Xin Qi Shen Dojo
Eight Direction Seven Stars

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1. Open ▲
2. Pi Quan, Xu & Fa
3. Hammer Fist Rear ▼
4. Splitting Fist Front ▲
5. Ban, Beng Quan ▼
6. Elbow Spike Front
7. Pull Down L Into Linking Cannon
8. Xing Yi Snake ▲
9. Xing Yi Monkey L ↙
10. Xing Yi Monkey R ↘
11. Snake Enters Hole R ➤
12. Pouncing Lion
13. Spin To Elbow Spike
14. Turn, Xing Yi Dragon L ←
15. Drilling R & Splitting Fist L
16. Snake Enters Hole L ➤
17. Liao, Dai, Pien, Hung Chuei
18. Parry & Strike
19. Spin, Angry Tiger Leaps Out of Cave ↗
20. Elbow Smash, Spike & Kick L & R ↙
21. Snake Enters Hole R
22. Liao, Dai, Pien, Hung Chuei
23. Angry Tiger Leaps Out Of Cave ↗
24. R Splitting Strike
25. Spin, L Upper & Sinking Elbow
26. Spin To L Elbow Spike
27. Xing Yi Dragon ↙
28. Fan Through Back
29. Pull Down R, Linking Cannon
30. Xing Yi Snake ↘
31. Turn, Big Pull Down ↙
32. Wind Fills Ears
33. Hammer Fist Rear
34. Splitting Fist Front
35. R Splitting Strike

36. Spin, R Upper & Sinking Elbow
37. Spin To R Elbow Spike
38. Monkey Climbs Tree ↘
39. Beng Quan L
40. Elbow Spike To Rear
41. Ban, Monkey & Pouncing Lion ▲
42. Teacups to Deflect & Strike 1&r ▼
43. Back Palm & Push
44. Ban, Lan, Smashing Snake ▲
45. Beng, Rooster
46. Ride The Tiger
47. Wind Fills Ears ▼
48. Monkey, Pouncing Tiger ▲
49. Monkey, White Tiger
50. End

This form was created December 9, 2005 by Andrew T. Dale for students of Xin Qi Shen Dojo.

This form was created to replace section 9 of Master Tchoung's Taiji System. Section 9 was based upon the Natural Style and Xing Yi Quan to be the Yang version of Chen Taiji's Pao Chui. The goal in creating this form was to improve on the footwork. In it was purposefully designed to incorporate folding techniques, fast change of directions and angles as is done in Bagua linking forms, yet also including the Fa-jing of Chen Taiji and Xing Yi Quan. The quickness of direction change and movements are also meant to train the mind and awareness, not only to train the body.

Seven Stars refers to the seven primary striking points of the body.

Andy