

Xing Yi Quan



10,000 Victories
Xing Yi School
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Xing Yi Quan - An Introduction to Form and Will Boxing



Xing Yi Quan is a traditional combat oriented style of martial arts from China. *Xing* is translated as “Shape or Form”, *Yi* is translated as “Will or Intention” and *Quan* is usually translated as “Boxing or Martial Arts Style”.

The name refers to hiding your intention from your opponent while seeing their intention. Form and Will Boxing also highlights the importance of cultivating your will power.

Pi Quan - Splitting Fist

Xing Yi Quan was practiced primarily by professional body guards and caravan escorts. Although there are differing stories regarding the origins of the art, the most popular “legendary origin story” attributes its creation to the famous General Yue Fei. Yue Fei trained his army in *Xing Yi Quan*, and supposedly his officers in Eagle Claw Kung Fu. Chinese martial arts are renown for attributing their origin to famous and beloved folk heroes or saints, primarily, one suspects, for marketing purposes.

However, the more likely story is that *Xing Yi Quan* evolved from a style known as *Liu He Quan*, or “Six Harmonies Boxing”, that evolved primarily from Northern Shaolin. If you have studied all three of these arts this progression makes sense because you see the evolution of *Xing Yi Quan*’s primary techniques in the *Liu He Quan* from Northern Shaolin.



