges."

此最妙即棍中之連打

cǐ zuì miào jí gùn zhōng zhī lián dǎ

This strategy is marvellous. It is the same as the Staff technique of repeated strikes.

32 Stances of the Fist

懶扎衣出門架子變
下勢霎步單鞭對敵
若無膽向先空自眼
明手便



1. 懒扎衣

lǎn zhā yī

懒扎衣 出门架子

lǎn zhā yī chū mén jià zi

变下势 霎步 單鞭

biàn xià shì shà bù dān biān

对敌若无胆向先

duì dí ruò wú dǎn xiàng xiān

空自眼明手便

kōng zì yǎn míng shǒu biàn

Casual Tuck Shirt

Casual Tuck Shirt is the stance used at the start.

You can change into a

Low Stance, Flash Stance or **Single-Whip Stance**.

When facing the enemy, if one cannot muster the courage to move forward

Then one's eyes and fast hands (one's training) would have gone to waste.

金雞獨立顛起裝腿
橫拳相兼搶背臥牛
雙倒遭着叫苦連天



2. 金雞獨立

jīn jī dú lì

金雞獨立顯起

jīn jī dú lì diǎn qǐ

裝腿橫拳相兼

zhuāng tuǐ héng quán xiāng jiān

搶背臥牛雙倒

qiǎng bèi wò niú shuāng dào

遭着叫苦連天

zāo zhe jiao kǔ lián tiān

Golden-Chicken Solo-Stand

In the **Golden-Chicken Solo-Stand Stance**, jolt upwards (the leg).

Lift up the leg and place fist horizontally together at the same time.

Turn one's back swiftly into the "Crouching-Bull" Stance, and drop both arm and leg together to throw the enemy.

When this move is successfully executed, the enemy will cry in pain towards the heavens.

探馬傳自太祖諸勢
可降可變進攻退閃
弱生強接短拳之至
善



3. 探馬

tànmǎ

探馬傳自太祖

tàn mǎ chuán zì tài zǔ

諸勢可降可變

zhū shì kě jiàng kě biàn

進攻退閃弱生強

jìn gōng tuì shǎn ruò shēng
qiáng

接短拳之至善

jiē duǎn quán zhī zhì shàn

Mounted Scout

The **Mounted Scout** Stance came from *Song* Emperor *Taizu*.

The various stances can be subdued, and can be adapted to.

In entering to attack, and retreating to evade, gentleness in application will become strong.

This is the best way to receive and intercept short punches.

Interpretation: In *Yang* style *Taiji*, this technique is used by intercepting and softening the enemy's left-punch with one's left-hand, while the right-hand attacks the enemy's face. Subsequently, both hands shall grab and turn the enemy's head, to cause the enemy to fall.

The drawing shows the right-hand raised high, because this technique was used historically to grab and turn a 馬 horse's head to make it fall.

勾單鞭黃花緊進披
挑腿左右難防搶步
上拳連劈揭沉香勢
推倒太山



4. 拗單鞭

ào dān biān

拗單鞭黃花緊進

ào dān biān huáng huā jǐn jìn

披挑腿左右難防

pī tiāo tuǐ zuǒ yòu nán fáng

搶步上拳連劈搥

qiǎng bù shàng quán lián pī jiē

沉香勢推倒太山

chén xiāng shì tuī dǎo tài shān

Twisted Single-Whip

Enter in close with the
Twisted Single-Whip Stance.

It is difficult to defend kicks
coming in from the left or
right.

Rush in and overwhelm the
enemy with repeated
punches.

Sink into a low stance to push
down *Mount Tai*.

Interpretation: In the diagram, the left-arm and right-leg are forward, hence the term 拗, which refers to a twisted stance. Move in close and sink low to gain a firm stance, to push the enemy off-balance.

七星拳手足相顧挨
步逼上下隄籠饒君
手快脚如風我自有
攪衝劈重



5. 七星拳

qī xīng quán

Seven-Stars Fist

七星拳手足相顧

qī xīng quán shǒu zú xiāng gù

The hands and feet work together in the

Seven-Stars Fist Stance.

挨步逼上下隄籠

āi bù bī shàng xià dī lóng

Get close to the enemy, to control his upper-body and attack (kick) his lower-body.

