

Huang Han Xun

Shaolin Internal Training Set

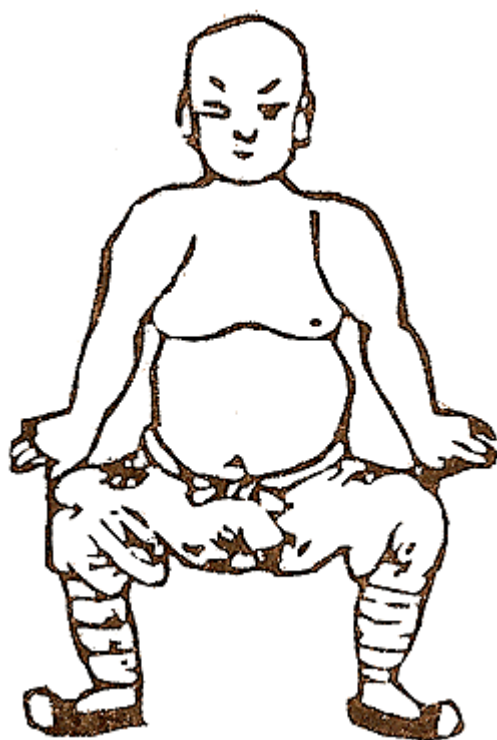
LUOHAN GONG

羅漢功

少林真傳

古青黎范旭東氏錄





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www.kungfulibrary.com/e-book-store.htm

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LUOHAN GONG

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2006

About Author

The "Mantis King" Huang Han Xun was born in Guangdong province, Shun De county. He joined the Hong Kong Jing Wu Association in 1932 and began his instruction under shifu Luo Guang Yu. Apparently, shifu Huang Han Xun worked as a janitor in the Jing Wu association, therefore as an employee of the place, shifu Huang had the ability to take classes taught by instructors of various styles.



At the age of twenty he was encouraged by shifu Luo Guang Yu to establish a school in Macau. He then went to Hankou to teach at the Hankou Jing Wu Association branch. Shifu Huang Han Xun was asked by shifu Luo Guang Yi (who was teaching at the Hong Kong Jing Wu) to go to Wuhan, Szechuan province to teach at the Ching Wu branch there.

Throughout his long teaching career, shifu Huang Han Xun published over forty volumes on the northern praying mantis kung fu system. These would serve to be a guide for future generations of the northern praying mantis system. Shifu Brendan Lai says that shifu Huang Han Xun wished to spread mantis and share as much of the art as he knew with the world freely. He felt that the best way to preserve the theories and techniques was to openly share them with everyone. His death in 1973.

History of Creation of Book “LUOHAN GONG”

The history of the creation of this book goes back to Master Fan Xu Dong (life time: 1841 – 1925, according to another data - 1936). At the turn the 19-th and 20-th century Fan Xu Dong several times visited Shaolin Temple where he studied heritage of the monastery. That’s what Master Jon Funk writes about it: “Fan made several trips to the Shaolin temple and spent time there researching with the monks. From these trips to the Shaolin temple, as well as his other work with the Seven Star Praying Mantis system, he wrote five volumes titled "The Shaolin Authentic". These handwritten manuals contained concepts on fighting skills, medical information and historical aspects of kung fu. Contained in one of these five volumes is the eighteen exercises of the LUOHAN GONG complete with replicas of the original drawings of the Shaolin monks demonstrating the postures of each exercise.” These five books were later hand copied in Hong Kong by shifu Huang Han Xun. The original illustrations and calligraphy on LUOHAN GONG by shifu Fan Xu Dong was reproduced in shifu Huang's book in which he added photographs to depict the movements.

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Form I.

XIAN REN GONG SHOU

The Saint Hermit Greets.

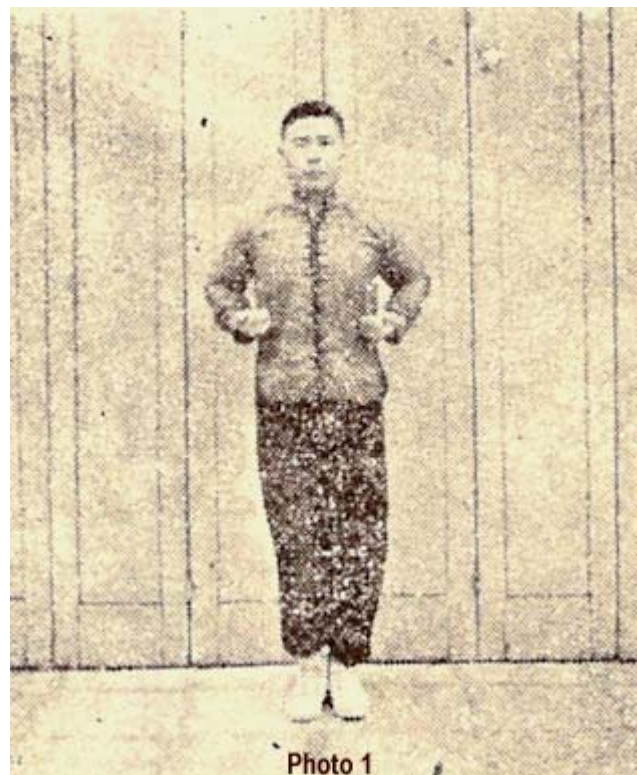


Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

Position 1.

Arms are let down along the body, feet are set together.

Training method: Stand at attention, set feet together, the toes point forward, let down arms along the body. Clench hands into fists and raise them to the waist level, look straight in the front. Breathing is natural (**Photo 1**).



