

# **YANG STYLE TAI CHI SANSHOU (88)**

## **TWO-PERSON SPARRING SET**

from

*Taiji Compiled: The Boxing, Saber, Sword, Pole, and Sparring*

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In Taiji Boxing, the sparring set is one of the major practices. It can make up for the insufficiencies of pushing hands and large rollback. Generally when doing pushing hands or large rollback, if you become easily disconnected from your opponent's hands, or if you are having trouble sticking, warding off, or neutralizing, then the sparring set is valuable.

The sparring in Taiji Boxing is completely different from other styles of martial arts: it is a matter of being sticky and connected, of letting go of your plans and just responding to the opponent, of both neutralizing and issuing being carried out with subtlety rather than obviousness, and of moving continuously without interruption. Just like in pushing hands and large rollback, whatever the technique or posture, there is always neutralizing and issuing. They are to happen naturally, always directed from the hips, and without stiffness creating exerted action in the movements.

After you have reached a high level in practicing pushing hands and large rollback, then the practical functions in the sparring set should definitely be studied. Otherwise it is like making a hundred-foot-tall monument but lacking that one last basket of materials and leaving it at only ninety-nine feet – would it not be a pity?

Taiji sparring is divided into two types: solo practice and paired practice. In the solo practice, the methods are very numerous, using palm, fist, wrist, elbow, shoulder, waist, hip, knee, or foot (all nine of these

sections being able to strike the opponent one after another). Generally within the boxing sets, any postures or techniques can be practiced solo, but the postures, applications, subtlety of power, moving of energy, and so on, should be imparted from a qualified teacher.

Paired practice is related to each of the entire series of thirteen dynamics [i.e. the eight techniques of ward-off, rollback, press, push, pluck, rend, elbow, and bump, plus the five directions of footwork – forward, back, left, right, and center] within the solo set. One by one they are plugged in, according to appropriateness of response, and linked together with each other to compose the two-person sparring set. The way it has been put together can be described as seamless, constantly transforming, endlessly subtle, and is truly the masterpiece within the system.

If you can familiarize yourself with every posture in the whole set, on both sides, and are able to apply them, then when looking at your solo set you will find you are able to make the postures more precise and elegant, thus increasing your interest, and the benefit to your mind and body I doubt words would be adequate to describe. During pushing hands or large rollback, you will be more able to receive attacks from any direction and defeat opponents with surprises, and then truly the contents of Taiji Boxing will have come together for you. I hope you will be sure not to underestimate it.

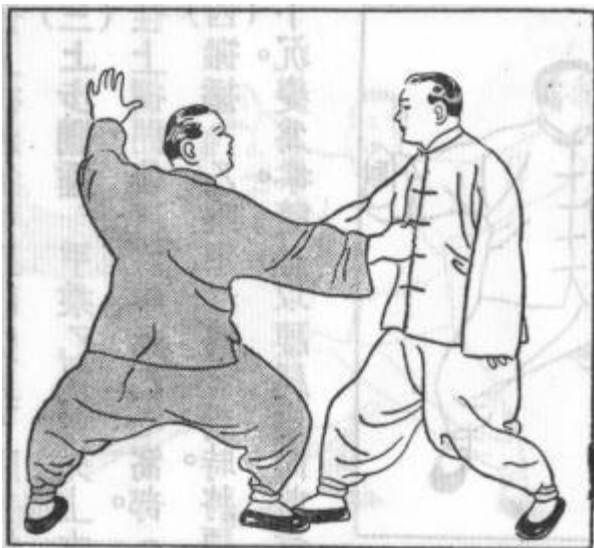
## **TWO-PERSON SPARRING SET**

### **BEGINNING POSTURE**

Two people, A & B, stand facing each other, feet approximately parallel.  
(A is the initiator, dressed in grey. B is the responder, dressed in white.)

## 1. STEP FORWARD & PUNCH

A, first step forward with your left foot, then with your right foot, striking B's solar plexus with your right fist (tiger's mouth facing up), loosening your waist and hips to make a posture between a bow stance and a horse-riding stance. Your gaze is forward.



## 2. RAISE THE HAND

B, take advantage of A's advancing momentum, first retreating your left foot, then pulling your right foot back a half step, toes touching down, heel lifted. At the same time, your right hand goes along with the left-turning momentum of your hips by moving to the left to take up to the outside of A's right forearm, lifting upward and causing A's force to land on nothing. It could also easily be a ward-off strike to A's arm.

### 3. STEPPING FORWARD, BLOCK & PUNCH

A, taking advantage of B's lifting momentum, first step forward with your left foot, then with your right foot, your left hand at the same time going to the right to take up to the inside of B's forearm, going upward, blocking aside, and again using your right fist to strike B's solar plexus.

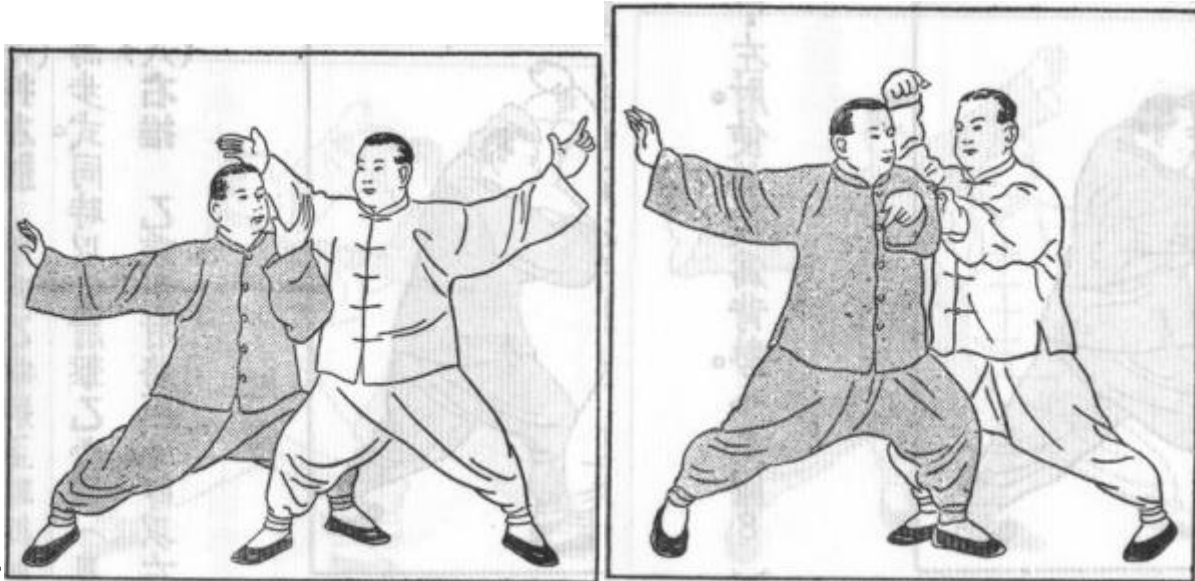


### 4. PARRY & PUNCH

B, take advantage of the moment before A's punch expresses power, sending your waist to the rear and turning to the left to neutralize it. At the same time, your left hand takes hold of A's right wrist, your right hand goes inward while sinking down, changing into a fist, going along with the momentum by using power from your hips to go forward and return a strike to A's solar plexus, and your waist and hips loosen to make a posture between a bow stance and a horse-riding stance.

## 5. STEP FORWARD WITH LEFT BUMP

A, take advantage of the moment before B's punch expresses power, your hips slightly neutralizing to the rear. At the same time, your right hand pulls away to the rear, and your right foot lifts and comes down slightly to the rear. Step forward with your left foot and put it behind B's right leg, your left hand going along with the momentum to prop B's elbow up and to the right, causing B to reverse his momentum, and then lower your body and use your shoulder to bump B's right armpit area.

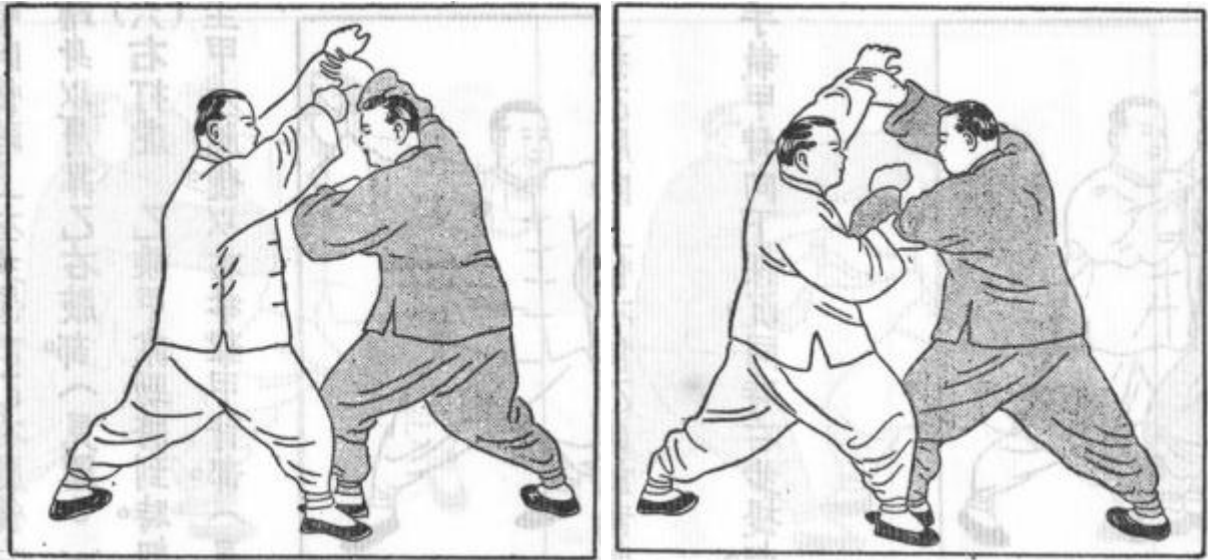


## 6. RIGHT FIGHTING TIGER POSTURE

B, take advantage of the moment before the power of A's bump arrives, promptly turning your waist [to the right], your left hand taking hold of A's arm and going downward with a pluck. At the same time, your right foot lifts, withdraws to be behind A's left leg, and use your right fist to strike A from behind.

