

小洪拳

Xiao Hong Quan

A Shaolin traditional set brought to you
by

武 CyberKwoon.com

Visit us for more Martial Arts sets and forms.

<http://www.cyberkwoon.com>

Resource for Kungfu and Martial Arts

© CyberKwoon.com 2001

This e-Book is free or charge and you are free to distribute it as long as you don't modify it and don't charge for it. For more information, contact cyberkwoon@cyberkwoon.com or post a message on our forums. <http://forums.cyberkwoon.com>

beta 1

Xiao Hong Quan

1. Opening.

Both feet stand side by side with both hands hanging down naturally. The head and body are upright. Feet are joined. Look straight forward, breath natural



2. Holding the moon in arms

The left foot takes a half-step left with both toes grasping the ground. The distance between the feet is the same as the width of the shoulders. Both arms are bent and both palms overlap before the belly with the palm-centers facing up. The right palm is above the left one. Square the shoulders and withdraw the belly. The tongue is pressing the upper jaw. Look forward and take a deep breath.



3. White cloud over the head

Feet don't move. Left arm moves to the lower back until it is straightly along the outside of the left buttock with the palm facing back. The right palm fends up, palm facing up the fingers pointing leftward. The force is directed on the palms, the arms are slightly bent. The head turns left, look left with intensity.



4. Pushing the left palm in “gong bu”

The body turns 90 degrees left. The left foot takes one step forward to form a left “gong bu”. Both palms move in the same time : the right one move by the outside of the left arm toward the lower to draw to the waist with the palm facing up, the left one moves to the upper right and at the inside of the right arm changes into an straight palm to push forward with the force directed into the palm heel. The fingers are at the same height as the mouth. Look forward and expire.



5. Erecting an arm, shrinking the body

The left foot doesn't move. The right leg bends. The right palm moves downward then to the upper front with palm facing up. Left palm moves to the right until it erects before the right armpit with the palm facing right.



Then the body turns 90 degrees right. The left foot goes to the middle inside of the right foot with the tiptoes only touching the ground, both legs squats to form a left “Ding bu”. At the same time the right palm changes into a fist and the right forearm erects before the right shoulder. The left palm changes into a fist and rush straightly downward with the side of the fist close to the upper outside of left ankle. Look left and expire.

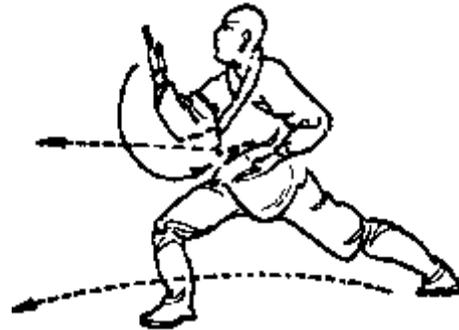
6. Pushing the left palm in “Gong bu”

The body turns 90 degrees left. The left foot takes one step forward to form a left “gong bu”. Both hands open into palms and move in the same time : the right one move by the front of the chest and the outside of left arm, moves toward the lower right to draw to the waist with the palm facing up, the left one moves to the upper right and, at the inside of the right arm, changes into a straight palm to push forward with the force directed into the palm heel. The fingers are at the same height as the nose. Look forward and expire.



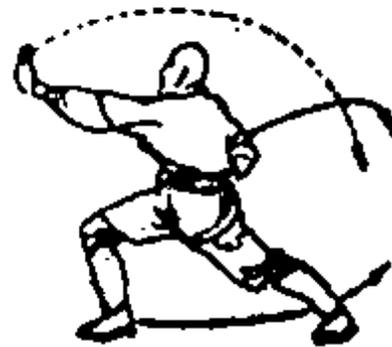
7. Turning the body and crushing palm

The upper body turns 180 degrees right to form a right “Gong bu”. At the same time the left palm draws to the waist with the palm facing up. The right arm turns inside, the right palm crushes forward with the palm facing back, finger at the same level as the eyes. Look at the right hand and expire.