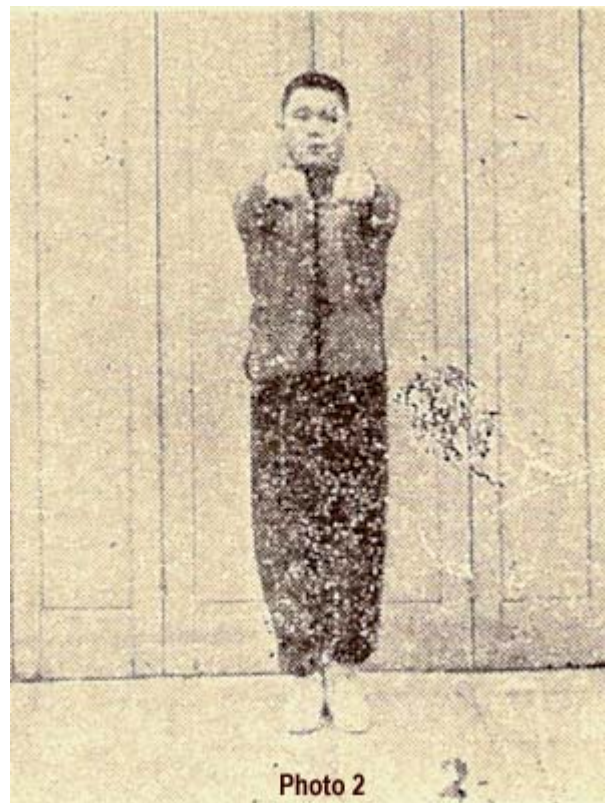
Position 2.

Turn over hands and raise a tripod with power of QI.

Training method: Being in the previous position (**Photo 1**), without changing the position of legs, slowly move fists from the waist forward and upward in front of you. Fists are at the shoulder level, arms are straight. While straightening arms you breathe out (**Photo 2**).

Unclench and straighten fingers of both hands, then slowly bend fingers and clench them into fists again, slowly return hands to the initial position near the waist (**Photo 1**). At that time draw a breath.

Move fists forward again, unclench fingers, then bend them with force and clench into fists again as if you grasp something with hands. Return fists to the initial position as if you pull something toward you.



Do the exercise in such a way eight times (straightening and drawing arms is considered one cycle: **Photo 1 - 2**).

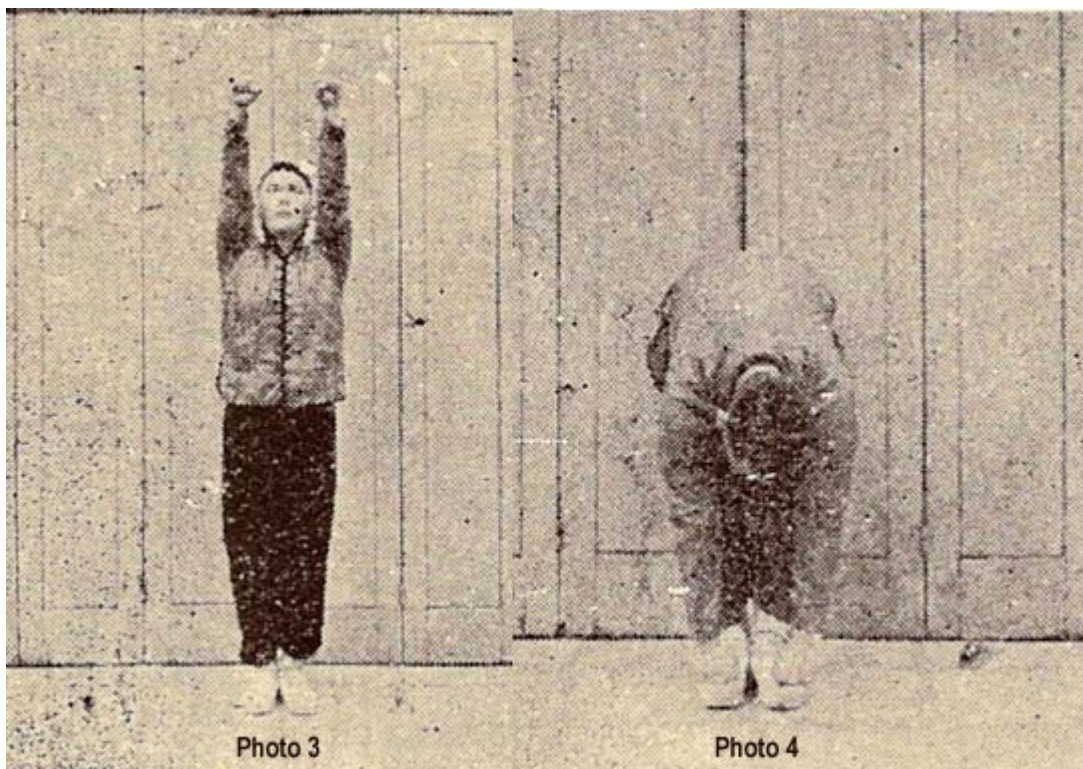
Position 3.

Bending in the waist and stooping forward.

Training method: Start from the position shown in **Photo 1**. Hands are clenched into fists and placed near the waist. Quickly stretch arms up and draw a breath at that time (**Photo 3**).

Then bend down to touch the ground with fists and breathe out at that time (**Photo 4**).

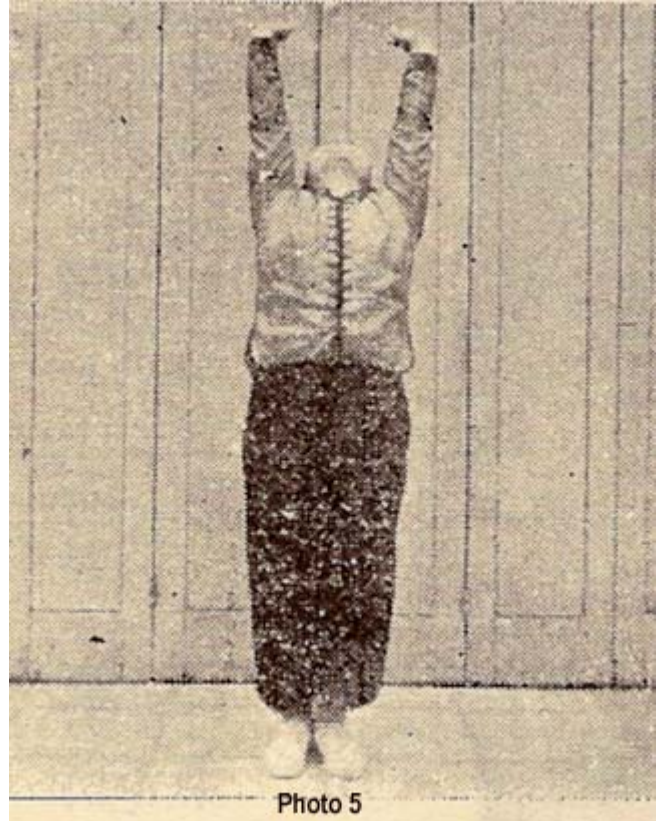
Do the exercise eight times according to the above description (**Photo 3 - 4**).