## 7. STRIKE WITH LEFT ELBOW

A, take advantage of the moment before B's fist arrives, promptly turning your waist [to the left] while your right hand comes from below to take up and hold B's left wrist. Your body lowers, making a stance between a bow stance and a horse-riding stance, as you use your left elbow to strike to B's solar plexus.

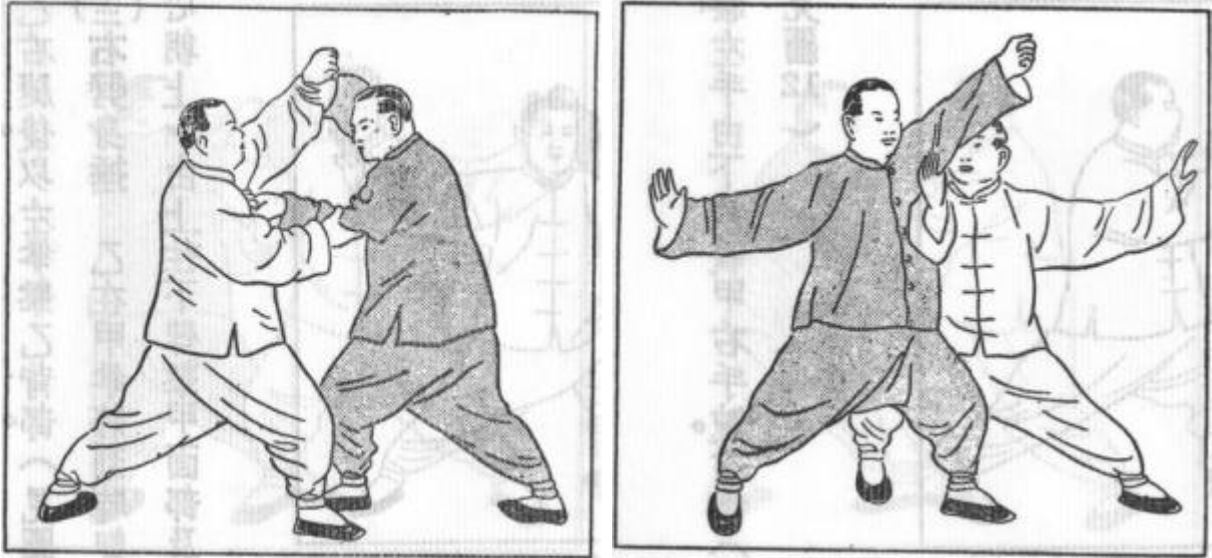


## 8. RIGHT PUSH

B, take advantage of the moment before A's elbow arrives, promptly using your right hand to take hold of and push A's left elbow, causing him to reverse his momentum.

## 9. LEFT BACKFIST

A, take advantage of the momentum by twisting your torso to the left, your left fist (center of the fist facing upward) chopping downward to strike B's face or chest.

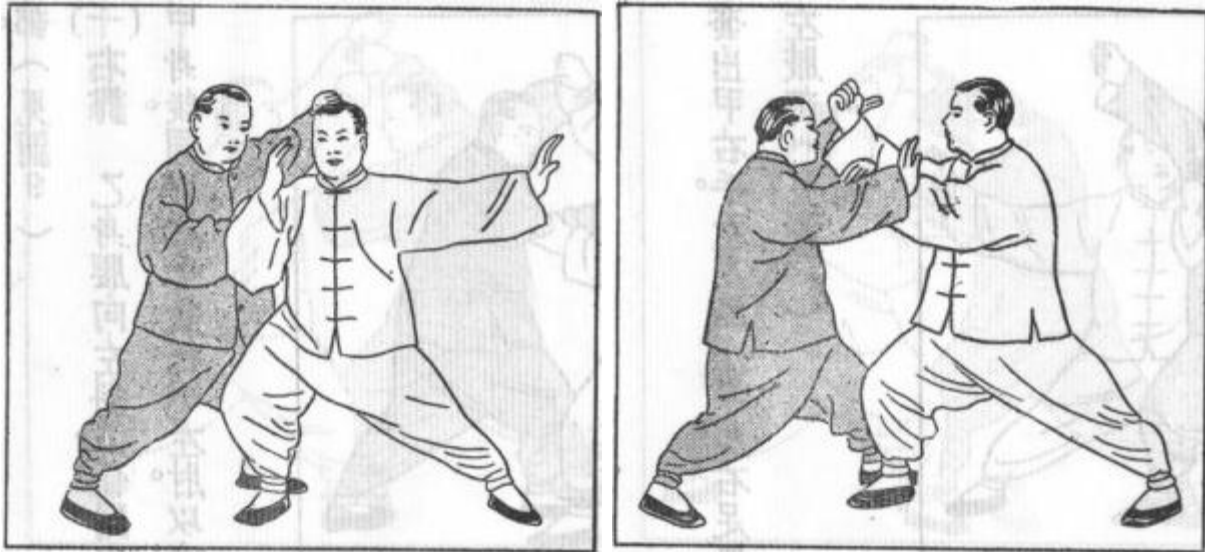


## 10. RIGHT BUMP

B, turn your torso to the left to neutralize A's punch, your left hand pulling away from A's right hand, your left foot following forward a half step, and your right foot withdrawing [advancing] to be behind A's body. At the same time, your right hand holds and props up A's left elbow, and use your right shoulder to bump A's left armpit area.

## 11. WITHDRAW A STEP, LEFT FIGHTING TIGER POSTURE

A, before you have been bumped, turn your body [to the left] while using your right hand to seek and take hold of B's right elbow. At the same time, your left foot lifts, withdraws, and is placed behind B's right leg, and use your left fist to strike B from behind.



## 12. RIGHT BACKFIST

B, before A's fist arrives, promptly twist your waist to the right, your left hand going from below to take up and hold A's right wrist, your right fist (center of the fist facing up) chopping downward to strike A's face or chest.

### 13. RAISE THE HAND

A, take advantage of B's incoming momentum, both your hands closing inward, your left foot withdrawing slightly diagonally, then your right foot advancing behind B's body. At the same time, your left hand seeks and takes hold of B's right elbow, and your right hand goes along with your hips to lift up inwardly, then comes down to strike with a backhanded slap to B's neck.

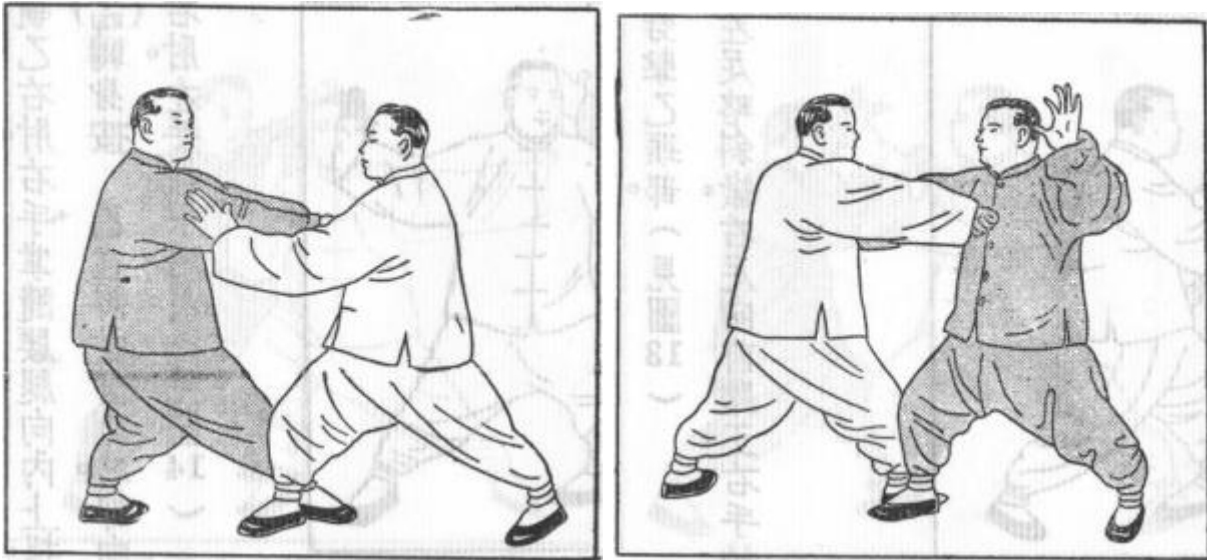


### 14. TURN & PUSH

B, before you have been slapped by A, promptly turn your body to the right, your left foot withdrawing slightly diagonally, then your right foot steps straight forward, your right hand pushing A's elbow, and your left hand pushing A's right shoulder.

## 15. FOLD UP, BACKFIST

A, take advantage of the momentum of B's push, neutralizing to the left until the momentum is sufficiently dissipated. Promptly turn your waist to the right, the center of your right fist turning upward, your left hand sticking to B's right arm, your right fist going along with the momentum of your waist to chop forward to B's solar plexus.

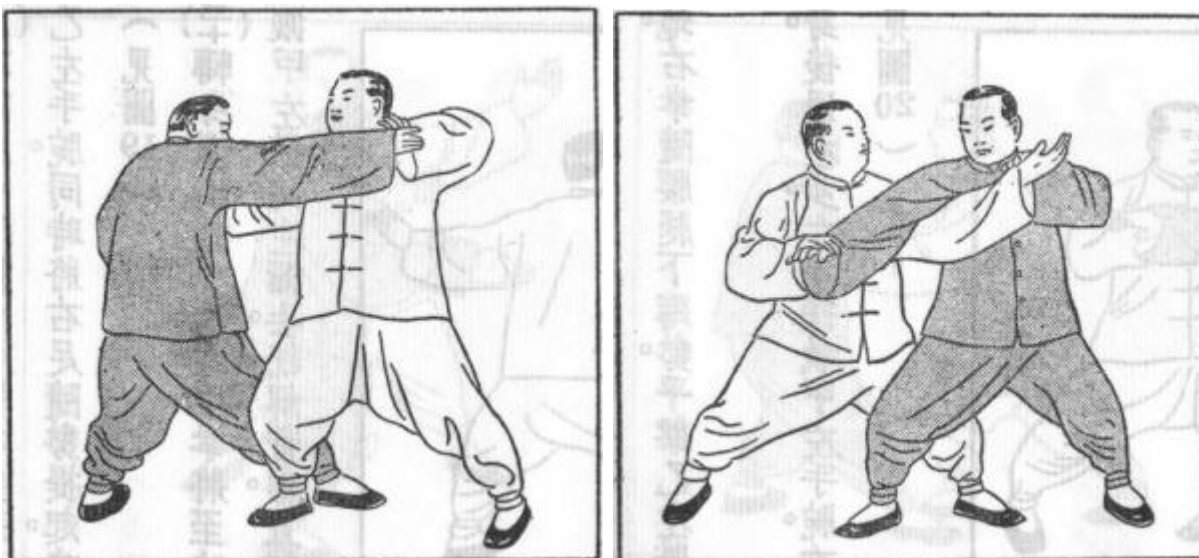


## 16. PARRY & PUNCH (TAKING THE MOMENTUM ASIDE)

B, take advantage of the moment before A's punch arrives, promptly turning your waist to the left to neutralize it. At the same time, your left hand comes down and to the left, rending aside A's right arm, then your right fist takes advantage of the lowering momentum of your body, striking forward to A's solar plexus.