饒君手快腳如風

ráo jūn shǒu kuài jiǎo rú fēng

His punches and kicks may be swift

我自有攬衝劈重

wǒ zì yǒu jiǎo chōng pī zhòng

But I can deflect them away, and rush in with heavy strikes of my own.

Interpretation: 七星 is the abbreviation for 北斗七星 (Seven Stars of the North Dipper). If you were to draw a line to join these stars, it will result in a zig-zag line. Hence, this stance is about moving in a zig-zag manner to get close to the enemy from one side.

到騎龍詐輸伴走誘
追入遂我回衝恁伊
力猛硬來攻怎當我
連珠砲動



6. 倒騎龍

dào qí lóng

倒騎龍 詐輸佯走

dào qí lóng zhà shū yáng zǒu

誘追入遂我回衝

yòu zhuī rù suì wǒ huí chōng

恁伊力猛硬來攻

nèn yī lì měng yìng lái gōng

怎當我連珠砲動

zěn dāng wǒ lián zhū pào
dòng

Reverse Ride Dragon

The **Reverse Ride Dragon**

stance feigns defeat and
pretends to be escaping.

It lures the enemy to chase
after me.

When he attacks me fiercely

He will not be able to defend
himself from my rapid attacks.

Interpretation: The principles behind this stance can also be found in weapon techniques, where one retreats to feign defeat to bait the enemy.

懸脚虛餌彼輕進二
換腿决不饒輕趕上
一掌滿天星誰敢再
來比並



7. 懸腳

xuán jiǎo

懸腳虛餌彼輕進

xuán jiǎo xū ǐr bǐ qīng jìn

二換腿决不饒輕

èr huàn tuǐ jué bù ráo qīng

趕上一掌滿天星

gǎn shàng yì zhǎng mǎn tiān
xīng

誰敢再來比亞

shuí gǎn zài lái bǐ yà

Hang Leg

The **Hang Leg** stance lures the enemy to enter.

When I change my standing-leg, he will suffer.

Rush forward with a palm attack, to make him 'see stars' (knock-out).

I wonder who else will still dare to come and challenge me.

邱劉勢左搬右掌劈
來脚入步連心挪更
拳法探馬均打人一
着命盡



8. 丘劉勢

qiū liú shì

丘劉勢左搬右掌

qiū liú shì zuǒ bān yòu
zhǎng

劈來脚入步連心

pī lái jiǎo rù bù lián xīn

挪更拳法探馬均

nuó gèng quán fǎ tàn mǎ
jūn

打人一着命盡

dǎ rén yì zhāo mìng jìn

Hill Stance

The **Hill Stance** shifts the enemy's balance with the left-hand, and strikes with the right-palm.

When his strikes come, I shall step in to close to his heart (make the enemy lose balance).

Shift and change, the fist techniques are similar to the **3. Mounted Scout** stance.

My strikes are sufficient to end a man's life.

下插勢專降快腿得
進步攙靠無別鉤脚
鎖臂不容離上驚下
取一跌



9. 下插勢

xià chā shì

下插勢專降快腿

xià chā shì zhuān jiàng kuài tuǐ

得進步攪靠無別

dé jìn bù jiǎo kào wú bié

鈎脚鎖臂不容離

gōu jiǎo suǒ bì bù róng lí

上驚下取一跌

shàng jīng xià qǔ yì diē

Low-Stab Stance

The **Low-Stab Stance** is specialized for dealing with the enemy's fast kicks.

I must step in close and press against him, there is no other way.

I shall hook his leg and lock his arm, not allowing him to leave.

Grab his attention high, to attack him from low, and make him fall.

埋伏勢窩弓待虎犯
圈套寸步難移就機
連發幾腿他受打必
定昏危



10. 埋伏勢

mái fú shì

埋伏勢 窩弓待虎

mái fú shì wō gōng dài hǔ

犯圈套寸步難移

fàn quān tàn cùn bù nán yí

就機連發幾腿

jiù jī lián fā jǐ tuǐ

他受打必定昏危

tā shòu dǎ bì dìng hūn wēi

Ambush Stance

The **Ambush Stance** is like a bow hiding and waiting to shoot a tiger.

Once the enemy falls into the trap, it will be difficult for him to move.

Seize the opportunity to give the enemy several consecutive kicks.

The blows that the enemy receive will surely knock him out.