Position 4.

Turn your face up, bend yourself back in the waist and stick out the stomach.

Training method: In the position shown in **Photo 4**, unclench and straighten fingers and transform your fists into palms. Raise palms up, bend yourself back in the waist, throw your head back to the limit (**Photo 5**). Stay in that position as long as possible, keeping the balance and controlling breath to maintain it even and quiet.

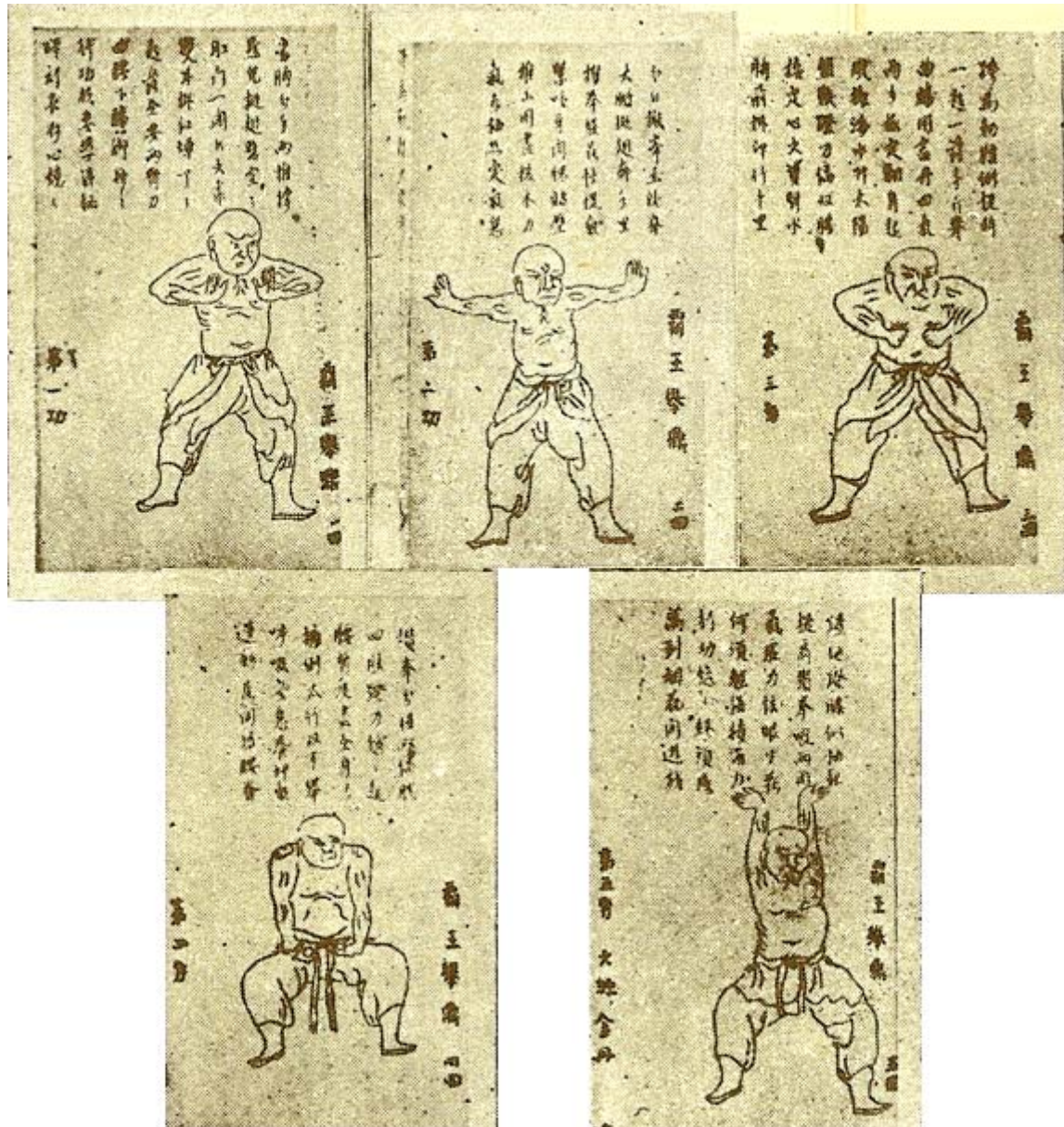


After finishing the exercise let your arms down along the body, calm your breath and then proceed to do exercises of **Form II**.

Form II.

BA WANG JU DING

The Great Prince Raises a Tripod.