## 17. HORIZONTAL RENDING TECHNIQUE

A, take advantage of the moment before B's fist arrives, promptly turning your waist to the right [left]. At the same time, your left hand neutralizes aside B's right fist and grabs the wrist, while your right arm, horizontal across B's chest, goes along with the left-turning momentum of your hips by rending to the left and forward to make him lean back and fall out.



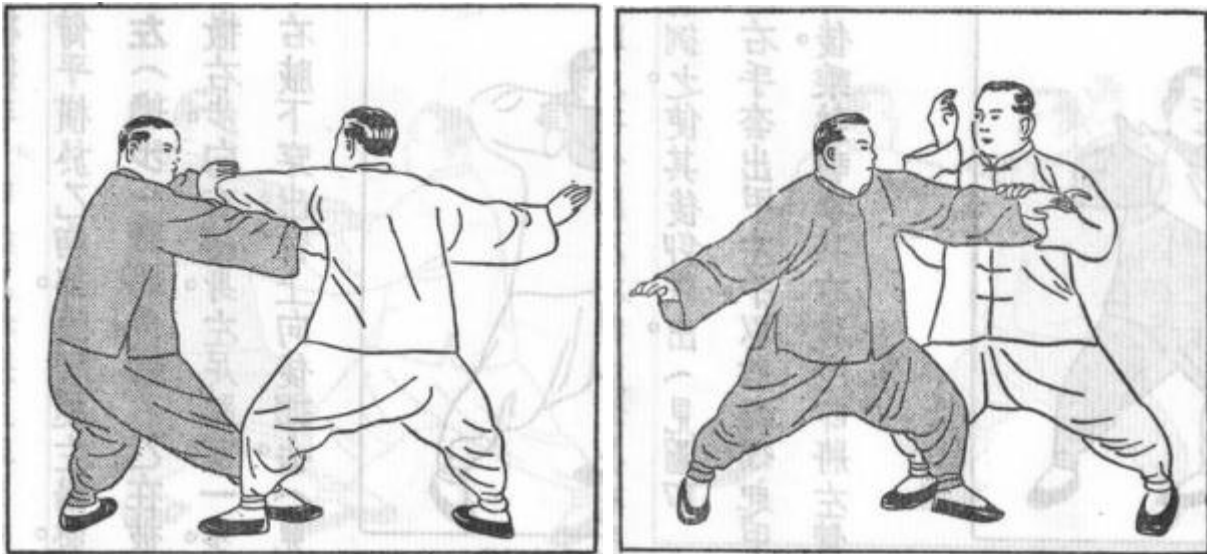
## 18. WILD HORSE PARTS ITS MANE

### – LEFT POSTURE (SWITCHING THE FEET)

B, before you have been backed off by the rending, your right hand pulls away from A's left hand, and using your forearm, ward off to lift up A's right arm, while withdrawing your right foot. Turn your body to the right and step your left foot forward, placing it behind A's body, taking advantage of the momentum to grab A's right wrist and immediately thread through with your left arm under A's right armpit, going upward and to the rear [left] to ward off outward.

## 19. RIGHT FIGHTING TIGER POSTURE (USING LOWER HAND)

A, before the momentum backs you off, your right hand uses the power of your hips to pull away from B's right hand, your left hand taking hold of B's left wrist. At the same time, your right foot goes along with the momentum and lifts to come down slightly to the right, your right fist going along with the lowering momentum of your hips to do a level strike to B's left armpit area.

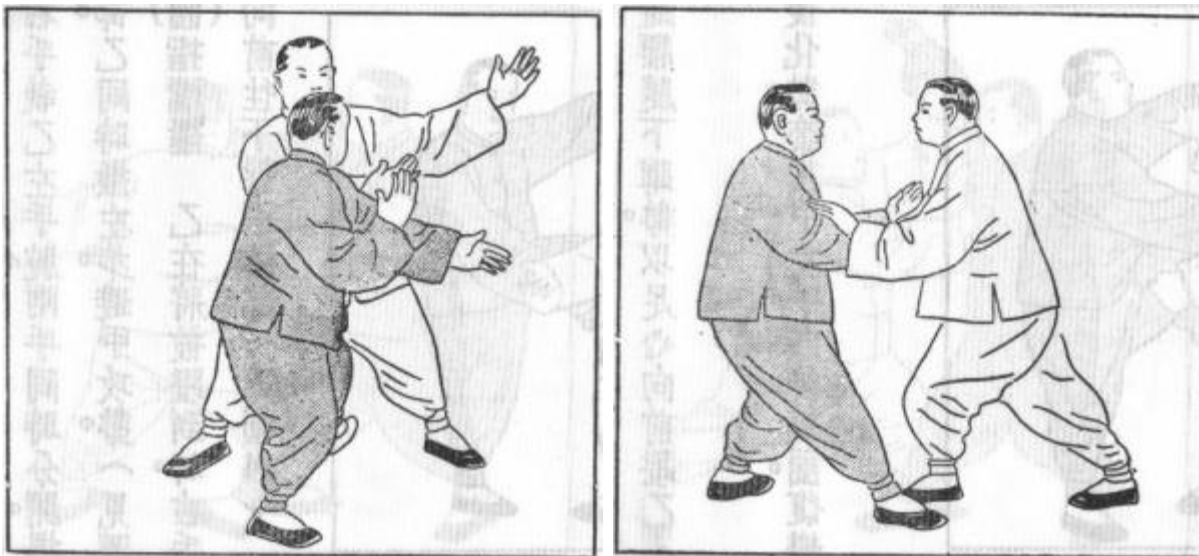


## 20. TURN, WITHDRAWING A STEP, ROLLBACK

B, before A's punch arrives, turn your body to the left, retreating your left foot, plucking A's left wrist with your left hand and rolling back his left arm with your right forearm, rolling him away to the left. Promptly reversing your momentum here is what gives you the ability to roll A back.

## 21. STEP FORWARD WITH LEFT BUMP

A, while you are being rolled back, step your right foot forward diagonally to the right and step your left foot between B's legs, your left arm going across in front of B's body, your right hand near the inside of your own left elbow, and use your left shoulder to bump B's solar plexus.



## 22. TURN & PUSH

B, before you have been bumped, your right foot takes a half step across to the inside, at the same time turning your waist [to the right]. Lift your left foot and step it between A's legs, pushing A's right wrist with your right hand and his right elbow with your left hand, both hands pushing out forward.

### 23. SEPARATE BOTH HANDS, PRESSING KICK STEP BACK TO RIDE THE TIGER)

A, before you have been pushed, go slightly to the rear to neutralize, [withdrawing your left foot,] your left hand going from below to take up to the inside of B's right forearm, your right hand holding B's left wrist, both your hands spreading to the sides in unison as you lift your right foot, and go along with the lowering momentum of your hips to do a pressing kick to B's lower abdomen with the sole of your foot. B at the same time steps back with his left leg to avoid your attack.



### 24. PUNCH TO THE CROTCH

B, before you have been kicked, your right hand goes along with the momentum of your hips as they neutralize to the rear, pulling away from A's left hand and circling to the rear, then becomes a fist and strikes forward and downward to A's crotch [as your right leg steps forward].

## 25. STEP FORWARD, PLUCK & REND

A, take advantage of the moment before B's fist arrives, promptly bringing your right foot down, your right hand holding B's right wrist, and going along with the right-turning momentum of your hips by plucking to the right and rear. Step your right foot forward behind B's right foot, your right arm going along with your waist to lift across in front of B's chest and rend him away to the left.

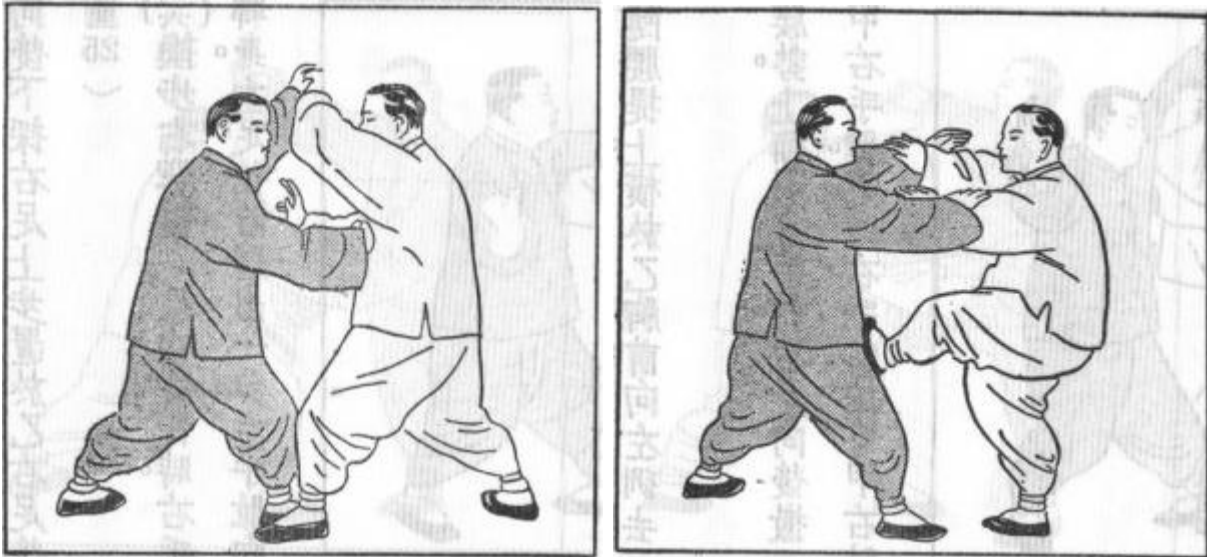


## 26. SWITCH THE FEET, MAIDEN WORKS THE SHUTTLES – RIGHT POSTURE

B, before you get backed off, your right forearm goes along with the [left-]turning momentum of your waist to ward off A's right forearm upward, your right foot withdrawing a step. Your body turns [to the right], your left foot steps forward, your left forearm propping up to ward off A's right arm, and your right palm does a pushing strike to A's right armpit area.