拋架子搶步披掛補
上腿那怕他識右橫
左採快如飛架一掌
不知天地



11. 拋架子

pāo jià zi

拋架子搶步披掛

pāo jià zi qiǎng bù pī guà

補上腿那怕他識

bǔ shàng tuǐ nà pà tā shí

右橫左採快如飛

yòu héng zuǒ cǎi kuài rú fēi

架一掌不知天地

jià yì zhǎng bù zhī tiān dì

Throw Shelf

The **Throw Shelf** stance rushes forward, with the arms spreaded out.

Use your legs confidently, without fear that he might recognize your intentions.

Make horizontal sweeping attacks with your arms left and right, fast like the wind.

Even if he tries to block, he will not be able to 'differentiate heaven from earth' (*knock-out*).

拈肘勢防他弄腿我
截短須認高低劈打
推壓要皆依切勿手
脚忙急



12. 拈肘勢

niān zhǒu shì

拈肘勢防他弄腿

niān zhǒu shì fáng tā nòng tuǐ

我截短須認高低

wǒ jié duǎn xū rèn gāo dī

劈打推壓要皆依

pī dǎ tuī yā yào jiē yī

切勿手脚忙急

qiè wù shǒu jiǎo máng jí

Grasp-Elbow Stance

The **Grasp-Elbow Stance**

defends one from the enemy's kicks.

When I intercept his short punches, I must recognize whether is it low or high.

I must strike and push him off balance at the same time.

My hands and legs must not rush in a panic.

Interpretation: The enemy gives me a right-punch. I intercept it by pushing it to the left with my right-hand, and giving the enemy a left-punch.

The second verse means that, I must recognize if I'm intercepting high or low, because this will determine whether my left-punch will travel above or underneath my right-forearm.

一霎步隨機應變左
右腿衝敵連珠恁伊
勢固手風雷怎當我
閃驚巧取



13. 一霎步

yí shà bù

一霎步隨機應變

yí shà bù suí jī yìng biàn

左右腿衝敵連珠

zuǒ yòu tuǐ chōng dí lián zhū

恁伊勢固手風雷

nèn yī shì gù shǒu fēng léi

怎當我閃驚巧取

zěn dāng wǒ shǎn jīng qiǎo qǔ

Flash Step

The **Flash Step** stance adapts to the situation accordingly.

The enemy tries to overwhelm me with his repeated kicks from the left and right.

When he stops, my hands shall move fast like the wind and thunder.

He will not be able to defend himself from my sudden evasion and counter-attack.

Interpretation: The enemy overwhelms me with continuous attacks, while I keep retreating and feigning defeat. When the window of opportunity is presented, I shall swiftly surprise him with a counter-attack.

擒拿勢封腳套子左
右壓一如四平直來
拳逢我投活恁快腿
不得通融



14. 擒拿勢

qín ná shì

擒拿勢封脚套子

qín ná shì fēng jiǎo tào zi

左右壓一如四平

zuǒ yòu yā yì rú sì píng

直來拳逢我投活

zhí lái quán féng wǒ tóu huó

恁快腿不得通融

nèn kuài tuǐ bù dé tōng róng

Seize Stance

The **Seize Stance** secures the (enemy's) leg to trap him.

Press down on the left or right, just like the **Four-Even Stance**.

He makes a straight punch, I shall toss my whole body into him (to make him fall).

His quick footwork may result in my unsuccessful execution of this technique.

Interpretation: In close-quarters, I shift my leg to position it behind the enemy's front leg in close contact, to make sure his front leg doesn't move. Next, using my whole body, I shift my entire bodyweight into him to make him fall.

If his footwork is fast, he may escape from my "foot-lock" and may recover from my push.

井欄四平直進、剪膝
踢膝當頭、滾穿劈靠
抹一鉤、鐵樣將軍也
走、



15. 井欄四平

jǐng lán sì píng

井欄四平直進

jǐng lán sì píng zhí jìn

剪鑷踢膝當頭

jiǎn lián tī xī dāng tóu

滾穿臂靠抹一鉤

gǔn chuān pī kào mǒ yì gōu

鐵樣將軍也走

tiě yàng jiāng jūn yě zǒu

Well Four-Even

(From *Wu Bei Zhi*)

The **Well Four-Even** stance advances in a straight manner.

This stance can strike like a scythe, kick the enemy's knees, and defend the head.