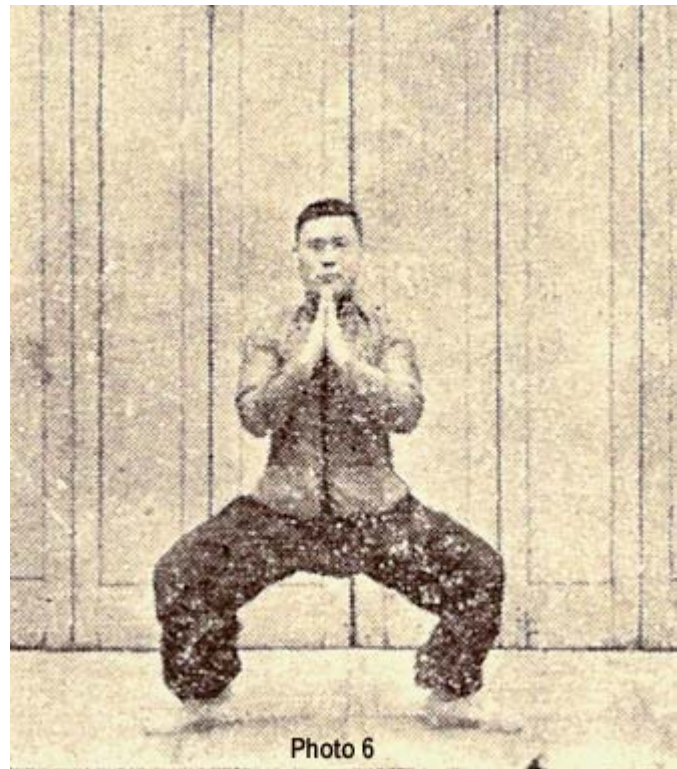


Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

Position 1.

Hands divide water into two streams, legs are filled with strength.

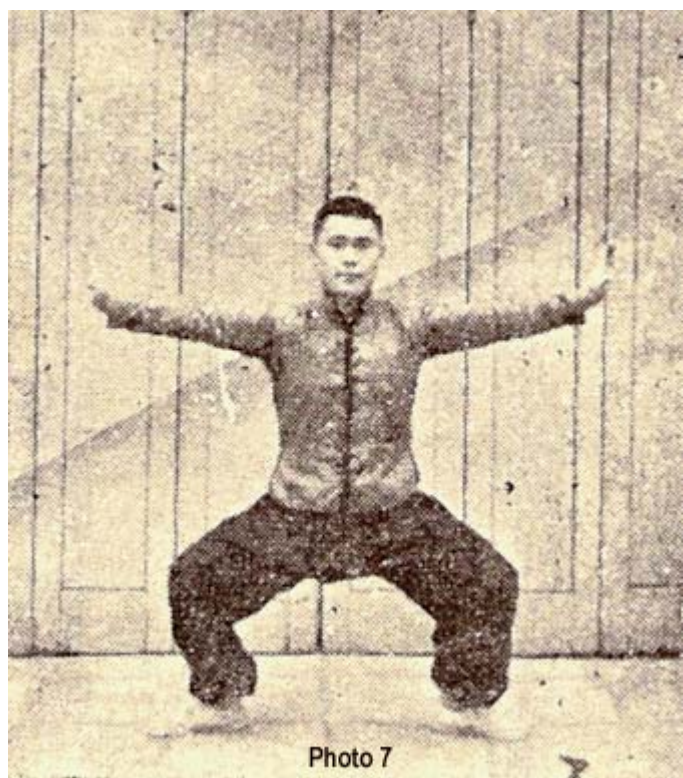
Training method: Set feet widely to the left and right sides so that heels are on one line (with the shoulder line). Join palms together in front of the breast, breathe evenly and quietly. Stare ahead (**Photo 6**).



Position 2.

Mighty eagle spreads its wings. Strain power of the whole body.

Training method: Start from the position shown in **Photo 6**. Slowly straighten arms to sides at the shoulder level, wrists are bent, palms are turned outside. At that time draw a breath (**Photo 7**). After arms are completely straightened, return them to the initial position in front of the breast, simultaneously breathe out (**Photo 6**). Then straighten arms again (**Photo 7**) and so on.

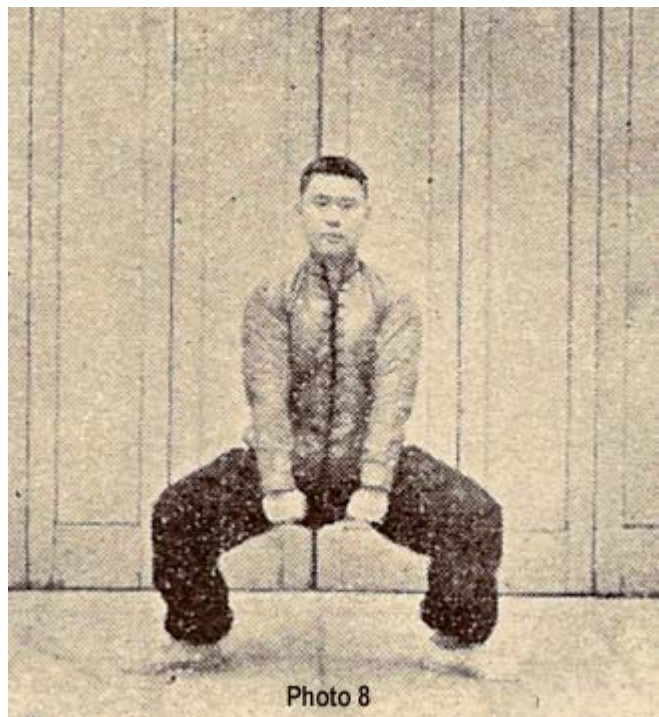


Repeat the exercise eight times (straightening and drawing arms is considered one cycle: **Photo 6 - 7**).

Position 3.

To divide the position with a pair of beetles, saddle a horse and jump up the saddle.

Training method: In the position shown in **Photo 6**, clench palms into fists and let them down with force, at that time you breathe out (**Photo 8**).



Position 4.