8. Pushing the left palm while taking one step forward.

The left foot takes one step forward to form a left “Gong bu”. The right palm moves left by the outside of the left shoulder and arms toward the lower right until it draws to the waist with the palm facing up. At the same time, the left palm moves



Xiao Hong Quan

9. Pushing both palms down, lifting a knee

The body turns 180 degrees right back to form a right "Gong bu". The left palm makes a large circle downward to join the right hand. At the same time the left foot lifts and stretches straight to be put in front of the right knee. Look forward.



10. Take a step, outside crescent kick

The left foot lands forward on the ground. Both palms draws to the waist with the palm facing up. The right foot lifts and stretches straight to kick leftward and then swings right. Both arms extend forward to clap the right foot with the left palm and then the right one. Look forward and expire.



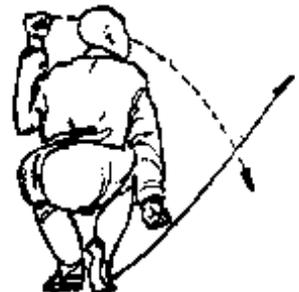
11. Inclining both arms in a right "Gong bu"

The foot lands forward to form a right "Gong bu". The upper body turns right, both palms change into fist and move respectively left forward and right backward until the left elbow stops above the right knee. Both fist are on the same level as shoulders. Look on the right back.



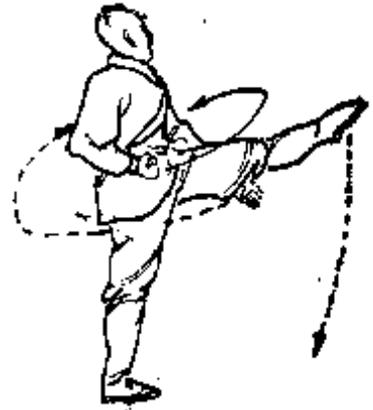
12. Raising an elbow and shrinking the body

The body turns 90 degrees left. The right foot lifts and comes at the middle inside of the left foot, both legs squat to form a right "Ding bu". At the same time the left forearm raises before the left chest the eye of the fist facing back. The right fist moves to the upper thigh and goes downward to the right ankle. Fist center facing back. Look right and expire.



13. Palm chops downward with straight kick

The right leg takes one step right. The body turns 90 degrees right. The right fist draws to the waist the fist center facing up. The left foot hooks up and swings directly to the upper front. At the same time, the left fist changes into a palm and chops downward from the outside of the leg, the palm facing right. Look forward.



14. Inclining both arms in a left "Gong bu"

The foot lands forward to form a left "Gong bu". The upper body turns right, left palm changes into fist and both arms, very bent, move respectively right forward and left backward until the left elbow stops above the right knee. Both fists are on the same level as shoulders. Look on the left back.



15. Cutting palm in Pu bu

The body turns 180 degrees to the right back. The left leg squats fully and the right leg lifts and extends right to form a right "Pu bu". Both fists change into palms and come pushing the ground. Look right and expire.



16. Lion opens his mouth

The weight moves right and the body turns right to form a right "Gong bu". The left palm fends until far above the head with the palm facing forward and the fingers at 45 degrees to the right. The right arm turns straightly outside and moves the palm to the front of the right knee with the palm facing frontward and fingers downward. Look forward.



17. "Great rock spreads its wings" in Ma Bu

The body turns 90 degrees left. The left foot takes one step left, both legs squat with both feet parallel and both knees stretching outside to form "Ma bu". In the meantime both arms shut both elbows before the chest with the fist center facing back at the same height as the mouth. Look forward. Then without a pause, the fists are pushed fiercely respectively left and right, Both arms are on the same level as shoulders. The force is directed to the fists. Look left and expire.



