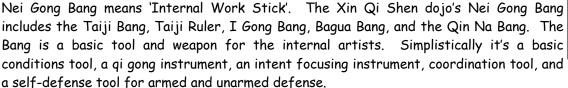
Xin Qi Shen Dojo Nei Gong Bang





Once learned it is not necessary to follow the entire form. This form was put together to catalogue all the movements of the various methods of using the Bang and the Taiji Ruler. It is strung together in a logical, fluid order for memorization and works from simple to difficult movements.

Though there are specific dimensions from the various schools as to how long or wide the Bang should be, for our movements I've found a stick the length from your elbow to your extended finger tips. The width should be at least wider than a circle made from your thumb and forefinger. The grip should be large but comfortable. The weight of the wood also makes a difference in your practice results. It should have a nice weight to it, not light as a feather or a feeling of being hollow.

Wuji

(bounce to stillness)

Draw gi - 3

Sink qi - 3

Section #1:

WRINGING WITH INTENT

Wring to front (Monkey Offers Fruit) Wring to the sky Monkey Looks to rear Monkey Looks to rear walking a square Stirring the Cauldron R & L Fair Lady Scatters Blossoms r&I Yin Yang Palms Lion Holds Ball (walking a square) Draw qi - 3

Sink qi - 3 Wuji

Section #3:

WHITE SNAKE SPITS TONGUE

Snake Spits Tongue Front Step Snake Spits Tongue r & 1 Tree with Twisted Root r & 1 Crane Spreads Wings r & 1 Turn and look at the moon Snake Spits Tongue to Rear r&l

Section #2:

PILLAR BETWEEN HEAVEN AND EARTH

Twist upright front Twist upright to front corners r & 1 Twist upright to side shoulders r & 1 Twist upright to hip r & I Twist upright to knee r & I Hand reaches down well r & I Figure 8 lifting Figure 8 pushing Phoenix circles the clouds (upward spiral r & 1) Circling Phoenix I & r

Section #4:

WALKING BANG

Circle Dai Mai Turning Tiger Leaps at Food Walk figure 8 pillar l & r Walking & holding low Walking Looking up to the moon **Swinging Arms** Lion Rolls the Ball Draw qi - 3 Sink ai - 3 Bounce to stillness Wuji

Application Mother Forms

- 1. Cross Hand Outside
- 2. Cross Hand Inside
- 3. Same Hand Outside
- 4. Same Hand Inside
- 5. Hidden Cross Hand Outside 8. Same Hidden Hand Inside
- 6. Hidden CrossHand Inside
- 7. Same Hidden Hand Outside