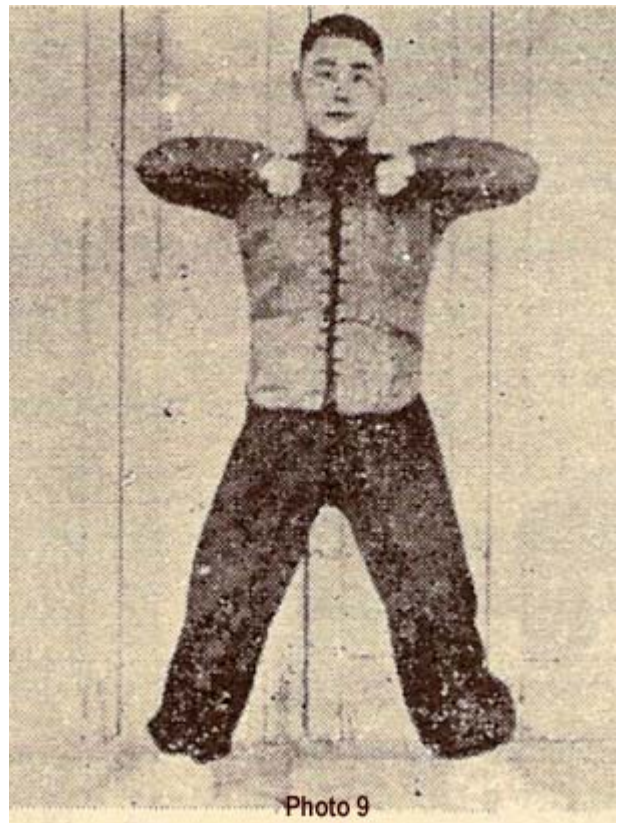
To lift a club weighing 1000 JINs¹ and mount a horse.

Training method: The initial position is as shown in **Photo 8**. Straighten fingers of both hands. Then clench fingers into fists again (as if you grasp something with hands) and raise arms up, concurrently straightening your legs. Place arms at the shoulder level (**Photo 9**). Then bend your legs, let down fists and return to the initial position (**Photo 8**).

Editor's notes:

¹ JIN, a measure of weight equal to ½ kg.

Do the exercise eight times. While lowering fists, you breathe out (**Photo 8**) and while raising them, draw a breath (**Photo 9**).



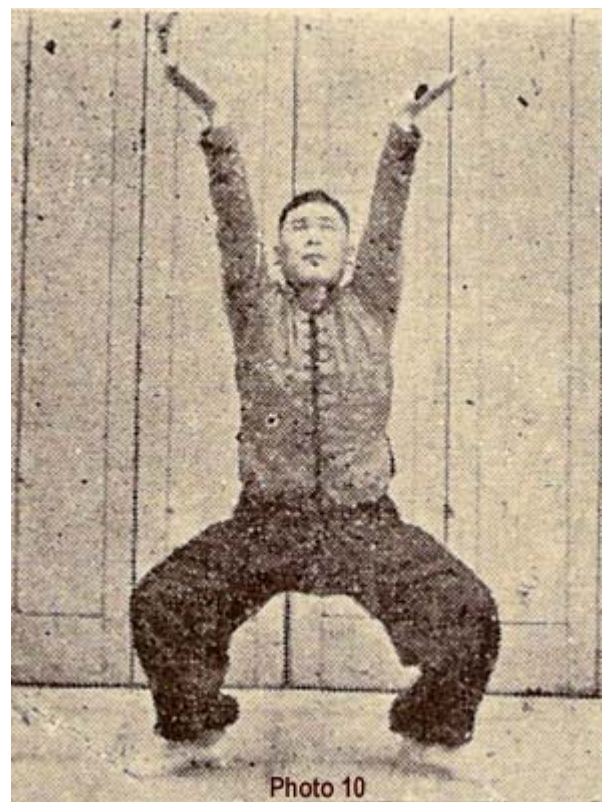
Position 5.

To present the moon on a gold tray. Strain power of the whole body.

(To smelt a gold pill)

Training method: Take the initial position as shown in **Photo 8**. Open fists into palms and stretch up arms vertically. Slightly throw back your head and stare ahead and up. Control breathing to keep it even and natural. Stay in that position as long as possible (**Photo 10**).

It is the last exercise of the second form.



Form III.

JUO YU CHA HUA

To Stick Flowers to Left and Right.



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

Position 1.

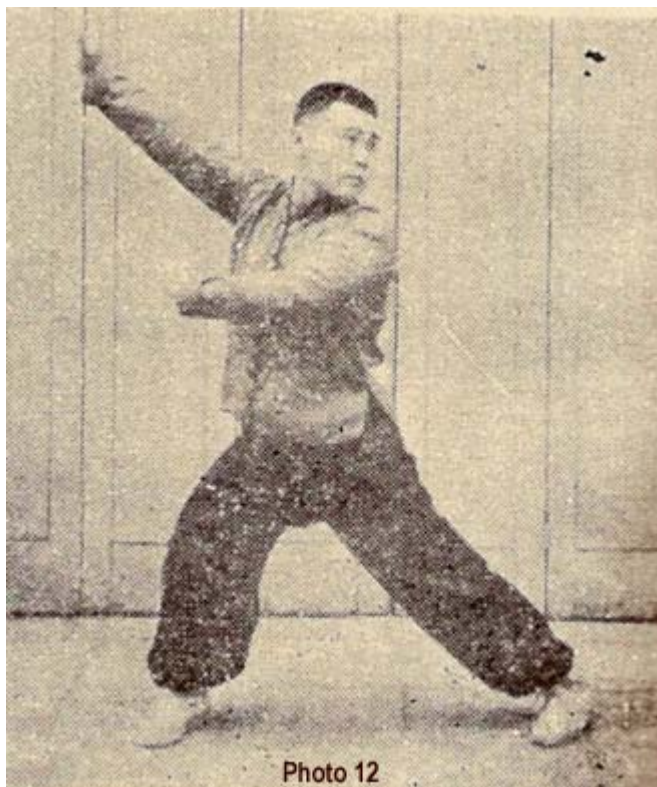
Hands in the initial position at the waist, feet are set together.

Training method: Take the initial position: fists are placed on the sides of the waist, feet are set together, stare to the right as shown in **Photo 11**.