18. Raising an arm, shrinking the body

The body turns 90 degrees left. The weight shifts to the left leg. The right leg bends. The right palm moves downward then to the upper front with palm facing up. Left palm moves to the right until it erects before the right armpit with the palm facing right. Then the body turns 90 degrees right. The left foot goes to the middle inside of the right foot with the tiptoes only touching the ground, both legs squats to form a left "Ding bu". At the same time the right palm changes into a fist and the right forearm erects before the right shoulder. The left palm changes into a fist and rush straightly downward with the side of the



19. Piercing palm in Gong bu

The left foot takes one step left. Both fists open into palms to draw to the waist with the palms facing up. The body turns left to form a left "Gong bu", left palm jabs to the upper front with the palm facing up. The left palm is on the same level as the nose. Look forward.



20. Jump inside crescent Kick.

Without almost any pause, all the body weight is transferred on the front leg and the left leg stretches quickly to do a small jump. In the same time, the right leg does an inside crescent kick, the right foot is stretched and comes to clap the left palm. The right hand is going slightly backward, fingers pointing up. Look at the left hand and expire.



21. Exploding in the sky

As soon as the left as soon as the left foot lands, the body turns 90 degrees right and the right foot comes stamping the ground at the inside of the left foot. Meanwhile, the left forearm moves downward before the belly and the right forearm circles the left arm to rush from the inside of the left arm upward. As the right arm rushes straight, it bends out to put the elbow on the left fist-eye. The right forearm raises before the right shoulder with the fist eye facing back. The right fist is at the same height as the mouth. Look forward and expire.



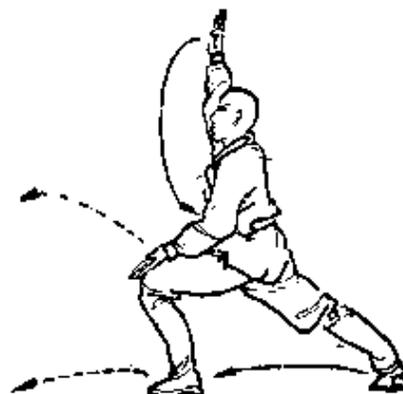
22. Scorpion swings its tail

Both legs slightly bend. The body turns 90 degrees on the left and at the same time the left foot lifts and hooks up. The left leg follows the rotation of the waist and the left foot raises up to the right knee level. Look at left.



23. Lion opens his mouth

The body turns 180 degrees left and the left foot lands forward. The weight moves forward to form a left "Gong bu". The right palm fends until far above the head with the palm facing forward and the fingers at 45 degrees to the left. The left arm turns straightly outside and moves the palm to the front of the left knee with the palm facing forward and fingers downward. Look forward.



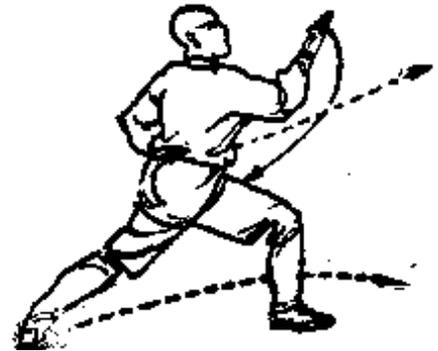
24. Pushing the left palm in Gong Bu

The left foot lifts and stretches straight to be put at the upper inside of the right knee. The right arm moves downward, and the left arm moves upward. The left leg lands forward to form a left "Gong bu". The right palm moves by the outside of the left arm toward the lower right until it draws to the waist with the palm facing up. The left one changes into a straight palm to push forward. The fingers-tip is at the level of the mouth. The force is directed to the left palm. Look forward left and expire.



25. Withdrawing a step and crushing with the palm

The left foot withdraws one step. At once the right foot withdraws too. The upper body turns 180 degrees right to form a right “Gong bu”. While the body turns right, the left palm moves to the upper right by the outside of the right shoulder and arm toward the lower until it draws to the waist the palm facing up. And the right palm crushes forward from the inside of the left arm with the palm facing back. The fingers-tip is at the level of the nose. Look forward and expire.