You may “roll”, “pierce”, “strike”, or “push”, before hooking him down to the ground.

Even a metal-casted General will fall.

Interpretation: The right-elbow is bent and the right-forearm is positioned horizontally above the head for defence (think of Karate's “*Jodan Uke*”). The left-hand is facing towards the enemy as shown in the diagram. Together, both hands form a loop that resembles the opening of a well.

“Striking like a scythe” suggests a hooking type of strike, where you draw your punch/kick towards yourself.

鬼蹴脚搶人先着補
前掃轉上紅拳背弓
顛坡揭起穿心肘靠
妙難傳



16. 鬼蹴腳

guǐ cù jiǎo

鬼蹴腳搶人先着

guǐ cù jiǎo qiǎng rén xiān
zháo

補前掃轉上紅拳

bǔ qián sǎo zhuǎn shàng
hóng quán

背弓顛披揭起

bēi gōng diān pī jiē qǐ

穿心肘靠妙難傳

chuān xīn zhǒu kào miào
nán chuán

Ghost Kick

(From *Wu Bei Zhi*)

The **Ghost Kick** stance rushes forward to initiate the engagement first.

Make a front sweeping kick, and use the spinning momentum to follow up with a fist.

Spread your arms and move in with a “bow” stance, to lift upwards.

An elbow jab that pierces the heart requires great skill that is difficult to teach.

Interpretation: The diagram may be depicting the 3rd verse. I move down into an extremely low stance, with my right-arm going between the enemy's legs to lift him up (think Fireman's Lift) and throw him.

指當勢、是箇丁法、他
難進、我好向前踢膝
滾躋上面、急回步顛
短紅拳、



17. 指當勢

zhǐ dāng shì

Point-Block Stance

(From *Wu Bei Zhi*)

指當勢是箇丁法

zhǐ dāng shì gè dīng fǎ

In the Point-Block Stance, you're standing in a 丁 (T shaped) stance.

他難進我好向前

tā nán jìn wǒ hǎo xiàng qián

It is difficult for him to get close to me, while it is easy for me to advance forward to him.

踢膝滾躑上面

tī xī gǔn zuān shàng miàn

Kick his knee, then roll and drill a punch upwards.

急回步顛短紅拳

jí huí bù diǎn duǎn hóng quán

Step back swiftly and make a short punch.

Interpretation: The 1st verse suggests that Front foot is pointing straight, the rear foot is pointing horizontally outwards, forming a T shape.

The 3rd verse possibly refers to an uppercut.

獸頭勢、如驛挨進恁
快脚遇我慌忙、低驚
高取他難防、接短披
紅衝上、



18. 獸頭勢

shòu tóu shì

獸頭勢如牌挨進

shòu tóu shì rú pái āi jìn

恁快腳遇我慌忙

nèn kuài jiǎo yù wǒ huāng
máng

低驚高取他難防

dī jīng gāo qǔ tā nán fáng

接短披紅衝上

jiē duǎn pī hóng chōng shàng

Beast-Head Stance

(From *Wu Bei Zhi*)

The **Beast-Head Stance** is like using a Shield to charge and force your way forward.

Even with his quick footwork, the enemy will panic when he sees me charging in.

Fake a low attack, to make a real high attack which is difficult for him to defend.

Receive his short attacks, and make a valiant charge against him.

Interpretation: Enemy gives me a right-punch. My left-hand shall deflect it outwards to create an opening for me to charge in. Hence the diagram is drawn with the left-hand behind after performing a successful deflection.

Charge forward to elbow-jab him (see diagram with right elbow bent). I charge towards his mid-section and he attempts to defend himself there, this is my chance to attack his upper area (head).

中四平勢實推固硬
攻進快腿難來雙手
逼他單手短打以熟
爲乖



19. 中四平勢

zhōng sì píng shì

中四平勢實推固

zhōng sì píng shì shí tuī gù

硬攻進快腿難來

yìng gōng jìn kuài tuǐ nán lái

雙手逼他單手

shuāng shǒu bī tā dān shǒu

短打以熟為乖

duǎn dǎ yǐ shú wéi guāi

Middle Four-Even Stance

The **Middle Four-Even Stance** is firm and delivers a strong push.

My strong and fast attacks will make it difficult for him to kick me.

My both hands shall overwhelm his one hand.