Take a step to the right with the right leg. Open fists into palms near the waist and draw both palms to the right side concurrently with a step made by the right leg. The right arm is straight, the palm is a little above the head. The left arm is bent in elbow in front of the breast. At that time turn the head to the left. During the movement you breathe out (**Photo 12**).

Bend fingers of both hands into the grasping position, then clench fingers into fists and draw fists to the waist, draw the right leg to the left one and return to the initial position (**Photo 11**). At that time you draw a breath.

Do the exercise (a step to the right and a return to the initial position) eight times.



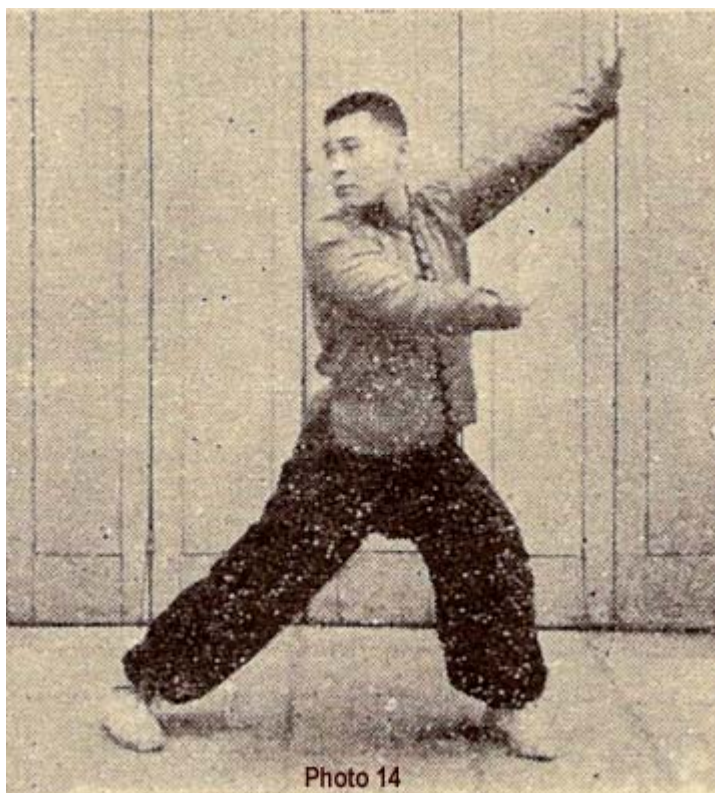
Position 2.

The Saint Hermit shows the road.

Training method: After finishing the exercise to the right side (**Photo 11 - 12**), proceed to the exercise done to the left side. The initial position is the same, but you should stare to the left (**Photo 13**).

Take a step to the left with your left leg. Open fists into palms near the waist and move both palms to the left side concurrently with a step made by the left leg. The left arm is straight, the palm is a little above the head. The right arm is bent in elbow in front of the breast. At that time turn the head to the right (**Photo 14**).

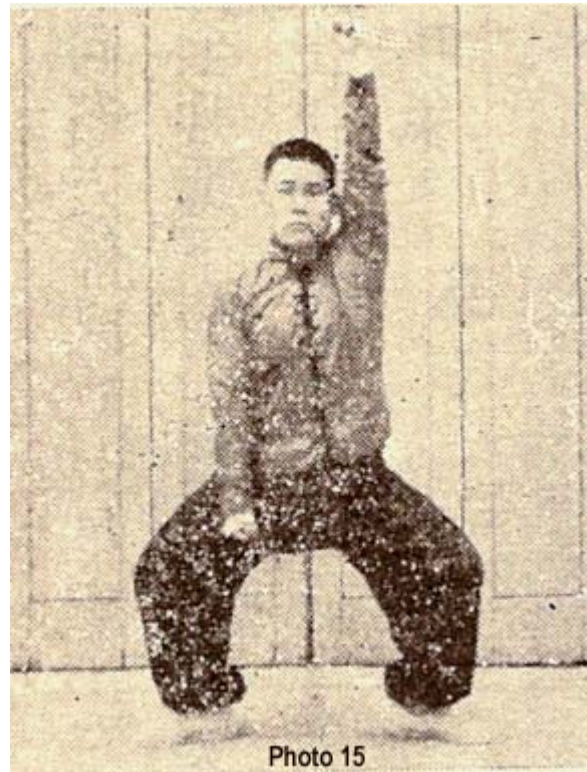
Then return to the initial position (**Photo 13**). Breathe in the same way and do the exercise the same number of times as in the previous case.



Position 3.

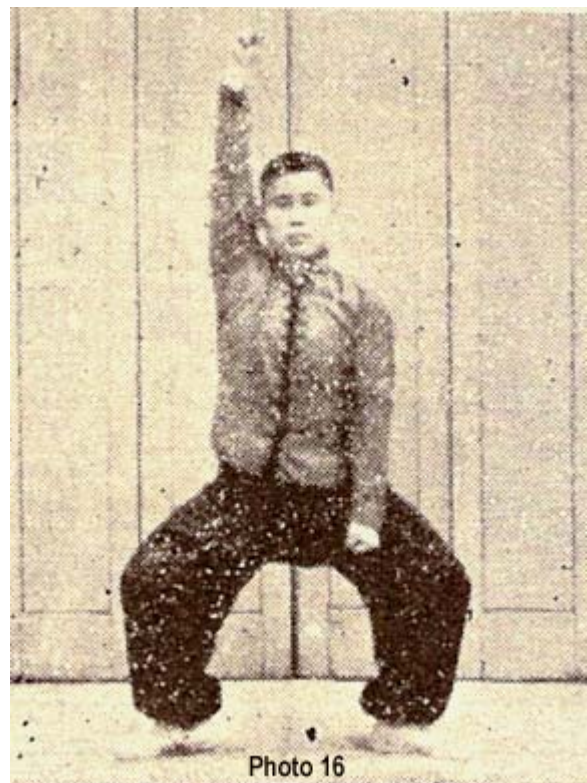
To raise arms above the head and to strain the stomach.