The ready stance of *Xing Yi* is called *San Ti Shi* - Three Treasure Stance



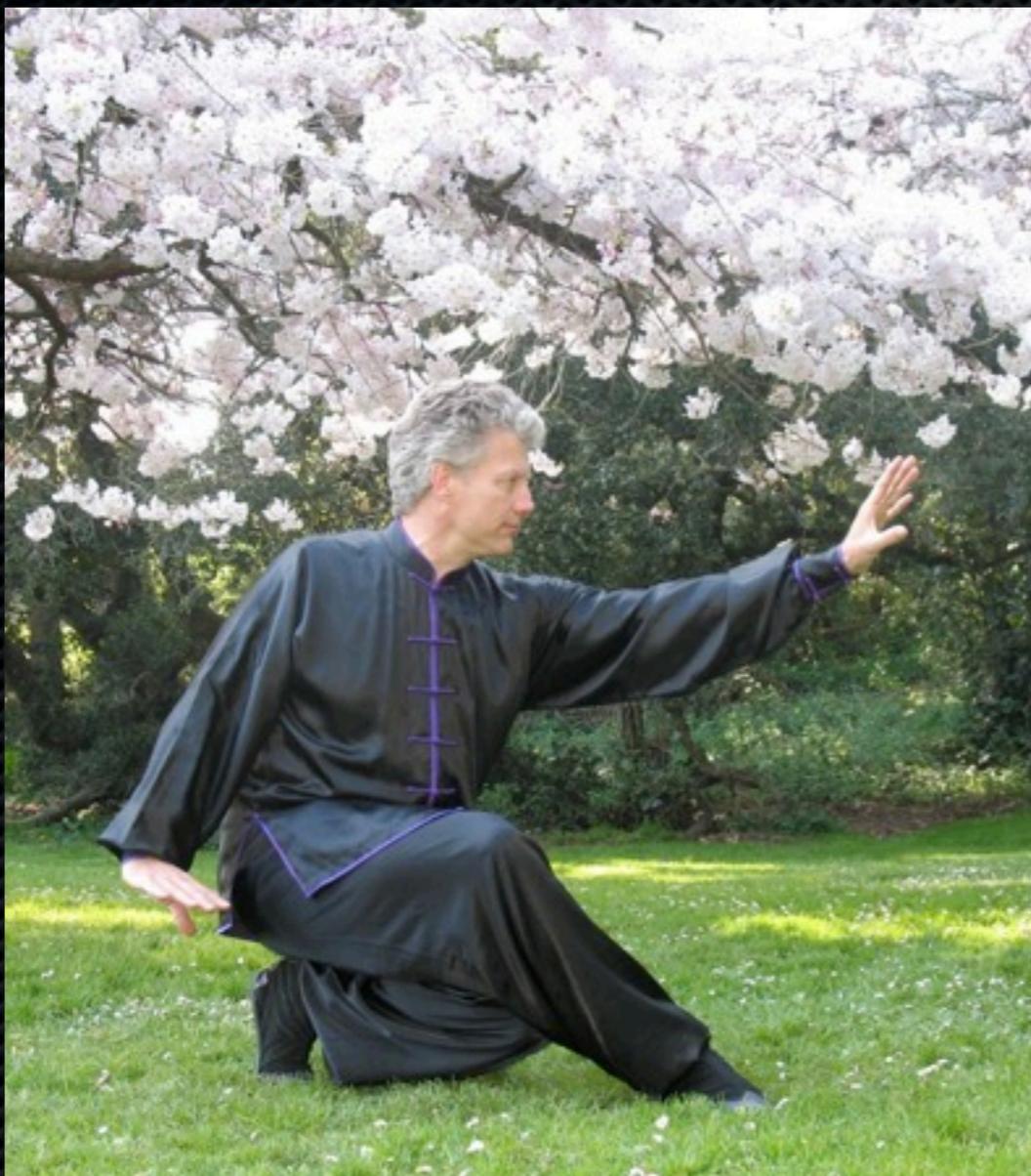
Bear

Xing Yi Quan is known as a power punching style. Although you might think all martial arts styles focus on power punching, they don't. Some styles are strong on kicking like Northern Shaolin, others focus on speed and accuracy like Praying Mantis. While yet others focus on joint manipulation like Eagle Claw, or throwing like *Shuai Jiao*. All these styles of Kung Fu have punches, kicks, joint locking, throws and fast strikes including *Xing Yi Quan*. However, *Xing Yi Quan* specializes in powerful strikes that have a shocking penetrating quality.



Another characteristic of *Xing Yi Quan* is its emphasis on the keeping the weight on the rear leg. *Xing Yi Quan* boxers like to stay on the rear leg because then their front foot is light and easy to move to avoid low kicks and ankle and knee locks.

To close the distance without shifting the weight forward *Xing Yi* boxers use a unique step called the following step. The following step happens by taking an extra long step with the front foot followed by bringing the rear foot in an equal distance. Thus, at the end of the step, the weight is still on the rear foot, but you are closer to the opponent than expected.



Xing Yi Quan is also known for having a close connection to Chinese medicine. The movements of Xing Yi Quan have therapeutic qualities that helps heal old injuries and strengthens the body to resist both illness and injury.

Dragon

Benefits of Learning Xing Yi Quan



- Simple to learn and easy to remember
- Doesn't take much room
- No equipment is required
- Build strength
- Improve flexibility
- Rehabilitate injuries
- Become confident with self defense skills
- Strengthen the organs & immune system
- Relieve Stress and lower blood pressure
- Have Fun and make new friends
- Class starts later for busy people

Xing Yi Quan is simple to learn, easy to remember, and has great fighting moves. For modern people with a busy lifestyle this makes *Xing Yi Quan* an excellent choice!

Rooster

Introduction to the Structure of Xing Yi Quan



Monkey



There are 7 parts to training in the art of *Xing Yi Quan*:

Foundation Training including holding *San Ti Shir* - The 3 Treasure Stance. Unless a new student is already fit, strong, coordinated, and flexible they will need to build up their body with supplementary drills in addition to learning the classic forms of *Xing Yi Quan*. This would include holding the *San Ti Shir* stance, exercises to develop strength and flexibility, and usually some form Iron Palm and Iron Shirt. Iron Palm conditions the hands for striking and Iron Shirt conditions the body to withstand blows and strikes.

5 Elements Fists - The Five Elements are the main strikes of *Xing Yi Quan*. These are five simple but subtle and profound lines of techniques that develop striking power and build *Qi* and strengthen the internal organs. These are usually performed in long lines alternating sides to balance the body and so the techniques can be used equally well with either hand.

12 Animals Fists - The 12 Animals build on the 5 Elements and are more advanced. They are also practiced in lines and are in general rather simple and direct. The 12 Animals reveal many of the tactics of *Xing Yi Quan*. Each animal also helps to condition the body or develop a specific part of the body.



Techniques from *Da Lian Huan - The Grand Linking Form*



Linking Forms - combine the animals and the elements. The Linking forms are more advanced than either the 12 Animals, or the 5 Fists. The linking forms teach you how to combine the 12 Animals and 5 Fists together in a smooth flow. Compared to the forms commonly taught in other martial arts the *Xing Yi Quan* forms are short.

Sparring Forms are practiced with a partner. These forms help you advance from solo practice to be able to use your moves in a fight with confidence. In Sparring Forms each person knows what their partner is going to do in advance. They also know how to counter each move with their own. Because each player knows what the other is going to do Sparring Forms are safer than free sparring. Sparring Forms help you learn how to control the distance and timing between you and your partner. You'll also be able to safely practice the techniques that are too dangerous to use in free sparring.



Nine Ring Large Saber



Weapons Forms - *Xing Yi Quan* as currently practiced does contain weapons training, but does not emphasize weapons. Since people don't really fight spears and swords anymore, it just isn't that important these days. However, practicing with spears and swords is fun, good exercise, and will help you develop more power in your empty hand techniques.

Free Sparring - Free sparring is essential to learn how to actually use your techniques in a real fight. In free sparring both players use their *Xing Yi Quan* techniques but don't actually use full power in striking. The important difference between the two person forms and free sparring is that in free sparring you do not know what your partner will do next.

Xing Yi Quan Foundation Training



San Ti Shi or Three Treasures Stance

In addition, to strength training, *Xing Yi Quan* has specific training exercises of its own. Holding *Xing Yi Quan's* signature fighting stance, called Three Treasure Stance, is the main foundation exercise.