## 27. LEFT WARD OFF, RIGHT BACKFIST

A, before you have been pushed, promptly turn your waist [to the right], using your left hand to ward off upward and take hold of B's left forearm. At the same time, your right fist goes along with the lowering momentum of your hips to go down from above with a chopping strike to B's chest.



## 28. WHITE CRANE COOLS ITS WINGS (PRESSING KICK)

B, before you have been chopped, both your hands promptly spread aside at the same time (right hand upward, left hand facing down). Going along with the lowering momentum of your body, use the sole of your left foot to do a pressing kick forward to A's lower abdomen.

## 29. LEFT BUMP

A, before you have been kicked, slightly neutralize to the rear, your right hand going down to brush aside B's left foot to the right [causing B to lower his foot]. Then step your left foot forward, (placing it behind B's right leg), your left arm going across the front of B's body, your right hand near your own left elbow, and use your left shoulder to bump B's solar plexus.



## 30. WITHDRAW A STEP, BREAK THE ARM

B, before you have been bumped, your left hand takes hold of A's left wrist, your left foot diagonally withdraws a half step, and your right forearm goes along with the leaning forward and lowering momentum of your hips to break A's left arm.

### 31. TURN & PUSH (ROLLING BACK)

A, when you have been made to squat by the breaking but not yet backed off by it, your hips extend slightly forward and your left hand from below goes forward and up, turning over B's left forearm, your hips going to the left and upward, turning to follow the momentum, and with your right hand pushing B's left shoulder and your left hand pushing B's left elbow, slightly rolling back to the left, both hands push forward in unison. See drawing 31 [reverse view]:

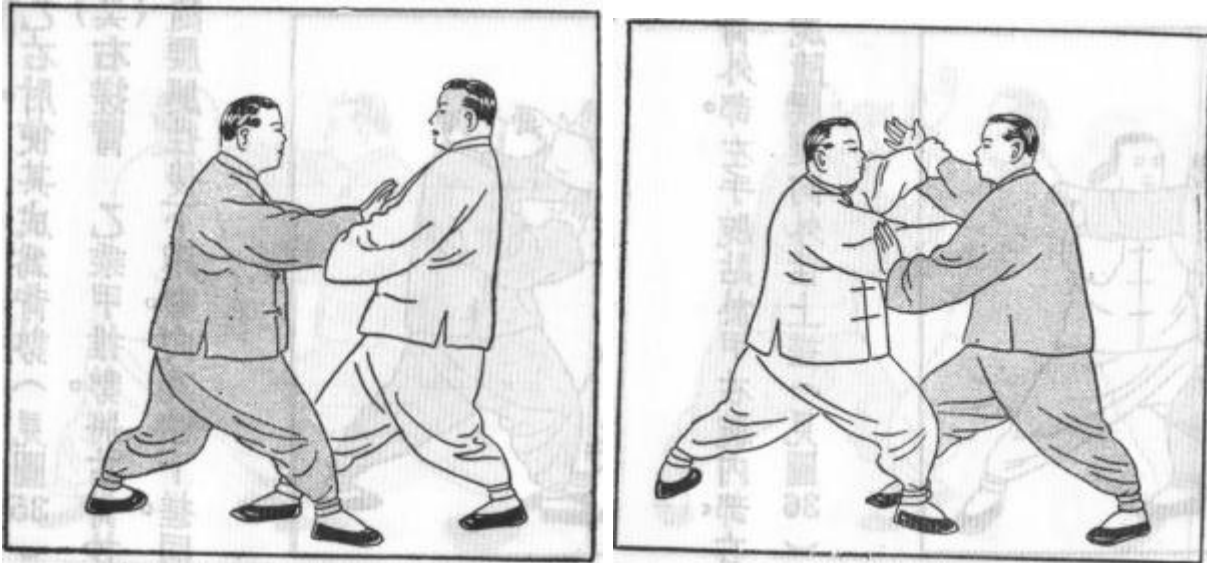


### 32. DOUBLE WINDS FILL THE EARS

B, before you have been backed off by the push, go slightly to the rear to neutralize, your right hand going from below to take up to the inside of A's left forearm, first going to the rear and sinking with your waist, at the same time your hands spreading aside both of A's hands, then go along with the momentum and make fists that go forward and up, using the tiger's mouths to strike both of A's temples.

### 33. DOUBLE-HAND PUSH

A, before you have been struck, both your hands go along with the momentum of your waist neutralizing to the rear, pushing down to neutralize while withdrawing your left foot. Step forward with your right foot, at the same time pushing with both hands toward B's chest.

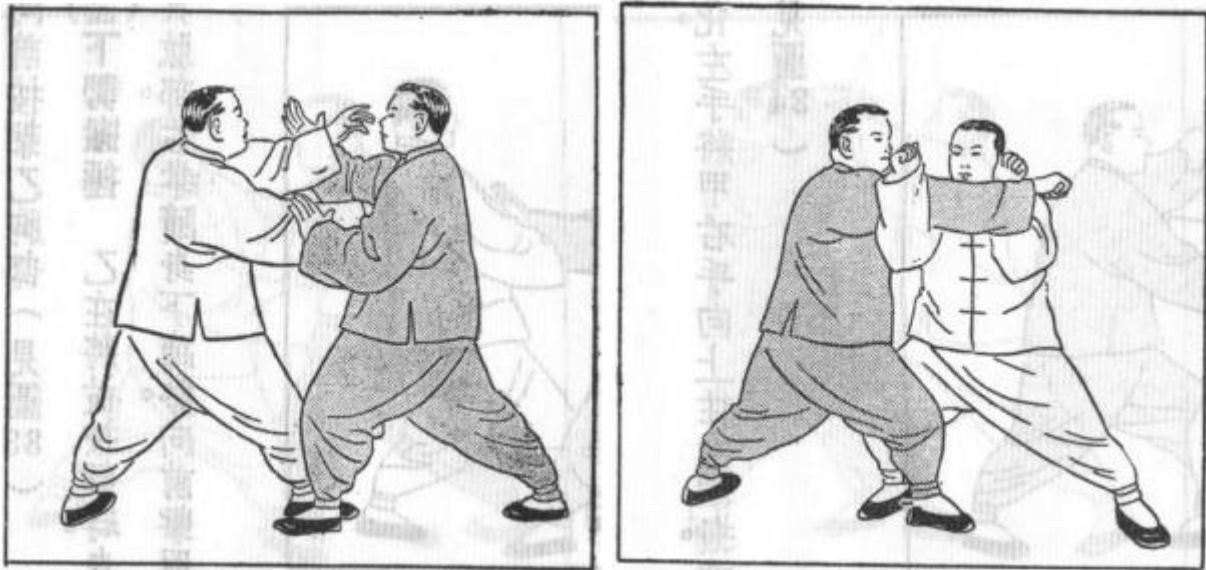


### 34. LOW-POSTURED PARRY & PUNCH

B, before you have been pushed, your body slightly neutralizes to the rear, your left hand sending A's right hand up and warding it away to the left, taking hold of his forearm, while your right fist goes along with your body's lowering momentum, striking forward to A's solar plexus.

### 35. SINGLE-HAND PUSH (TO THE RIGHT ARM)

A, before B's fist has struck, promptly turn your waist to the right to neutralize B's punch. At the same time, your left hand pushes B's right elbow to the right, causing him to reverse his momentum.

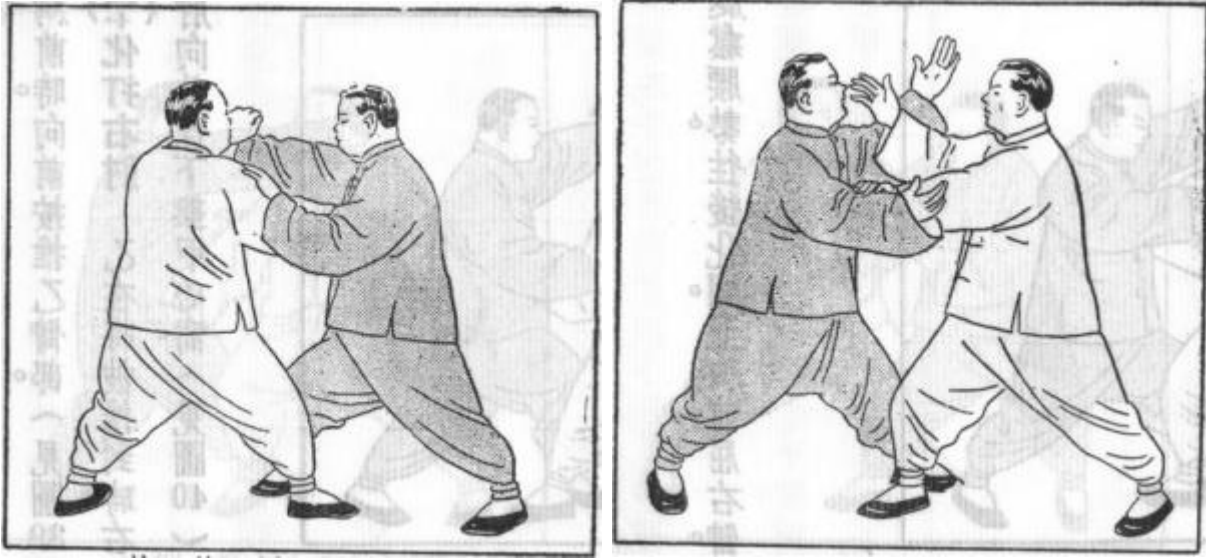


### 36. RIGHT TWIST THE ARM

B, taking advantage of A's pushing momentum, your right arm takes up to the outside of A's right arm, your left wrist sticking to the inside of A's right wrist, then your right arm goes along with the momentum of your hips as they lower to the rear, twisting inward and downward, your left wrist at the same time going along with your hips by twisting outward and upward.