This technique works best when one is skilful in short attacks.

Interpretation: Rapidly making short punches with both hands. This is like what we see in Wing Chun today. Once the first punch is deflected, the enemy is overwhelmed with a fury of fast short punches.

伏虎勢側身弄腿但
來湊我前撐看他立
站不穩後掃一跌分
明



20. 伏虎勢

fú hǔ shì

伏虎勢側身弄腿

fú hǔ shì cè shēn nòng tuǐ

但來奏我前撐

dàn lái zòu wǒ qián chēng

看他立站不穩

kàn tā lì zhàn bù wěn

後掃一跌分明

hòu sǎo yì diē fēn míng

Subdue-Tiger Stance

The **Subdue-Tiger Stance**

defends against a kick by
going into a side-on stance.

When his kick comes, I shall
block and lift up his leg

Causing him to lose his
balance.

A sweep to his rear (standing)
leg will result in a clear victory.

高四平、身法活變、左
右短、出入如飛、逼敵
人手足無措、恁我便
腳踢拳捶、



21. 高四平

gāo sì píng

高四平身法活變

gāo sì píng shēn fǎ huó biàn

左右短出入如飛

zuǒ yòu duǎn chū rù rú fēi

逼敵人手足無措

bī dí rén shǒu zú wú cuò

恁我便腳踢拳捶

nèn wǒ biàn jiǎo tī quán chuí

High Four-Even

(From *Wu Bei Zhi*)

The **High Four-Even** Stance is able to adapt to different situations.

One will be able to make quick short movements to the left & right like a bird.

Cause the enemy to feel that his punches and kicks are helpless.

Yet, whenever I want, I can kick or punch him.

Interpretation: This is probably similar to the **Middle Four-Even stance**, just done higher only. Perhaps to deal with a taller opponent.

倒插勢、不與招架、靠
腿快討他之贏、背弓
進步莫遲停、打如谷
聲相應、



22. 倒插勢

gāo sì píng

倒插勢不與招架

dào chā shì bù yǔ zhāo jià

靠腿快討他之贏

kào tuǐ kuài tǎo tā zhī yíng

背弓進步莫遲停

bēi gōng jìn bù mò chí tíng

打如谷聲相應

dǎ rú gǔ shēng xiāng yìng

Reverse Stab Stance

(From *Wu Bei Zhi*)

The **Reverse Stab Stance**

doesn't bother with blocking the enemy's attacks.

It relies on fast legs win over the enemy.

Step forward by turning your back on the enemy. One must be swift and not stop moving.

Strike him like the echo coming from a valley.

Interpretation: In the diagram, the left-elbow is ready to perform a backwards elbow jab.

神拳當面插下、進步
火焰攢心、遇巧就拿
就跌、舉手不得留情、



23. 神拳

shén quán

Divine-Fist

(From *Wu Bei Zhi*)

神拳當面插下

shén quán dāng miàn chā
xià

The **Divine Fist** stabs downwards
at the front.

進步火焰攢心

jìn bù huǒ yàn zǎn xīn

Step forward and burn his heart.
(Perhaps refering to punching
towards the enemy's heart.)

遇巧就拿就跌

yù qiǎo jiù ná jiù diē

If he is quick and nimble in
defending against my punches,
then lock and trip him down.

舉手不得留情

jǔ shǒu bù dé liú qíng

I shall raise my hands and show
no mercy.

一條鞭橫直披砍、兩
進腿當面傷人、不怕
他力阻膽大、我巧好
打通神、



24. 一條鞭

yì tiáo biān

一條鞭橫直披砍

yì tiáo biān héng zhí pī kǎn

兩進腿當面傷人

liǎng jìn tuǐ dāng miàn shāng rén

不怕他力粗膽大

bú pà tā lì cū dǎn dà

我巧好打通神

wǒ qiǎo hǎo dǎ tōng shén

Single-Whip

(From *Wu Bei Zhi*)

The **Single-Whip** stance
'chops' straight across
horizontally.

Advance forward with both
legs, and hurt him directly at
his front.

I shall not fear his brute
strength or bravery.

My skiful technique shall
demolish his (fighting) spirit.

Interpretation: Based on the 3rd verse, this stance may be able using gentleness to win brute strength.