Training method: Set feet to the left and right so that the leg position resembles hieroglyph ‘eight’². Raise high the left hand clenched into fist. The right hand also is clenched into fist and placed below. Both arms are straight (**Photo 15**).



Let the left fist down, at the same time raise up the right fist (**Photo 16**).

The movement of fist up and the subsequent movement of the same fist down are considered one cycle. Do eight cycles. Breathing is natural.



Editor's notes:

² Hieroglyph “eight”: 八.

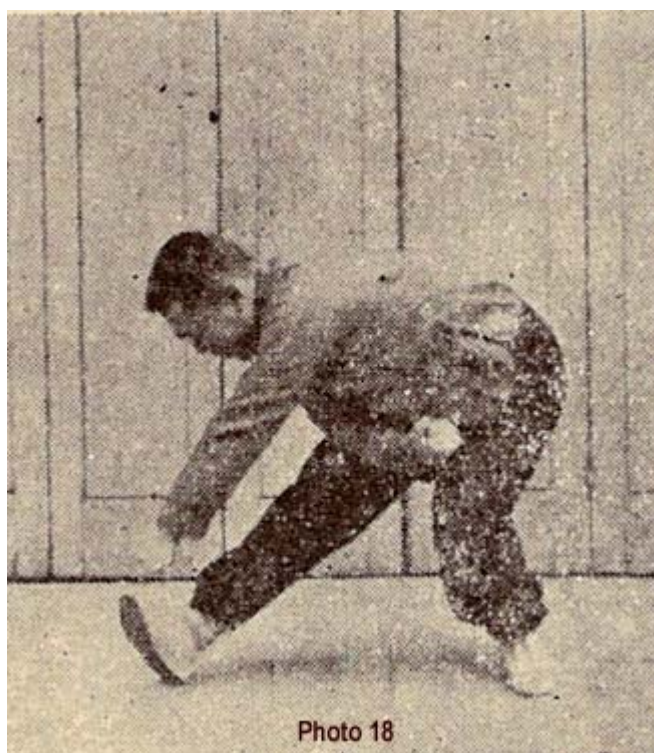
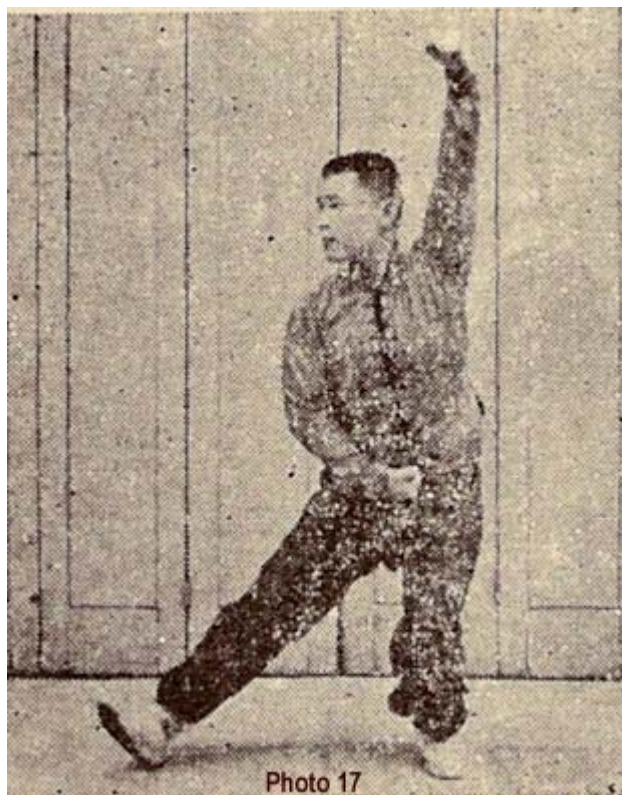
Position 4.

To encompass ribs with a hook from below, to bend the leg in knee, to raise up the toe.

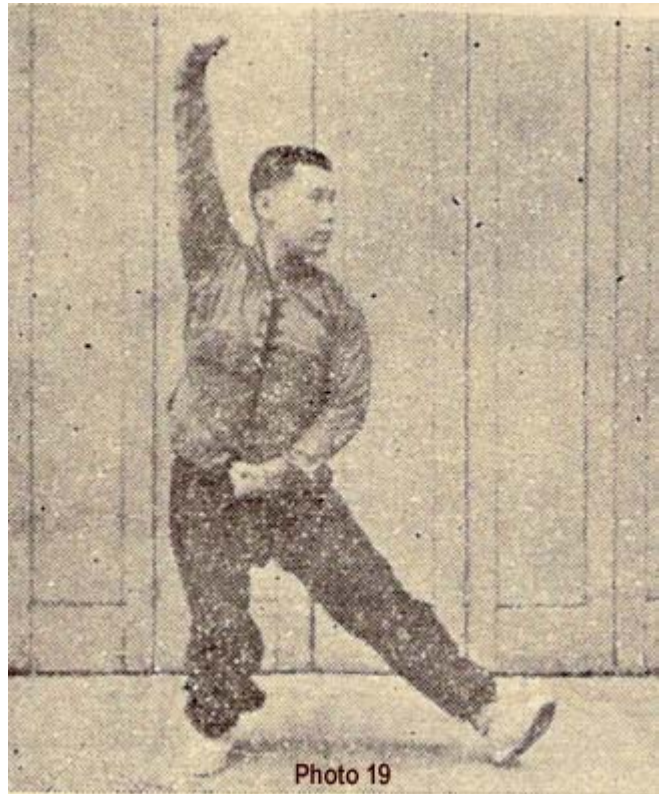
Training method: Move the right foot to the right, take the position QI XING BU (“The stance of seven stars”). The left fist (after finishing the previous exercise) remains raised high above the head. Bend the right arm in the shape of a hook; place the right fist opposite the stomach (**Photo 17**).

Tilt the torso to the right and touch the toe of the right foot with the left fist (**Photo 18**).