### 37. SEIZING THE MOMENT, PUSH

A, before you have been twisted, your hips slightly turn to the right and downward. At the same time, your left hand goes to the right and forward with a push to B's right shoulder, causing B to reverse his momentum.

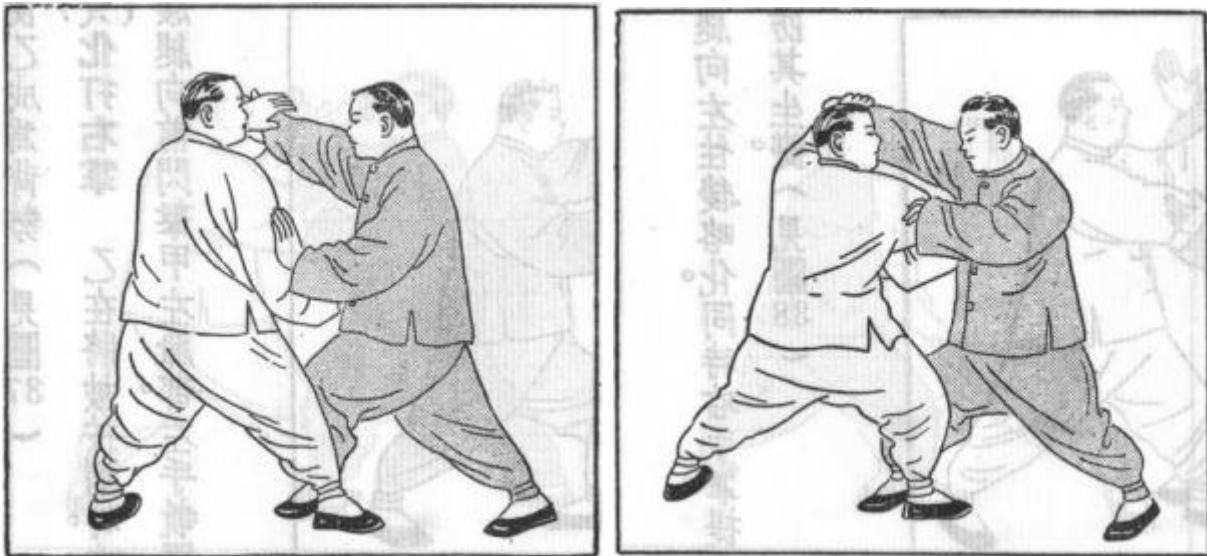


### 38. NEUTRALIZE, STRIKE WITH RIGHT PALM

B, before you have been pushed, your right shoulder goes along with your hips as they slightly neutralize to the left and rear, and at the same time, your right palm lifts. Going along with your hips as they go forward, do a flashing palm strike to the left side of A's face, your left hand taking hold of A's right elbow to keep him from adjusting unexpectedly.

### 39. NEUTRALIZE & PUSH

A, before you have been struck, withdraw your right foot and loosen your hips, neutralizing to the rear. At the same time, your left hand sinks B's right hand down until it is in front of his chest, then goes forward with a push to B's arm.



### 40. NEUTRALIZE, STRIKE WITH RIGHT ELBOW

B, before you have been pushed, your right arm goes along with the momentum of your hips as they lower and neutralize to the rear until it is in front of your chest, then bend your arm and use your elbow to strike forward and downward to A's solar plexus.

#### 41. PLUCK & REND

A, before you have been struck, withdraw your left foot, your right hand [pulling away from B's left hand and] grasping B's right wrist with a pluck downward to the right. Wait until B is leaning forward, then lift your right foot and place it behind B's right foot, your left hand pushing B's right arm as your right hand goes along with the left-turning momentum of your hips to rend across B's throat.



#### 42. SWITCH THE FEET, BREAK THE ARM

B, before you have been backed off by the rending, your right hand goes along with the momentum of your hips as they slightly neutralize, lifting to ward off A's right arm, while withdrawing your right foot. Step forward with your left foot (placing it behind A's right leg), taking hold of A's right wrist with your right hand and placing your left forearm on top of A's right arm (at the elbow), and go along with the lowering momentum of your hips to break downward.

#### 43. RIGHT FIGHTING TIGER POSTURE

A, before you have been backed off by the breaking, your left hand goes along with the right-turning momentum of your hips by going from below to take up and hold B's left elbow. At the same time, your right foot goes along with your waist and lifts, your right hand pulling away upward and to the rear, and place your right foot behind B, your right hand grasping into a fist and going along with the lowering of your hips to strike B from behind.



#### 44. TURN, WITHDRAWING A STEP, ROLLBACK

B, before you have been struck, your left arm goes along with your hips as they slightly neutralize to the rear, your left hand taking hold of A's left wrist, at the same time retreating your right foot, turning your body and stepping your left foot sideways, your right forearm (near the wrist) sticking to A's left arm, both your hands going along with your hips to rollback A's left arm to the left.

#### 45. STEP FORWARD WITH LEFT BUMP

A, take advantage of the momentum and step your left foot between B's legs, your left arm going across in front of B's body, your right hand placed to the inside of your own left arm, and using your left shoulder, go along with the lowering momentum of your hips to bump B's solar plexus.

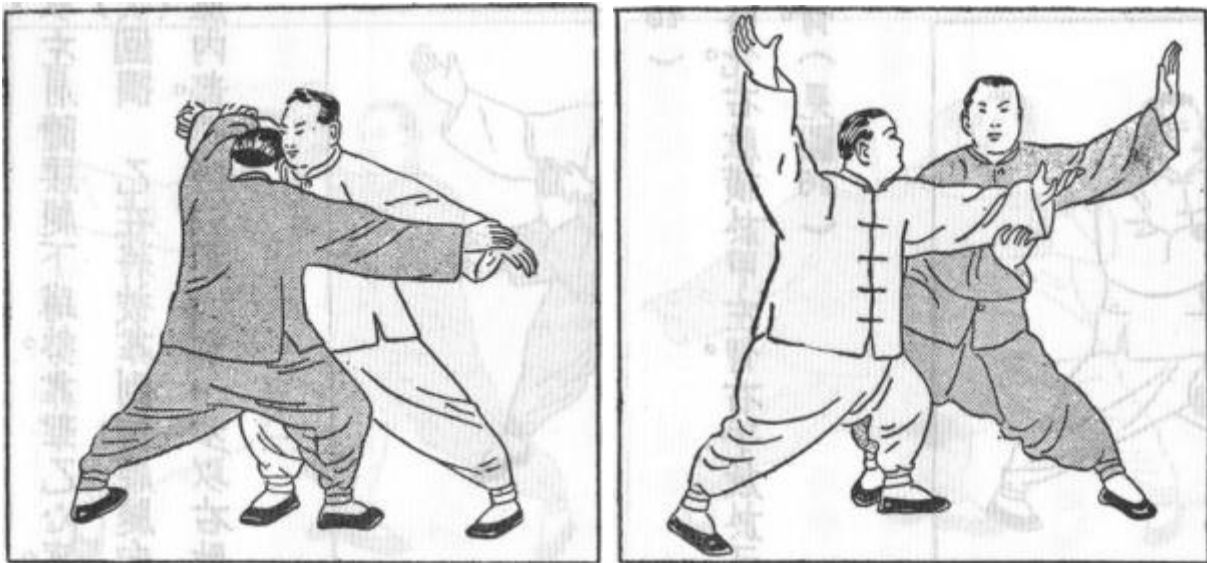


#### 46. RETURN WITH PRESS

B, before you have been bumped, your hips slightly neutralize to the left and rear. With your right forearm going across A's left arm, place your right [left] hand to the inside of your own right forearm while taking a step forward with your right foot, and use your right forearm to press A's left arm.

#### 47. SPREAD WITH BOTH HANDS, BUMP (SWITCHING THE FEET)

A, before you have been backed off by the press, your right hand goes along with the left-turning momentum of your hips by going up from below to take up and hold B's left wrist, your left hand going along with the spreading momentum of both hands to hold the inside of B's right elbow. At the same time, withdraw your left foot, step forward with your right foot (stepping between B's legs), lower your body, and use your right shoulder to bump B's solar plexus.

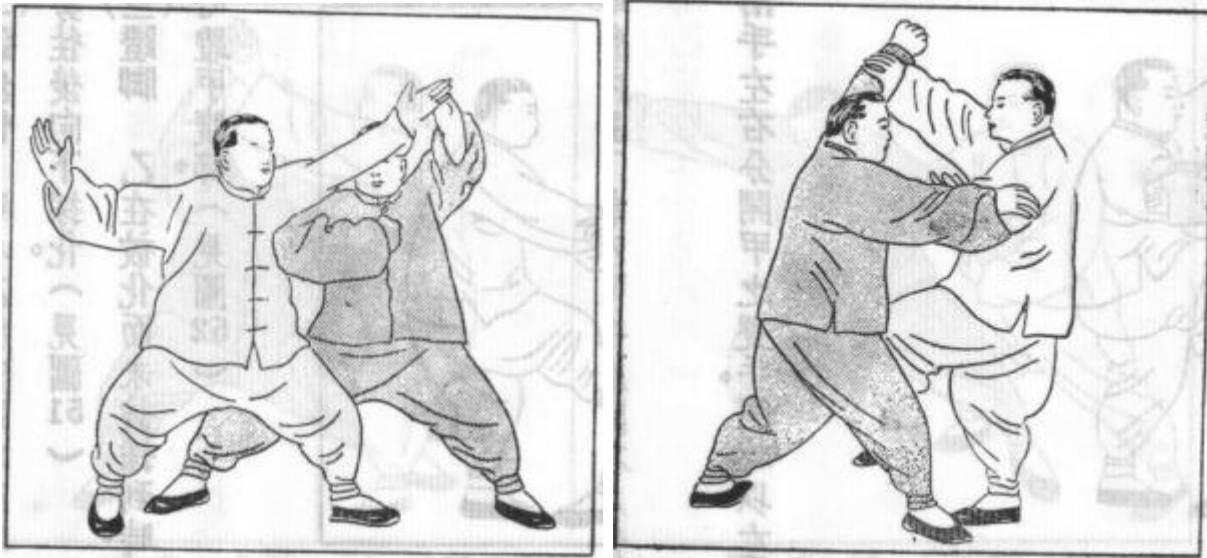


#### 48. TURN, LEFT BUMP (SWITCHING THE FEET)

B, before you have been bumped, go slightly to the rear to neutralize, withdrawing your right foot and pulling away your right hand, step forward with your left foot, your left arm going across and sticking to A's right arm, your right hand spreading away, and use your left shoulder to bump A's right armpit area.