26. One step forward, pushing the left palm

The left foot takes one step forward to form a left “Gong bu”. The right palm moves by the outside of the left shoulder and arm toward the lower right until it draws to the waist with the palm facing up. The left palm moves to the upper right and by the front of the right armpit pushes straight forward with the fingers-tip as the level of the mouth. Force is directed in the left palm. Look forward and expire.



27. Pushing both palms in “Duli bu”

The body turns 180 degrees to the right back to form a right Gong Bu. The left palm draws to the waist with the palm facing up. Look forward

Then the left foot lifts and stretches straight to be put above the level of right knee to form Duli Bu. Both palms erectly push forward until they are about 5 cm before the left knee with the palm facing forward. Look forward and expire.



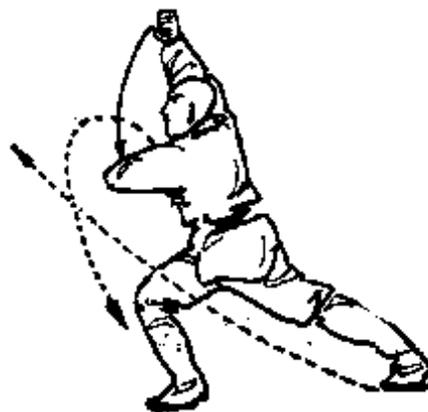
28. Clap the right foot

The left foot lands forward on the ground. Both palms draws to the waist with the palm facing up. The right foot lifts and stretches straight to snap kick to the upper front. The right arm extends forward to clap the right foot with the palm. Look forward and expire.



29. Left “ringing the bell”

Without any pause, the right foot lands forward to form a right Gong Bu. The right palm changes into a fist and fends up until it is above the head. The left palm changes into a fist and comes to the chest, striking with the left elbow frontward. Look forward.



30. Plunging fist in Ding Bu

The body turns 90 degrees left. The right foot lifts and comes at the middle of the middle inside of the left foot, tiptoes only touching the ground, both legs squat to form a right Ding Bu. The left elbow moves downward to erect the forearm before the left shoulder with the fist facing backward. The right fist inserts downward to the right ankle with the fist facing backward. Look right and expire.



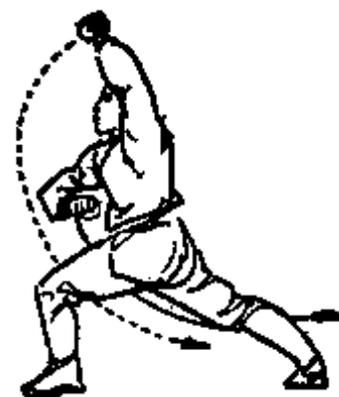
31. Chopping fist and swinging front kick

The right leg takes one step right. The body turns 90 degrees right. The right fist draws to the waist. The left foot hooks up to swing-kick to the upper front. In the same time, the left fist chops downward from the outside of the left leg with the fist-hole facing up. Look forward and expire.



32. Right “ringing the bell”

Without any pause, the left foot lands forward to form a left Gong Bu. The left palm changes into a fist and fends up until it is above the head. The right palm changes into a fist and comes to the chest, striking with the right elbow frontward. The elbow-tip is opposed to the left knee. Look forward.



33. Cutting palm in Pu Bu

The body turns 90 degrees right. The left leg fully extends to the right to form a right Pu Bu. At the same time, the left fist opens into a palm to draw to the waist with the palm facing up. The right fist opens into a palm and cut to the lower right along the inside of the right leg until above the right foot with the palm facing down. Look right and expire.



34. Lion opens its mouth

The weight moves right and the body turns right to form a right "Gong bu". The left palm fends until far above the head with the palm facing forward and the fingers at 45 degrees to the right. The right arm turns straightly outside and moves the palm to the front of the right knee with the palm facing frontward and fingers downward. Look forward.



