

C S Tang



the complete book of  
**YIQUAN**

## Chapter 10

# YIQUAN GENERAL STANDARD REQUIREMENTS

### OVERVIEW

The following are essential requirements of the Yiquan stance, but have not previously been available to the general public:

1. Hand shapes
2. Leg shapes
3. Body shapes
  - a. Grasp eight balls
  - b. Triangle fitness
  - c. Lifting the large tendon
  - d. Open and round your back
  - e. Swell your abdomen
4. Spiritual attitude requirements.

### THE STANCE IN DETAIL

#### *1. Hand shapes*



FUNCTION OF FIVE FINGERS: TI, ZHI, CHA, XUAN, AND MO

### a. Function of the five fingers

Five terms are key: ti, zhi, cha, xuan, and mo:

1. 提 Thumb: Ti, lift—lift up and curve.
2. 指 Index finger: Zhi, point—point straight.
3. 插 Middle finger: Cha, stick—penetrating.
4. 旋 Ring finger: Xuan, rotate—curve back.
5. 抹 Little finger: Mo, wipe—can wipe backward.

Fingers have individual duties, and are usually under conscious control. In Yiquan, each finger processes its own functions. Most masters of Yiquan have kept this secret; however, Zhang Hong Cheng and Master Wang Yu Fang have revealed these previously hidden functions.

### b. Hanging function

Zhang Hong Cheng and Master Wang Yu Fang especially revealed the functions of the following:

- Thumb: like a hook that pulls the enemy's hand.
- Little finger: like a clothes hanger.

(掌如覆碗，虎撐圓，拇指如鉤，五指要夾。)

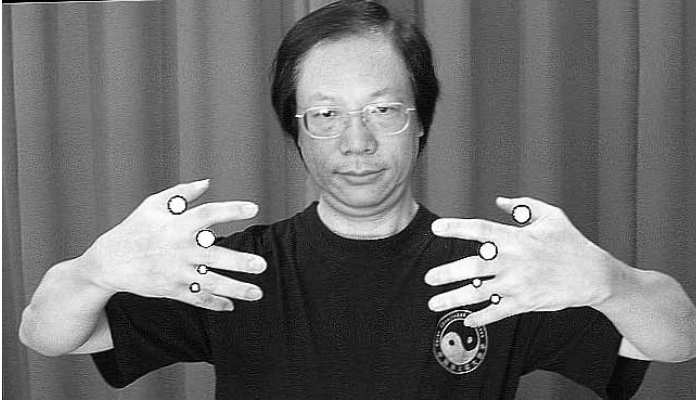
Master Wang said: “The palm is in the shape of a bowl turned upside down.” He added: “Tiger mouth stretches in a circle, the thumb is like a hook, and the fingers must grip.”

That means the fingers are in a grasping mode and the center of the palm has a hollow shape.



### c. Fingers grip pearls

Imagine gripping pearls in between the fingers. Hold with power and do not let the fingers close together.



### d. Arm shape

1. 頂 Ding: The outside wrist must support.
2. 提 Ti: The upper wrist must be raised.
3. 撕 Si: Both palms must push out sideways as though you are tearing cloth.
4. 抱 Bao: Both arms hold two balloons and must not pop them.
5. 墜 Zhui: Both elbows must droop in a relaxed manner.

### e. Position of the hands

The principles are:

1. height not higher than the eyebrows
2. height not lower than the navel—that is, the waist belt
3. close to but not touching your body
4. apart, but not more than a foot.

## f. Fist shape

### GRASPING SHAPE OF FIST



### PUNCHING SHAPE OF FIST

No matter whether you punch with the fists or palms, the elbow must not be totally stretched, and must force downward. We say, “Shape is curved, but the power is straight” (形曲力直).



## 2. Leg shapes

The leg should keep the following points when practicing:

1. Knees:
  - a. 縮 Suo: Knees contract.
  - b. 提 Ti: Knees raise towards abdomen.
  - c. 夾 Jia: Knees grip against both legs.
2. 頂 Ding: Legs prop against the ground.

3. 扒 Pa: Toes claw to fit on the ground.

### 3. *Body shapes*

In order to strengthen the skeleton, practitioners should understand clearly the structure of their own body in terms of martial arts training. Our body is divided into three parts and nine sections (三段九節):

- Upper part: head, chest, stomach.
- Middle part: stomach, abdomen, Kau.
- Lower part: Kau, knee, leg.

#### a. Grasp eight balls (抓八個球)

To locate eight balls in our body:

- Throat: 1 ball
- Armpits: 2 balls
- Palms: 2 balls
- Kau: 2 balls
- Crotch: 1 ball.