Enemy gives me a right-punch. My right-hand shall direct his force slightly off the line while drawing him into me, so that my left-hand can punch him or push him off-balance.

Very commonly seen in Taiji.

雀地龍下盤腿法前
揭起後進紅拳他退
我雖顛補衝來短當
休延



25. 雀地龍

què de lóng

雀地龍下盤腿法

què de lóng xià pán tuǐ fǎ

前揭起後進紅拳

qián jiē qǐ hòu jìn hóng
quán

他退我雖顛補

tā tuì wǒ suī diān bǔ

衝來短當休延

chōng lái duǎn dāng xiū
yán

Ground-Dragon

The **Ground-Dragon** stance focuses on strong lower-limbs and footwork.

Lift upwards with the front-hand, rise up by pushing upwards with the rear leg, and enter with a lethal punch.

If he were to move backwards to avoid my punch, although I may need to recover from my loss of balance

I can still make short blocking moves against his incoming attacks.

(Short blocking moves may refer to using 'shorter' parts of the body such as elbows & knees.)

朝陽手偏身防腿無
縫銷逼退豪英倒陣
勢彈他一脚好教他
師也喪身



26. 朝陽手

Cháo yáng shǒu

朝陽手偏身防腿

Cháo yáng shǒu piān shēn
fáng

無縫鎖逼退豪英

wú fèng suǒ bī tuì háo yīng

倒陣勢彈他一脚

dào zhèn shì tán tā yì jiǎo

好教他師也喪身

hǎo jiāo tā shī yě sang shēn

Morning-Sun Hand

The **Morning-Sun Hand** stance defends against kicks by using a side-on stance.

Without gaps and contacting close, one is able to force a brave hero into retreating.

Use the **Reverse Ride Dragon** or **Reverse Stab Stance** to give him a kick.

It will teach him a lesson so good, that even his master will die.

Interpretation: As the enemy kicks your head, your left arm (as pictured) rises up like the rising sun (hence the name of this stance) to block the kick. Lock onto the enemy's leg with your left-arm, and direct the force back towards yourself. At the same time while moving backwards to unbalance the enemy, give him a kick.

鴈翅側身換進快腿
走不留停追上穿庄
一腿要加剪劈推紅



27. 鷹翅

yīng chì

Eagle-Wing

鷹翅側身挨進

yīng chì cè shēn āi jìn

The **Eagle-Wing** stance moves in a side-on stance, by receiving the enemy's attack and advancing forward.

快腿走不留停

kuài tuǐ zǒu bù liú tíng

Footwork must be fast, and continuous.

追上穿庄一腿

zhuī shàng chuān zhuāng
yī tuǐ

Once I chase and catch up with him, I shall give him a devastating kick which can pierce through a wall.

要加剪劈推紅

yào jiā jiǎn pī tuī hóng

Follow up a punch in a 'scissors' manner, and push him down.

Interpretation: The last "scissors" manner means that, if you kick him with your right leg, you should strike him with your left-hand. The movements from left & right limbs resembles a pair of scissors.

跨虎勢那移發脚要
腿去不使他知左右
跟掃一連施失手剪
刀分易



28. 跨虎勢

kuà hǔ shì

跨虎勢那移發脚

kuà hǔ shì nuó yí fā jiǎo

要腿去不使他知

yào tuǐ qù bù shǐ tā zhī

左右跟掃一連施

zuǒ yòu gēn sǎo yì lián shī

失手剪刀分易

shī shǒu jiǎn dāo fēn yì

Step-Across Tiger Stance

The **Step-Across Tiger Stance** makes a shift to deliver a kick.

My kick will reach him unknowingly.

Follow up continuously with sweeping attacks from the left and right.

If I fail in my execution of this technique, I can still recover with a 'scissors' movement.

Interpretation: The enemy makes a left-kick towards me. Based on the diagram, my left-hand intercepts the kick and grabs hold on his left-leg. My left-leg can kick him from underneath without him seeing, since his own left-leg will be blocking his own view.

If my left-hand fails to intercept the enemy's attack, I can recover from it by continuing to attack him with my right-hand. Because my left-leg is forward while my right-hand is attacking, this twisted posture resembles a pair of 'scissors'.