35. Circle the head and straight punch

The left foot takes one step forward to form a left Gong Bu. The right palm changes into a fist to draw to the waist with the palm facing up. The left palm moves backward and at the back of the head changes into a fist to rush forward at the chest level. Look forward and expire.



36. Circle the head, seven stars

The left fist draws to the waist with the fist facing up. The right foot takes one step forward. The left foot moves to the middle inside of the right foot with the tiptoe touching the ground to form a left "Ding bu". At the same time, the right fist open into a palm to move upward, over the head backward, and by the back of the head it changes into a fist to rush toward the lower front with the fist facing down. The left fist is against the inside of the right elbow with the fist facing down. Look forward and expire.



37. "Great Rock spreads its wings" in "Ma bu"

The body turns 90 degrees left. The left foot takes one step left. Both legs squat with both feet parallel and both knees stretching outside to form "Ma bu". Both forearms shut erectly before the chest with the fist facing back. Look forward. Then from the same stance, both forearms turn outside to rush both fists left and right with fists facing down. Both arms are on the shoulder level. The force is directed in both fists. Look left and expire.



38. Raising an arm, shrinking the body

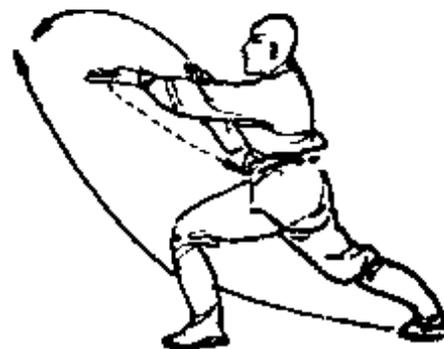
The body turns 90 degrees left. The weight moves to the left leg and the right one kneels forward to form a right "Gui bu". The right arm bends and the right fist moves downward and, by the outside of the right knee, strikes upward until it reaches the same height as the eyes with the fist facing back. The left fist opens into a palm close to the inside of the right elbow with the palm facing right. Look forward.



From the previous movement, the body turns 90 degrees right. The left foot goes to the middle inside of the right foot with the tiptoes only touching the ground, both legs squats to form a left "Ding bu". At the same time the right palm changes into a fist and the right forearm erects before the right shoulder. The left palm changes into a fist and rush straightly downward with the side of the fist close to the upper outside of left ankle. Look left and expire.

39. Piercing palm in "Gong bu"

The left foot takes one step left. Both fists open into palms to draw to the waist with the palms facing up. The body turns left to form a left "Gong bu". Both palms jab to the upper front with the palms facing back. The left palm, as the same height of the eyes, is ahead of the right one. The right fingers are closed to the inside of the right elbow. Look forward.



40. Clap the right foot

Both palms draw to the waist with the palms facing up. The right foot lifts and stretches straight to snap kick to the upper front. And the right arm extends forward to clap the right foot with the palm. Look forward.



41. Pushing the right palm in "Gong bu"

From the previous movement, the right foot lands forward on the ground to form a right "Gong bu". The right palm draws to the front of the left armpit with the palm facing right. The left palm moves to the upper right by the outside of the right shoulder and arm towards the lower left to draw to the waist with the palm facing up. The right palms become erects to push forward with the fingers on the same level as the nose. The force is directed in the right palm-heel. Look forward and expire.



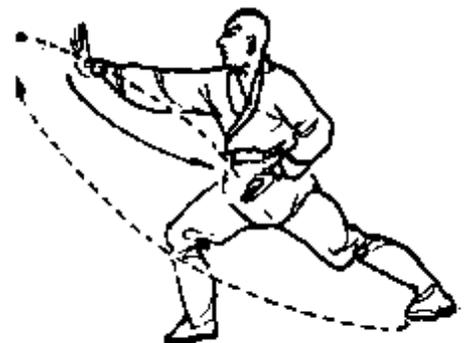
42. Pushing the left palm in "Gong bu"

The left foot lifts and stretches forward to be put at the upper inside of the right knee. The right palm moves to the upper left by the outside of the left shoulder and arm toward the lower right. The left palm moves to the front of the right armpit with the palm facing left. The body turns 180 degrees left. The left foot lands forward on the ground to form a left "Gong bu". The right palm draws to the waist with the palm facing up. The left palm pushes straight forward with the force directed in the palm-heel. Look forward.



