

# Xin Qi Shen Dojo Nei Gong Bang



Nei Gong Bang means 'Internal Work Stick'. The Xin Qi Shen dojo's Nei Gong Bang includes the Taiji Bang, Taiji Ruler, I Gong Bang, Bagua Bang, and the Qin Na Bang. The Bang is a basic tool and weapon for the internal artists. Simplistically it's a basic conditions tool, a qi gong instrument, an intent focusing instrument, coordination tool, and a self-defense tool for armed and unarmed defense.

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 qi - 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&l  
Yin Yang Palms  
Lion Holds Ball (walking a square)  
Draw qi - 3  
Sink qi - 3  
Wuji

## Section #2:

### *PILLAR BETWEEN HEAVEN AND EARTH*

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

## Section #3:

### *WHITE SNAKE SPITS TONGUE*

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

## 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 qi - 3  
Bounce to stillness  
Wuji

## Application Mother Forms

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