#### 49. STRIKE WITH RIGHT ELBOW

A, before you have been bumped, go slightly to the rear to neutralize, taking advantage of the momentum by taking hold of B's left wrist with your left hand, your right arm going along with the momentum of your hips as they neutralize to the rear and sink, bending your arm and using your elbow to strike forward to B's left armpit area.



#### 50. TURN, GOLDEN ROOSTER STANDS ON ONE LEG

B, before A's elbow arrives, promptly turn your body to the left, stepping your right foot a half step forward and putting all your weight on it, your right hand taking hold of the inside of A's left elbow, your left hand taking hold of the inside of A's right elbow, both hands spreading to the sides. At the same time, your body rises up, and use your left knee to attack A's crotch.

## 51. RETREAT & NEUTRALIZE

A, before the attack from B's knee arrives, turn both hands in unison inward and downward, taking hold of both of B's wrists, and going along with the retreating momentum of your right foot, go down and to the rear with a neutralizing pluck.

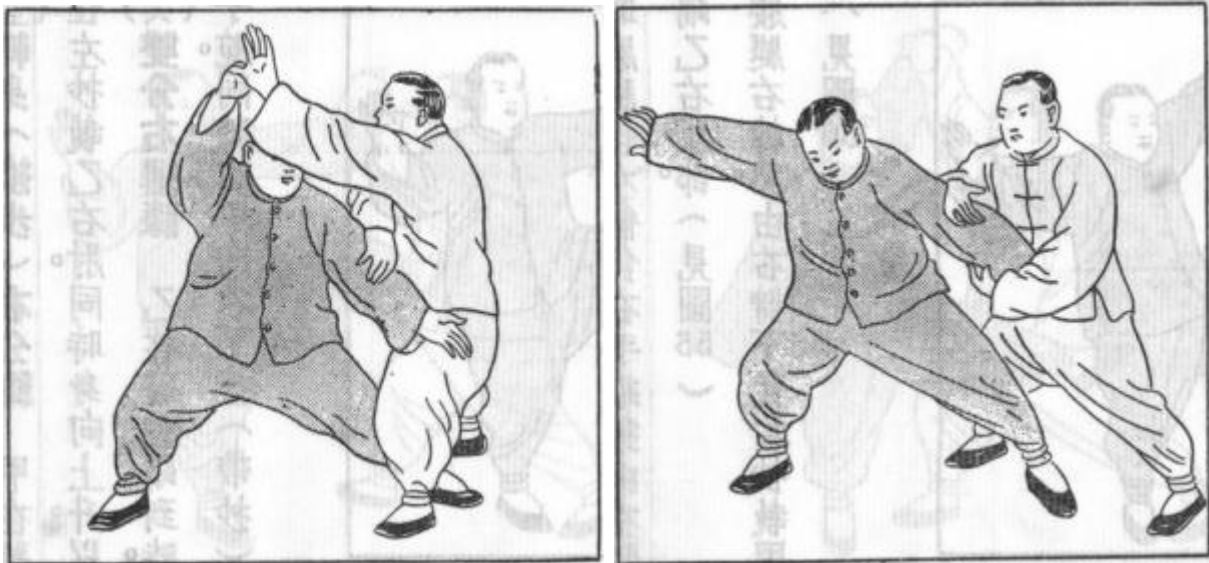


## 52. PRESSING KICK

B, when you have been neutralized but not yet plucked, immediately send your hands to the sides to spread away both of A's hands, at the same time using the sole of your left foot to do a pressing kick to A's abdomen.

### 53. TURN, STEP FORWARD WITH A BUMP

A, before you have been kicked, your right hand goes to the left to push aside B's left hand and goes down to brush aside B's left foot, at the same time stepping forward with your right foot. At this moment, B's foot must come down. Take advantage of the momentum and step forward with your left foot (stepping between B's legs), your left arm going across B's left flank, your right hand lifting to take hold of B's left hand, and using your left shoulder, go along with the lowering momentum of your hips to bump B's solar plexus.



### 54. BREAK THE LEFT ARM

B, before you have been bumped, your hips slightly neutralize to the left and rear. At the same time, your left hand [pulls away from A's right hand and] takes hold of A's left wrist while your right forearm goes along with the left-turning momentum of your hips to go down and break A's left arm (at the elbow).

## 55. TURN (SWITCHING THE FEET), KICK TO THE RIGHT SIDE

A, before your arm has been broken, your hips neutralize to the left and rear, your right hand taking advantage of the momentum by going from below your left arm to the left to take up and hold B's right elbow. Then your body rises up, and use the tip of your right foot to kick B's right armpit area.

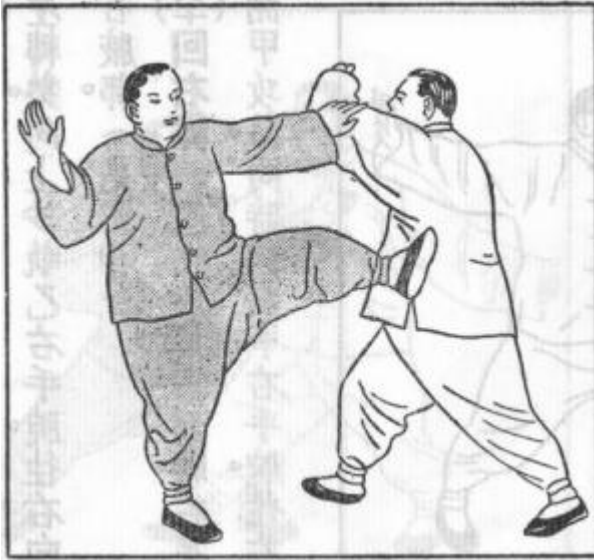


## 56. SPREADING WITH BOTH HANDS, RIGHT BRUSH KNEE

B, before you have been kicked, your left hand goes along with the right-turning momentum of your hips by going from below your right arm to the right to take up and hold A's right wrist. At the same time, your right hand goes to the lower right to brush (i.e. draw in and take up) A's right foot.

### 57. TURN (SWITCHING FEET), KICK TO THE LEFT SIDE

A, before the brushing backs you off, come down with your right foot, your left hand going along with the right-turning momentum of your hips by going to the right from below B's left arm to take up and hold B's left elbow, and taking advantage of the momentum, use the tip of your left foot to kick B's left armpit area.

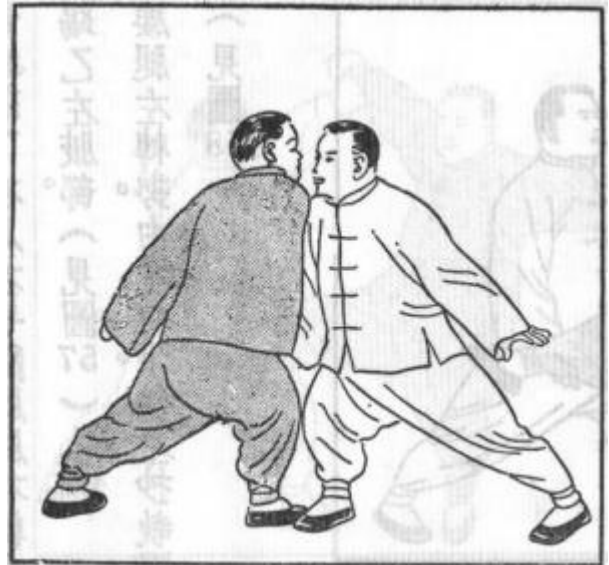


### 58. SPREADING WITH BOTH HANDS, LEFT BRUSH KNEE

B, before you have been kicked, your right hand goes along with the left-turning momentum of your hips by going from below your left arm to the left to take up and hold A's left wrist. At the same time, your left hand goes to the lower left to brush (i.e. draw in and take up) A's left foot.

## 59. SWITCH HANDS, RIGHT BUMP

A, before the brushing backs you off, come down with your left foot and retreat a half step to the rear. At the same time, your right hand goes along with the left-turning momentum of your hips by going upward to take up and hold B's right wrist and then to the lower right with a downward pluck, your right foot taking a step forward during the pluck, and use your shoulder to bump to B's right armpit area.



## 60. RETURN WITH RIGHT BUMP

B, before you have been bumped, your right foot slightly lifts [and withdraws a half step] and your right hand goes along with the left-turning momentum of your hips by going to the left and rear, coiling a circle to neutralize A's attack then turn over and pluck A's right wrist to the lower right, your right foot advancing a half step during the pluck, and use your right shoulder to bump A's right armpit area.

## 61. STEP FORWARD, CATCH THE SPARROW BY THE TAIL – LEFT POSTURE

A, when you have been plucked but before you have been bumped, your right hand goes along with the left-turning momentum of your hips by going to the left and rear, coiling a circle which neutralizes B's attack and then plucks B's right wrist. At the same time, withdraw your right foot, then step forward with your left foot (placing it behind B's right leg), your left arm going from under B's right armpit, extending until in front of B's chest, and going along with the momentum, goes to the left and forward to ward off outward.



## 62. RIGHT CLOUDING HANDS

B, having been warded off, take advantage of the momentum by hollowing your chest and rounding your back, turning your waist to the right and sinking with your legs, your right hand slyly staying at A's right wrist, luring in and lifting to the right and rear. Once A's momentum has reversed, your right hand pushes A's right wrist and your left hand at the same time pushes A's right shoulder.