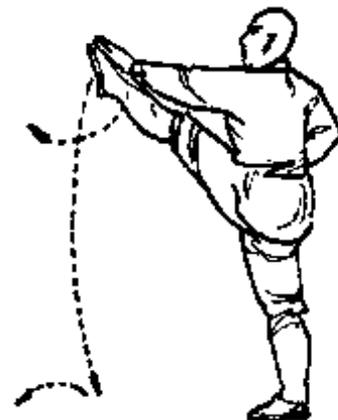
43. Pushing the right palm in "Gong bu"

The right foot lifts and stretches forward to be put at the upper inside of the left knee. The left palm moves to the upper right by the outside of the right shoulder and arm toward the lower left. The right palm moves to the front of the left armpit with the palm facing right. The body turns 180 degrees right. The right foot lands forward on the ground to form a right "Gong bu". The left palm draws to the waist with the palm facing up. The right palm pushes straight forward with the force directed in the palm-heel. Look forward and expire.



44. Clap the left foot

The right palm draw to the waist with the palm facing up. The left foot lifts and stretches straight to snap kick to the upper front. And the left arm extends forward to clap the left foot with the palm. Look forward.



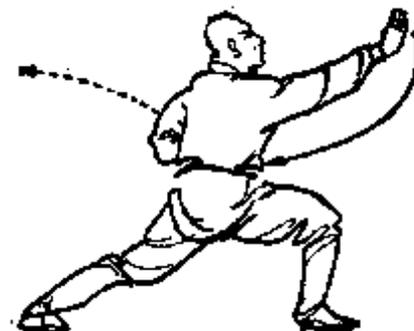
45. Pushing the left palm in “Gong bu”

From the previous movement, the left foot lands forward on the ground to form a left “Ma bu”. The left palm moves to the front of the right armpit with the palm facing left. The right palm moves to the upper left by the outside of the left shoulder and arm towards lower to draw to the waist with palm facing up. The left palm pushes straight forward with the force directed in the palm-heel. Look forward.



46. Pushing the right palm in “Gong bu”

The right foot lifts and stretches forward to be put at the upper inside of the left knee. The left palm moves to the upper right by the outside of the right shoulder and arm toward the lower left. The right palm moves to the front of the left armpit with the palm facing right. The body turns 180 degrees right. The right foot lands forward on the ground to form a right “Gong bu”. The left palm draws to the waist with the palm facing up. The right palm pushes straight forward with the force directed in the palm-heel. Look forward and expire.



47. Pushing the left palm in “Gong bu”

The left foot lifts and stretches forward to be put at the upper inside of the right knee. The right palm moves to the upper left by the outside of the left shoulder and arm toward the lower right. The left palm moves to the front of the right armpit with the palm facing left. The body turns 180 degrees left. The left foot lands forward on the ground to form a left “Gong bu”. The right palm draws to the waist with the palm facing up. The left palm pushes straight forward with the force directed in the palm-heel. Look forward.



48. The hungry tiger jumps on food

The right foot jumps one long step forward. The left leg bends in the jump. The left palm changes into a fist to draw to the waist with the fist facing up. The right palm changes into an open claw to grab to the lower right with the fingers hooking inside. Look at the right claw.



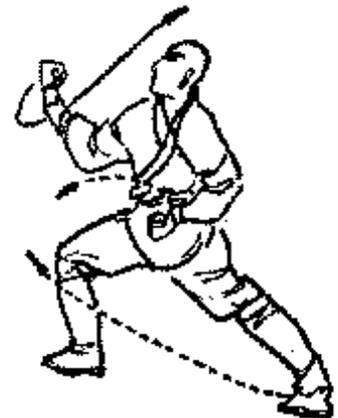
49. Luohan strikes the Mortar

Both feet lands on the ground, the body turns 90 degrees left. The left fist opens into a palm. The right foot lifts and stomps the ground side by side with the left foot. Both legs squats. The right hand changes into a fist and goes to the lower left to strike the left palm before the knees. Look forward and expire.