拘鸞肘出步顛剝搬
下掌摘打其心拿鷹
捉兔硬開弓手脚必
須相應



29. 拗鸞肘

ào luán zhǒu

拗鸞肘出步顛剝

niù luán zhǒu chū bù diān duō

搬下掌摘打其心

bān xià zhǎng zhāi dǎ qí xīn

拿鷹捉兔硬開弓

ná yīng zhuō tù yìng kāi gōng

手腳必須相應

shǒu jiǎo bì xū xiāng yìng

Twisted Phoenix Elbow

The **Twisted Phoenix Elbow** stance steps forward to deliver a chopping strike.

Bring down the enemy's arm with your (left) palm so that you can strike his heart.

Seize an eagle and catch a rabbit, as though drawing a strong bow.

Both hands and legs must coordinate & work together.

Interpretation: Enemy punches me his right-hand, I enter close by intercepting his punch with my left-hand, while simultaneously giving him an elbow jab. I shall then strike his heart with my left-hand by twisting my body and drawing my right-arm back.

“Seize an eagle” and “Catch a rabbit” describe one hand pushing forward, and the other drawing backwards, resembling the drawing of a bow.

當頭砲勢衝人怕進
步虎直攔兩拳他退
閃我又顛踹不跌倒
他也忙然



30. 當頭砲勢

Block Head Cannon Stance

dāng tóu pào shì

當頭砲勢衝入怕

dāng tóu pào shì chōng rù pà

The **Block Head Cannon Stance** rushes in, and strikes fear into the enemy.

進步虎直攏兩拳

jìn bù hǔ zhí cuān liǎng quán

Advance forward with an upright posture that's fearless like a tiger, and throw 2 punches at the enemy.

他退閃我又顛踹

tā tuì shǎn wǒ yòu diān chuài

If he retreats, I shall leap forward and kick him.

不跌倒他也忙然

bù diē dǎo tā yě máng rán

Even if I did not manage to make him fall, I would have still broken his spirit.

Interpretation: Enemy punches my head. My left-hand defends against that punch as shown in the diagram, while I give the enemy a right-punch at the same time.

順鸞肘靠身搬打滾
快他難遮攔復外絞
刷回拴肚搭一跌誰
敢爭前



31. 順鸞肘

shun luán zhǒu

Phoenix Elbow

順鸞肘靠身

shùn luán zhǒu kào shēn

The **Phoenix Elbow** stance closes in with the enemy.

搬打滾快他難遮攔

bān dǎ gǔn kuài tā nán zhē lán

Shift him off-balance. Strike and turn fast, so that it's difficult for him to defend.

復外絞刷回拴

fù wài jiǎo shuā huí shuān

Twist outwards and brush across (the enemy's arm), to lock him down.

肚搭一跌誰敢爭先

dù dā yì diē shuí gǎn zhēng xiān

Cause him to fall on his stomach. And we shall see who still dares to challenge me.

Interpretation: Move in close to elbow-jab him with your right-elbow. Follow-up by grabbing the enemy's right-arm to twist it while turning your body, and pin him face-down.

Note that this diagram is drawn with right-arm and right-leg forward. The **Twisted Phoenix Elbow** is drawn with right-arm and left-leg forward.

旗鼓勢左右壓進近
他手橫劈雙行絞靠
跌人人識得虎抱頭
要躲無門

紀效新書拳經卷十四

終



32. 旗鼓勢

qí gǔ shì

旗鼓勢左右壓進

qí gǔ shì zuǒ yòu yā jìn

近他手橫劈雙行

jìn tā shǒu héng pī shuāng
háng

絞靠跌人人識得

jiǎo kào diē rén rén shí dé

虎抱頭要躲無門

hǔ bào tóu yào duǒ wú mén

Flag-Drum Stance

The Flag-Drum Stance presses down on the left/right to advance forward.

Get close to the enemy, and strike horizontally with your hand. Both hands must move together.

Everyone recognizes a spinning move that can trip a person to fall.

However, there is no escape or counter-measures once the ‘tiger embraces the head’ (headlock).

Interpretation: Get close to the enemy by advancing forward in a defensive stance, as shown in the diagram with your arm raised up. Once near enough, both hands work together to grab the enemy’s head into a headlock, while spinning 180-degrees at the same time to break his spine.



Jack Chen is the President of Historical Combat Association (Singapore). He believes deeply in preserving and promoting historical wisdoms and knowledge for future generations.

Please visit: www.chineselongsword.com