GRASP EIGHT BALLS

#### 3 GRIPS, 2 PROPS (三夾兩頂)

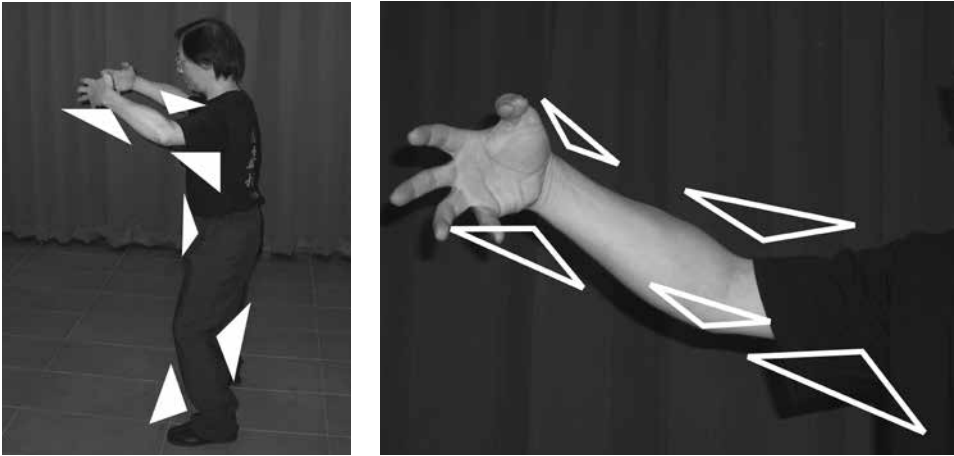
1. Throat, armpits, and crotch must grip.
2. Head and tongue must be lifted up.

By insisting on the “3 grips, 2 props” to fix the eight balls at your structure, the body becomes a whole.

These apply to both front and side stances.

### b. Triangle fitness

The most powerful skeleton has triangle shapes at the joints. Avoid your structure having flat surfaces; always keep limbs and body in triangle shapes so that you have a strong supporting power and your structure will not collapse.



ARMS HELD IN TRIANGLE SHAPE TO ENHANCE SUPPORTING POWER AND STRIKING STRENGTH



MASTER WANG YU FENG ALWAYS MENTIONED THAT, WHEN STANDING, YOU SHOULD IMAGINE THAT YOU STAND ON A FALLEN TREE OR CANNON, AND THAT YOUR HIP KUA SHOULD KEEP AN INWARD PRESSURE AND BE TIGHT

### c. Lifting the large tendon (Tiao Dai Jin) 挑大筋

This practice is normally taught at a later stage; practitioners subsequently think it is a secret that the masters do not want to tell them.

It is a little bit difficult to perform, but it is a fundamental requirement because the purpose of Static Stance is not to build up muscle, but to stretch and strengthen the tendons so that they can release powerful Fali.

The tendons include tiger mouths of the hands, wrists, inside of the elbows, armpits, necks, hips, inside of the knees, ankles, and surface of the feet. They should be explicitly seen to be lifted up when doing the stance, and this lifting should be maintained throughout all the time of standing.

### d. Open and round your back

Round your shoulders by extending your arms from the shoulder joints; your back will now be open and round.

### e. Swell your abdomen

The internal organs of your chest sink to the stomach and your abdomen will expand. This is an important part of internal martial arts: we have to keep this structure so that we can emit strength.

## 4. *Spiritual attitude requirements*

### The Principles of Trust

信條：尊長，護幼，信義，仁愛，智勇，深厚，果決，堅忍。

The Principles of Trust are to respect the elderly, to protect the young, integrity, love and benevolence, courage and wisdom, strength of character, decisiveness, and endurance.

### The Four Countenances

四容：頭直，目正，神莊，意靜。

The Four Countenances are the head straight, the eyes fixed, the spirit strong, and stillness of intention. Keeping to these countenances will enhance concentration.

### The Eight Essences

八要：靜，敬，虛，切，恭，慎，意，和。

The Eight Essences are stillness, reverence, emptiness, earnestness, respect, care, intention, and harmony.



## FOUNDATION

Only with a strong foundation of the above can one talk about the training of the body and mind. Training first involves the standing poses or standing meditations, and at the same time involves an analysis of how to control the joints and the muscles, and how to utilize the tension and relaxation of single and double weight. Single and double weight is not limited to referring only to the weight of the hands and the feet, but can also be extended to include the head, the hands, the body, the feet, the shoulders, the elbows, the knees, and the hips as well as the large and small joints, the four limbs, and the entire skeleton. Even the smallest points of energy contain a distinction between single and double weight, tension and relaxation, emptiness and firmness, and lightness and heaviness. The ratios of 30 percent of your energy in outward expansion and 70 percent inward embracing, and 40 percent of the weight on the front foot and 60 percent on the back foot, can also be reversed. This is not something that can be easily described by the written word. In summary, we have to work from the abstract to the concrete.

## SUMMARY FOR PRACTICING STATIC STANCE

1. Static Stance and Test Strength should be practiced as a whole.
2. Keep to the Four Countenances and Eight Essences.
3. Keep to the body requirements of the above and remember that your throat must not jut forward. Apply 3 grips, 2 props to hold the eight balls.
4. The body must be hollow and flexible; stand erect and lift—Xu Ling Ting Ba (虛靈挺拔).
5. The tips of the limbs must have power, so that one can hang clothes off them.
6. Train to inhale, not expel. Train to lift, not stamp.

Standing lower will increase base power and footwork.

## STEP SHAPES



1. HORSE STANCE



2. BOW STANCE



3. EMPTY STANCE



4. SIT STANCE



5. T-SHAPE STANCE (DING  
BA BU) 丁八步驟



6. TIGER STANCE



7. DRAGON STANCE