50. Destroying the stomach

The right foot takes one step right and the body turns 90 degrees right to form a right "Gong bu". The left palm changes into a fist to draw to the waist with the fist facing up. The right fist draws to the outside of the right leg the to strike fiercely upward with the fist facing back, the fist is as the same height as the shoulder. Look forward and expire.



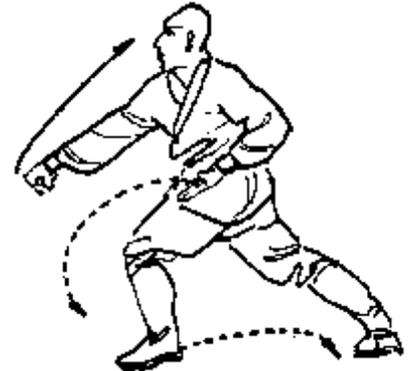
51. "Protecting the ear" in "Duli bu"

The left foot lifts and stretches straight to be put to the upper front of the right knee to form a right "Duli bu". The right arm turns inside and raise above the head, the fist facing left. The left fist goes up and down to come join the upper knee, fist facing left. Look forward.



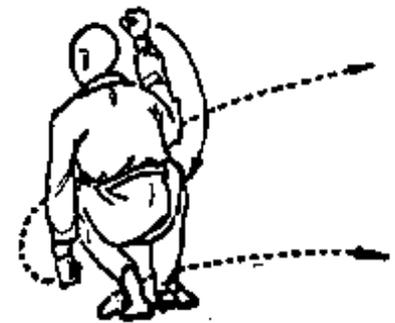
52. Downstrike in "Gong bu"

The left foot lands left on the ground and the body turns left to form a left "Gong bu". The right fist rushes to the lower front and stops at the upper inside of the left knee with the fist facing down. The left palm moves along the upper side of the right arm to the right biceps with the palm facing down. Look forward and expire.



53. Raising an arm while shrinking the body

The body turns 90 degrees right. The left foot goes to the middle inside of the right foot with the tiptoes only touching the ground, both legs squats to form a left "Ding bu". At the same time the right palm changes into a fist and the right forearm erects before the right shoulder. The left palm changes into a fist and rush straightly downward with the side of the fist close to the upper outside of left ankle. Look left and expire.



54. Pushing the left palm in "Gong bu"

The body turns 90 right and the left foot takes one step left to form a left "Gong bu". Both fists open into palms and move adjacently, the right palm moves downward and the left one moves upward. The right palm, by the front of the chest and the outside of the left arm, moves toward the lower right to draw to the waist with the palm facing up. The left palm changes into a straight palm to push forward with the force directed in palm-heel. The fingers are at the same height as the nose. Look forward.



55. Circle the head, strike the mortar

The left palm draws to the front of the belly with the palm facing up. The right foot lifts and the body turns 180 degrees right. Both legs squat and the right foot stomps the ground side by side with the left foot. In the same time, the right palm moves upward, over the head backward and behind the head changes into a fist. Then the right fist goes down to hammer the left palm-center with the fist back at the upper front of the knees. Look forward and expire.



56. A Hero sits on the mountain

The left foot takes one step left. Both legs squat with both feet parallel and both knees stretching outside to form "Ma bu". In the same time the right fist hammers left and then fends upper right until it is above 10 cm above the head with the fist facing down. The left palm changes into a fist to go upward then downward until it is put on the left knee with the fist facing back. Look left and expire with the sound "hu".



57. Finishing move

The right leg moves left to stand side by side with the right one. At the same time, both fists draw to the waist with fist facing up. Look forward.