### 63. STEP FORWARD, CATCH THE SPARROW BY THE TAIL – RIGHT POSTURE

A, having been pushed, take advantage of the momentum and turn your hips to the rear, twisting against your own stance to neutralize. At the same time, your left hand goes from below your right arm to take up and hold B's left wrist, withdrawing your left foot, then stepping forward with your right, your right arm going from under B's left armpit to extend until in front of B's chest, and going along with the momentum, go to the right and forward to ward off outward.

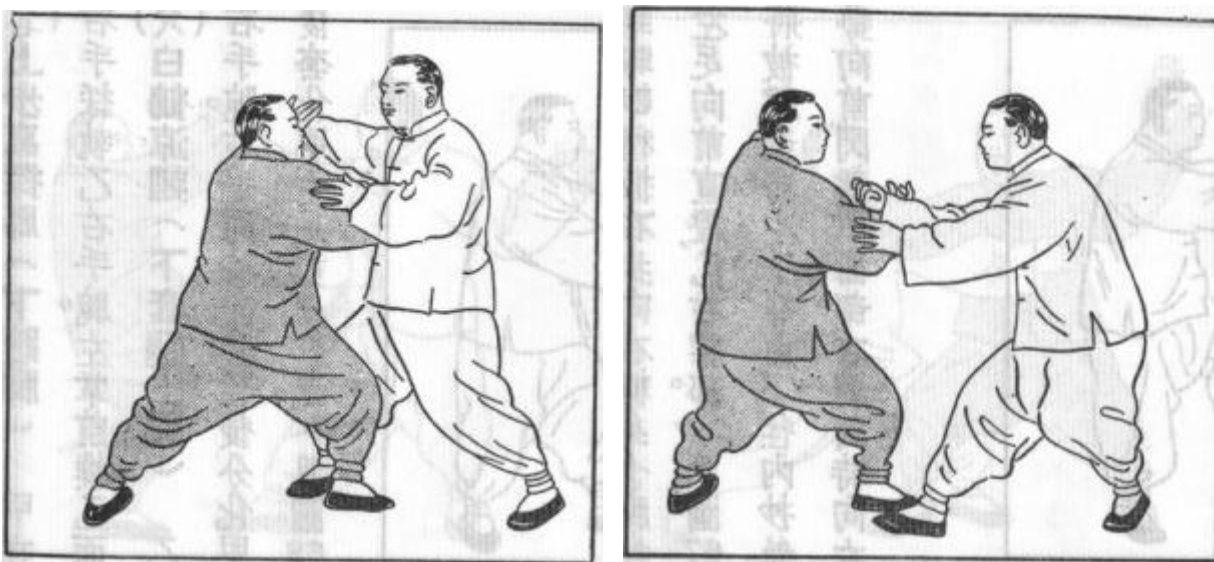


### 64. LEFT CLOUDING HANDS

B, having been warded off, take advantage of the momentum by hollowing your chest and rounding your back, turning your waist to the left and sinking with your legs, your left hand slyly staying at A's left wrist, luring in and lifting to the left and rear. Once A's momentum has reversed, your left hand pushes A's left wrist and your right hand at the same time pushes A's left shoulder.

## 65. RIGHT SPREADING (WARD-OFF)

A, having been pushed, take advantage of the momentum by turning your hips to the rear, twisting against your own stance to neutralize. At the same time, separate both your hands to the sides, your left hand holding B's right wrist, and with your right arm bending to form a semicircle, go along with the spreading (ward-off momentum) and continue forward with it to close in and strike B's solar plexus.



## 66. SIDEWAYS BODY, FLINGING PUNCH

B, before you have been struck, your left foot slightly shifts back, your right hand going along with the momentum of your hips as they turn and neutralize to the left, going downward to neutralize aside A's left hand. Still going along with the momentum, turn your arm over upward, placing it on A's forearm. Your right foot at the same time goes along with the left-turning momentum of your body and comes down to be placed at A's right side, your left hand pushing down A's elbow, and fling your right fist forward and downward to pierce toward A's chest.

## 67. STEP FORWARD, RISING UP AND REACHING OUT TO THE HORSE (LOW PRESSING KICK)

A, before you have been hit by the flinging punch, slightly withdraw your right foot at once, turning your body to the right, hollowing your chest and rounding your back, your right hand plucking B's right wrist, your left palm pouncing forward to B's face. At the same time, your left foot goes directly forward with a pressing kick to B's right knee.



## 68. WHITE CRANE COOLS ITS WINGS (PULLING AWAY THE LEG BELOW, FLASHING A PALM ABOVE)

B, before you have been struck above and below, your left hand promptly goes inward from below to take up and hold A's right wrist, and your right hand at the same time goes outward and to the rear to neutralize A's right [left] palm. Exploiting his momentum, go forward with a flashing palm strike to A's face. Your right leg is at the same time pulling away to the left and rear to neutralize the threat of A's left foot, then gives a pressing kick in return.

## 69. TURN AROUND, SWINGING LOTUS KICK

A, avoid the momentum of B's fierce attacks above and below by completely throwing aside B's hands and promptly turning your body around to the right. When your circle spins you back to your original direction, then use your right hand to pluck B's right wrist, at the same time lifting your right foot and using the tip of your foot to kick upward diagonally to B's right armpit area. See drawing 69:



## 70. LEFT DIAGONAL FLYING POSTURE

B, before you have been kicked, promptly turn your body to the right and step forward with your left foot, your right hand plucking A's right wrist, your left arm taking up to the inside from under A's right armpit, extending across in front of A's chest, and going to the left and up to ward off outward.

## 71. SNEAKY HAND, SNAKING BODY LOW POSTURE

A, before you have been backed off by the momentum of the ward-off, promptly turn your hips to the [right and] rear to slightly loosen and neutralize, your right hand slyly holding B's right wrist, going up and to the rear with a lifting grab, at the same time withdrawing your right foot. Then step forward with your left, sink with your legs and squat your body down, your left palm aimed forward to attack B's crotch area.



## 72. RIGHT DIAGONAL FLYING POSTURE

B, before the attack arrives, promptly withdraw your left foot, your left hand going from below to take up and hold A's left wrist, then step forward with your right foot, your right arm taking up to the inside from under A's left armpit, extending across in front of A's chest, going to the right and up to ward off outward.

### 73. LEFT FIGHTING TIGER POSTURE

A, before you have been backed off by the momentum of the ward-off, promptly turn your hips [to the left], slightly neutralizing to the rear, your left hand taking advantage of the momentum of your hips by going up to pull away from B's left hand, lifting your left foot. Then set your foot down behind B's body, your right hand taking hold of B's right wrist and plucking down to the right, at the same time your left fist striking B from behind.

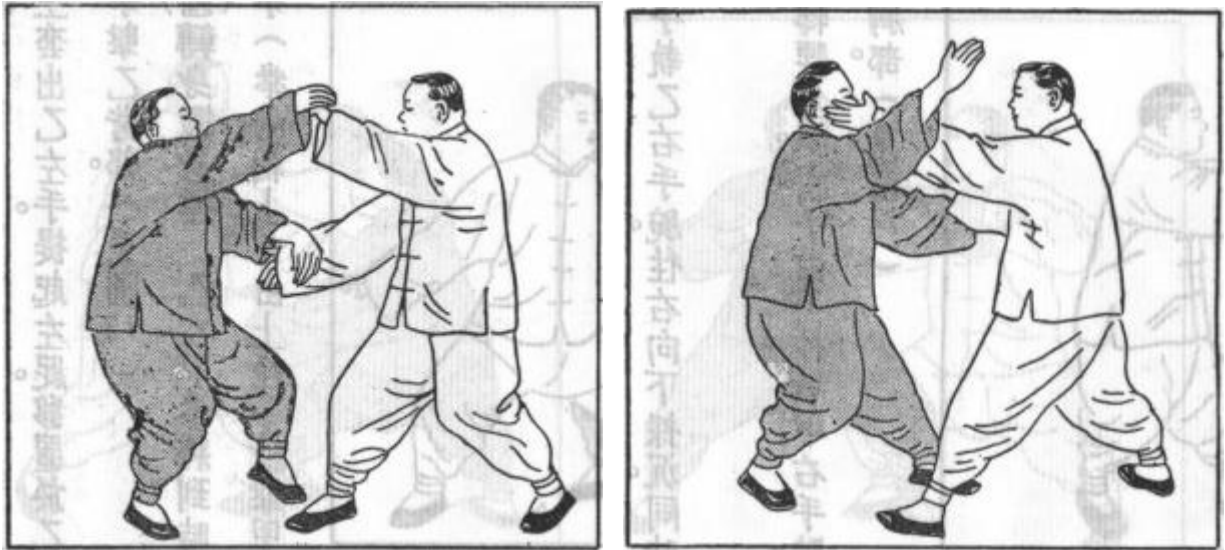


### 74. TURN, FLINGING PUNCH

B, before A's fist arrives, promptly turn your waist to the right and sink with your legs, your left hand going from below to take up and hold A's right wrist, your right fist (center of the fist facing upward) going from above to below with a downward chopping strike to A's face or chest.

## 75. RETREAT & REPULSE THE MONKEY (FIRST)

A, before the flinging punch arrives, promptly hollow your chest and round your back, sit onto your right leg, your body going to the rear to slightly neutralize, your left hand going to the right and downward to sink and neutralize B's right fist, your right hand going along with the right-turning momentum of your hips to neutralize B's left hand.

