



Xin Qi Shen Roushou Mother Forms



Riding hands (Ting Shou)

Lu-Peng-An-Ting

1. Face punch
2. Outside hook
3. Stomach punch
4. Mixed punches
5. 3 people
6. Yin Yang - responding
7. Responding with technique
8. Leading into counter
9. Sticky Hands

Brush Knee & Push

1. Cat Washes Face
2. Press
3. Single Whip
4. Raise Hands
5. Pull Back Dai
6. Pull Down Cai
7. Arm Bar
8. Needle At Sea Bottom
9. White Crane Cools Wings
10. Thunder Strike
11. Kotegaeshi
12. Ning sankyo
13. Jiea

Tracing Drills

1. Single Palm
 2. Flowing Palm
 3. Double Palm
- Above outside & inside

Hooking Drills (Diao Zhang)

1. Sankyo - fingers Cross Hands outside
2. Zuan - arm
3. To - elbow
4. Tiao - shoulder
5. Shiho - inside of wrist
6. Liao - elbow sweep Cross Hands inside
7. Diao - shoulder
8. Tiao - neck
9. Tsai - wrist to pocket
10. Dai - walk the horse
11. Tsai Irimi - step to side
12. Tsai Tenkan - turn

Cloud Hands (Yun Shou)

Peng-Fan-Lo-An-Diao

1. Basic drill
2. Arm bar
3. Shovel
4. Arm fold - Shiho nage
5. Shiho nage w muscle grab
6. Elbow carry
7. Elbow Hook
8. Single palm
9. Diao - hook

Interlocking Rings

1. Back Fist into Elbow Nikyo
2. Finger Bend
3. Pull Back Elbow Bar
4. Wrist Nikyo
5. Sankyo
6. Pull Back Ban on Elbow
7. Kotegaeshi
8. Two Hand Nikyo
9. Shiho Nage
10. Juji nage

Linking Drills (Lianjie Zhang)

1. Rise Fall
2. Weaving hands inside
3. Weaving hands outside
4. Double slap inside
5. Double slap outside
6. Double up & down
7. Sectional block
8. Scratch Head
9. Cat washes face
10. Snake Strike
11. Monkey
12. Diao
13. Monkey
14. Prayer
15. Peng shou

Misc Drills

1. Folding Elbows
 - Palm Up Jam
 - Freehand Punch
 - Back Fist
 - Hua Jin

2. Chi Sau Basic Drill
 - Shiho Nage

Ti Shou Drills

- Side to side
Four Corners

Cat Washes Face (Lia Shou)

Lu-Diao-Ti-Tsou

1. Fold backfist
2. Fold press
3. Kou-shoulder
4. Arm bar
5. Wave-ikkyo
6. Wrist twist - kotegaeshi
7. Tenkan punch downward
8. Needle at Sea Bottom
9. Elbow Sweep
10. Single Palm
11. Hook - Diao
12. Over head arm bar

Lion Plays With Ball

1. R Ko bu
2. L Bai Bu
3. R Tui Bu
4. L Gung Bu
5. Zhuang Xin Tui Bu
6. Gung Bu
7. L ko bu Broom front
8. Tui bu Broom back
9. Tree With Twists Root

Yao Zhang

1. Basic drill
2. Circling drill
3. Zhuan (sankyo)
4. Cai - under arm
5. Cai - From Zhuan
6. Lu

Bong Shou

1. Bong shou, Tsai, Chuei
2. Bong shou, Hou, Chuei
3. Above, cross punch
4. Above walking patterns
5. 3 Point Drill
6. Back Fist
7. Diao Shou Single Whip

Palms Down (An Zhang)

Ta-An-Diao-Ko-Toh

1. Down extension
2. Jiea - Jam
3. Toh Zhang - Monkey
4. Tui Zhang - Bear
5. Lan Shou - Parry Hook
6. Ti Chuei - Lifting Fist
7. Diao - hook to double Nikyo
8. Diao - to arm bar on neck
9. Fan Bei - around back wing
10. Nikyo
11. Cai - under arm
12. Sankyo - under arm
13. Dai - pull across / Shiho nage
14. Juji
15. Outside Nikyo

Da Lu

1. Pull Down
2. Circling Pull Down
3. Tsai, Liea, Jo, Kou
4. Attacking Emphasis/
Forward pressure
5. Yielding Emphasis/
Stealing
6. Ikkyo
7. Nikyo
8. Knee Buckle
9. Needle at Sea Bottom
10. Fair Lady Works Shuttles
11. Wind Fills Ears
12. An-change directions

First Contact

1. Monkey (to center)
2. Bear (covering outside)
3. Face to Face (ai hamni)
4. Single Palm (outside)
5. Cross Hands (outside)
6. Pat Horse (outside)
7. Pat Horse (inside)

Xin Qi Shen Dojo Roushou

Is a series of application drills from the Aiki, Bagua, Yueng Quan, and Taiji systems to teach sticking, listening, striking, off-balancing, and wrist locks for application purposes. Most are from Mr. Yueng & Harris sensei.

Yueng Quan is the art of Master Fook Yueng. It combines the hand drills and training methods of Northern and Southern Mantis, Red Boat Wing Chun,

Taiji, Bagua, Monkey and other assorted arts.

Over the years of studying various methods I have put them into a logical order and progression to learn, practice, and teach. This is the Yueng Quan Roushou of Xin Qi Shen Dojo.

Each group above, ideally, should have a minimum of one year intensive work before moving to the next.