This is the most important *Xing Yi Quan* stance and it has a unique look. Stance holding means getting into the stance and then not moving. Not moving means you are breathing, but you don't change posture, shift your weight, or stand up. Holding this static position builds strength, endurance, concentration, and will power. While holding the Three Treasure Stance you breathe deeply, relax your body, and build your *Qi*. This stance is the foundation of all Five Element Fists, and basically everything in the art of *Xing Yi Quan*.

When you hold your stance like this your legs will strengthen and your stance will acquire a strength of its own that will add power to every move you make.



Tiger



Many people want to develop the strength of their shoulders so we do many exercises to stretch and strengthen them. Most students heal any previous shoulder injuries.

We also practice how to grip strongly and strengthen the hands and wrists. The combination of the shoulder exercises and wrist, grip exercises improves the strength and skill of the arm all the way from the shoulder to the fists and fingers.

In the past, *Xing Yi* boxers also practiced Iron Palm and Iron Shirt. If you plan on getting in a serious fight soon it would be wise to practice Iron Palm and Shirt immediately! However, if they aren't faced with imminent full contact fights most people do not have the time, or the inclination, to pursue these skills.

Five Element Fists of Xing Yi Quan



Pi Quan - Splitting Fist - Metal



Tsan Quan - Drilling Fist - Water



Peng Quan - Penetrating Fist - Wood

The Five Element Fists are the core of *Xing Yi Quan*. These are both the five main strikes of *Xing Yi Quan* and a powerful method of *Qi Gong*.

Pi Quan - Splitting Fist - Metal

Tsan Quan - Drilling Fist - Water

Peng Quan - Penetrating Fist - Wood

Pao Quan - Exploding Fist - Fire

Heng Quan - Crossing Fist - Earth

These are the main strikes of *Xing Yi* and they are all practiced in flowing lines alternating between the left and the right sides of the body. This develops both arms equally and balances the body.



Pao Quan - Exploding Fist - Fire



Heng Quan - Crossing Fist - Earth

The Five Element Fists are also a powerful form of martial arts Qi Gong.

In Chinese medicine the philosophy of the Five Elements is important. There are 10 main internal organs, five are Yin organs and the other five are Yang organs. These five pairs of organs interrelationships perfectly reflect the Five Elements of Chinese philosophy. Any acupuncturist will use Five Element Theory to accurately model your organs inter-relationships. The Five Elements Fists are closely connected to both Chinese Medicine and to Five Element Theory and they actually seem to help strengthen the corresponding internal organs.

Pi Quan - Splitting Fist - Metal - Lungs

Tsan Quan - Drilling Fist - Water - Kidneys

Peng Quan - Penetrating Fist - Wood - Liver

Pao Quan - Exploding Fist - Fire - Heart

Heng Quan - Crossing Fist - Earth - Spleen

Done correctly the Five Element Fists strengthen the internal organs building your health and making you resistant to both disease and injury.



Linking Forms of Xing Yi Quan

Linking Forms combine moves in combinations like the links of a chain. Some are short like the Five Element Linking form. Others are long and complex using every move in *Xing Yi Quan*! Here are my favorites:



Five Element Linking Form - This is the simplest linking form in the system it has a total of 10 or 12 moves.



Connecting Links Form - Connecting Links Form is only slightly longer than the Five Element form but it adds moves from Dragon and Alligator. It has a really nice flow and is fast to perform.

Eight Methods Form - Eight Methods Form is intermediate in length and difficulty and focuses on four elements and four animals.

12 Animals Linking Form - The 12 Animals Linking Form is an advanced form that contains all 12 animals and is performed with lower stances making more challenging.



Great Linking Form - The Great Linking Form is 99 moves long and it is awesome. It contains all Five Element Fists and all 12 Animals. The Great Linking Form has great attacking combinations and footwork.

12 Animal Forms of *Xing Yi Quan*

The 12 Animal Forms of *Xing Yi Quan* are more advanced than the Five Element Fists.

Many of the animals are short combinations practiced in lines on both sides of the body.

Other animals are more involved with a maximum of about 20 moves.



Sparrow Hawk - Penetrating



Rooster - Lifting and Entering



Snake - Lowering and Loosening

The 12 Animals take your *Xing Yi Quan* tactics and strategy to the next level, and teach you how to use the power you developed in the Five Element Fists in new ways.



Falcon - Twisting and Thrusting Power



Tiger - Explosive Palm Strikes



Swallow - Smoothly Changing Height and Direction

**The 12
Animals
are more
interesting
and varied
than the
Five
Elements
making them
fun to
practice.**



Horse - Stamping Power and Crossing Arms



Bear- Driving Upward



Eagle - Controlling Downward



Dragon - Coiling and Leaping





Alligator - Sideways Torquing



Monkey - Quick Turns and Leaps

Thank you for
reading!

I hope you are
inspired to began
learning the
Awesome art of
Xing Yi Quan!

-Sifu Scott Jensen



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