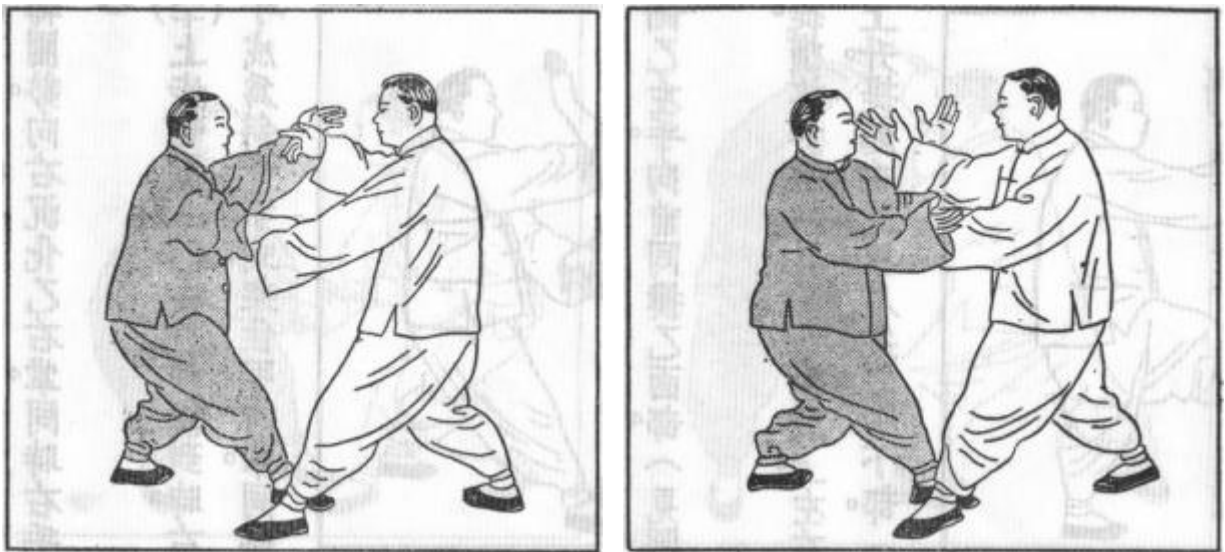


## 76. LEFT FLASHING PALM (STEPPING FORWARD)

B, once you have been neutralized, immediately step forward with your left foot, your right hand going along with the right-turning momentum of your hips to neutralize A's left hand, your left palm going across to the right to strike A's face.

## 77. RETREAT & REPULSE THE MONKEY (SECOND)

A, before B's flashing palm has arrived, promptly retreat your left foot, hollow your chest and round your back, sit onto your left leg, your body going to the rear to slightly neutralize, your right hand going to the left and downward to sink and neutralize B's left palm, your left hand going along with the left-turning momentum of your hips to neutralize B's right hand.



## 78. RIGHT FLASHING PALM

B, your right hand goes along with the neutralizing momentum of A's left hand, going to the left [right] and rear, drawing back and coiling, then changes into a palm and goes across to the left to strike A's face. At the same time, your left hand goes along with the left-turning momentum of your hips to neutralize A's right hand.

### 79. RETREAT & REPULSE THE MONKEY (THIRD, POUNCING STRIKE TO THE FACE)

A, before the flashing palm arrives, promptly retreat your right foot, hollow your chest and round your back, your left hand going along with the momentum of your hips as they turn [to the right] and neutralize to the rear, going to the right to sink and neutralize B's right palm. At the same time, your right hand goes along with the momentum to neutralize B's left hand, then goes forward to return a pouncing palm strike to B's face.



### 80. STEP FORWARD WITH THE BIG DIPPER

B, before the pouncing palm arrives, your right hand promptly lifts up to block from under A's right forearm, on top of your own left wrist, both your hands making an X-shape to prop up A's right palm. At the same time, your body goes forward and upward, as you lift your right leg and use the tip of your foot to kick to A's lower body.

## 81. NEEDLE UNDER THE SEA

A, before the kick arrives, hollow your chest and round your back, sink with your waist and squat your body down, going slightly to the rear to neutralize, your right hand grabbing B's right wrist, your left hand placed on the back of your own right wrist, both hands at the same time going along with your hips to pluck downward.

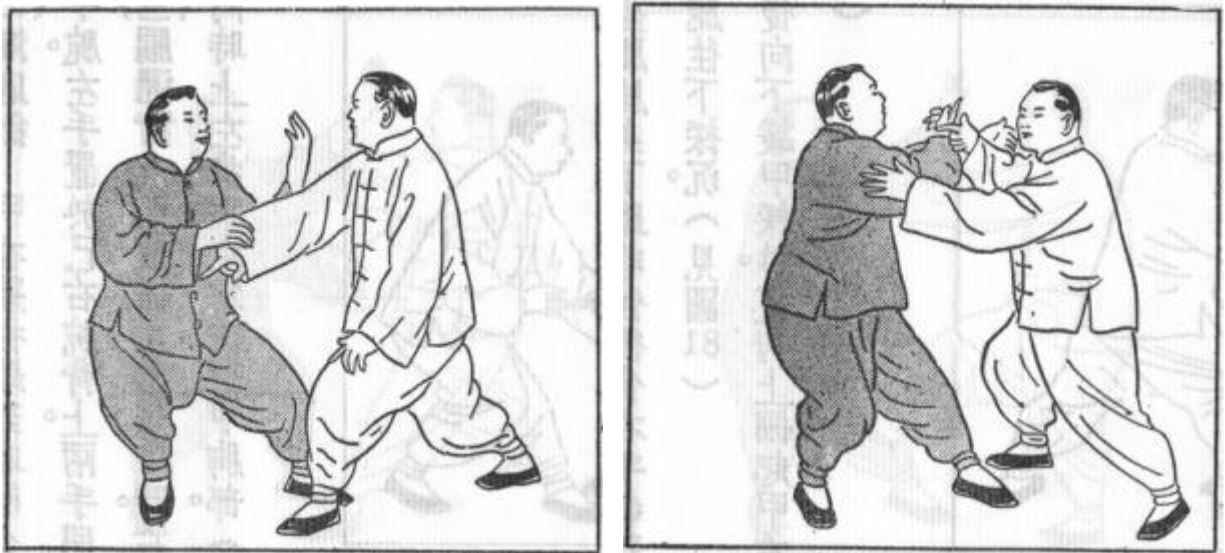


## 82. FAN THROUGH THE BACK

B, before the pluck has made you reverse your momentum, your right hand goes slightly to the rear and downward to slow A's pluck, then goes up to ward off and lift A's right hand. At the same time, step forward with your left foot and use your left palm to strike forward to A's chest.

### 83. PLAY THE LUTE

A, before B's palm strike arrives, your upper body goes along with your hips as they promptly turn to the right, neutralizing B's palm, your right hand slyly grabbing B's right wrist and going downward and to the rear with a twisting pluck, your left forearm breaking B's right elbow, your body slightly sitting to the rear while hollowing your chest and rounding your back, both your hands having at the same time an intention of closing toward each other.



### 84. BEND THE BOW TO SHOOT THE TIGER

B, before A's hands have closed together enough to break your arm, your right arm promptly goes along with your hips as they sink and neutralize to the rear. Your right foot steps forward to the side, your right hand luring away A's right wrist by lifting it to the right and upward, and with your left hand pushing on A's left [right] arm, both your hands at the same time attack forward.

## 85. TURN, SINGLE WHIP

A, before the strike arrives, your body goes to the rear to slightly neutralize, your left hand going downward to lure in and neutralize B's right hand, withdrawing your left foot and stepping forward with your right, the fingers of your right hand hanging down, and use the back of your wrist to go directly forward to strike B's solar plexus.

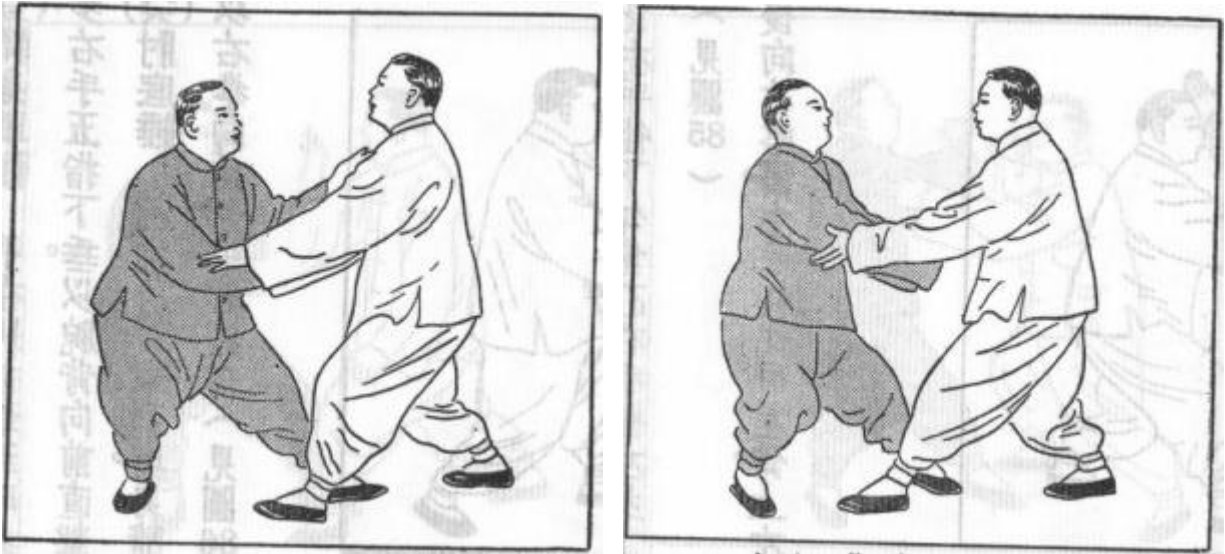


## 86. PUNCH UNDER ELBOW

B, before you have been struck, your body goes along with your hips to the rear and slightly turning to the right, [withdrawing your right foot,] your left hand propping up A's left arm, then step forward with your left foot and use your right fist to strike forward to A's right armpit area.

## 87. CROSSED HANDS

A, before you have been struck, your body goes along with your hips to the rear, turning to the right to neutralize [as you withdraw your right foot]. At the same time, your right arm sinks down B's right fist and, while stepping forward with your left foot, use the fingers of your left hand to poke B's throat.



## 88. CAPTURE THE TIGER AND SEND IT BACK TO ITS MOUNTAIN

B, before you have been poked, go slightly to the rear to neutralize, your right hand going along with the momentum by going up and to the right to spread aside A's left hand. Both your hands at the same time go from above to below and from outside inward, hugging together both of A's arms. Once A's momentum reverses, both your hands promptly and in unison, using the center of the palms, send A away.

[In this final position B has his left foot forward, which is already half of the first move, STEP FORWARD & PUNCH. All B has to do to switch to A's role is continue forward with his right foot and punch. A need do no more as a result of being pushed away than step back his left foot, which is the first half of the second move, RAISE THE HAND, and then all he has to do to switch to B's role is shift his right foot back a half step and ward-off in response to the punch. Reversing the roles thus, the set can recycle indefinitely.]