Do the cycle “tilting – straightening” eight times (**Photo 17–18**). When straightening the torso, draw a breath, when bending breathe out.



After doing eight cycles to the right side turn to the left and take the position shown in **Photo 19**. Do the exercise to the left side eight times in the same way.



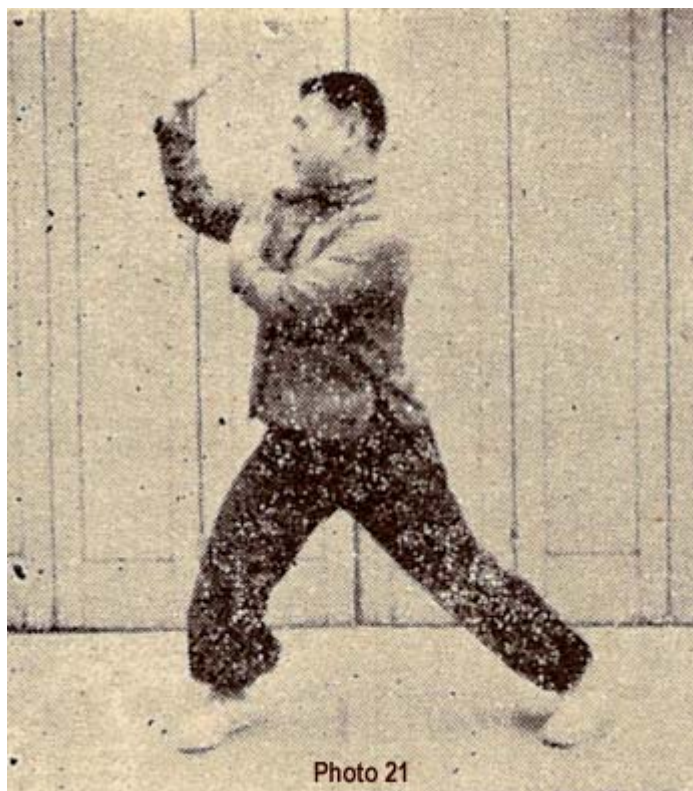
Position 5.

Cross arms, reap the fruits of your efforts, raise Qi.

Training method: Proceed from the position QI XING BU (**Photo 19**) to the position DENG SHAN BU (“Mountain Climbing Stance”). Raise the left arm, with its palm up, to the level of the head crown, slightly touch the left shoulder with the right palm. Both arms are bent in elbow, but the right arm is bent greater than the left one (**Photo 20**). Calm down your breath and make it even.



Stay in that position as long as possible. When tired, turn to the opposite (right) side and do the exercise in the same way **(Photo 21)**.



Form IV.

KU SHU PAN GEN

Intertwined Roots of a Dry Tree.



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

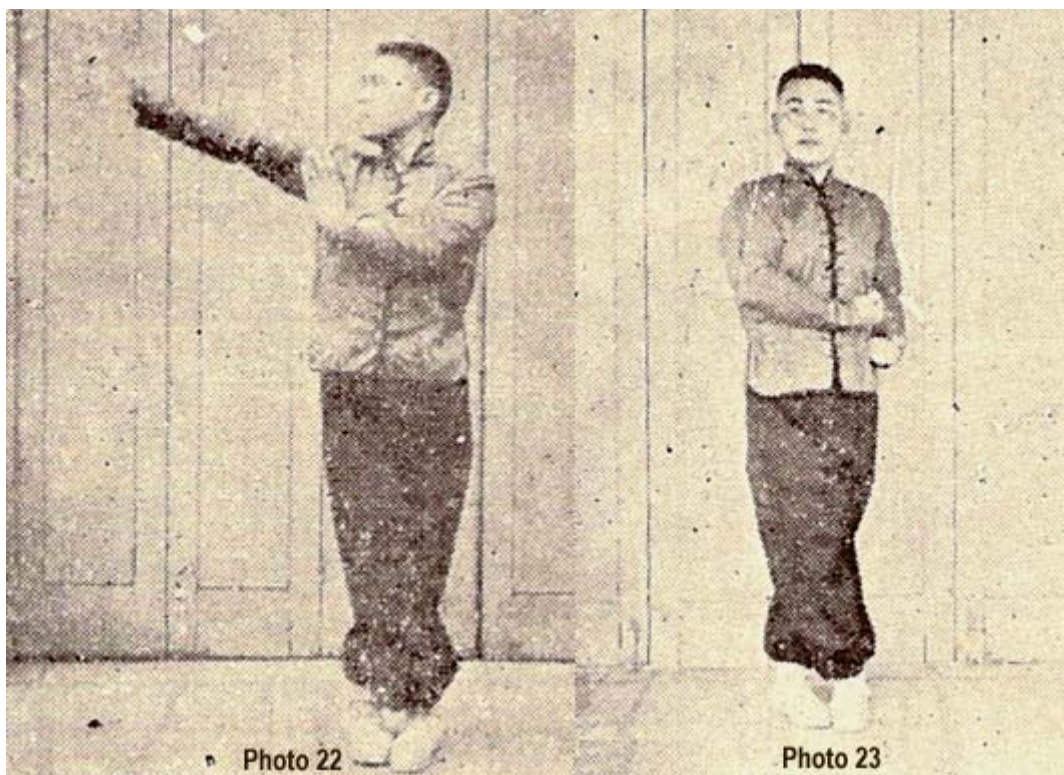
Position 1.

The Rhinoceros looks at the moon. To bring forward palms.

Training method: Move the left foot to the right and place it behind the right foot, take the position TOU BU ("A thief's step"). Both hands in the position 'palm' also move to the right, at that time the right arm is straight in elbow and the left one is bent. During that movement breathe out (**Photo 22**).

Both palms take the catching shape, strain hands and fingers. Clench both hands into fists with force and draw them to the left side of the waist as shown in **Photo 23**. During that movement draw a breath.

Do the exercise (a transition from the position shown in **Photo 22** to the position shown in **Photo 23**) eight times.



Position 2.

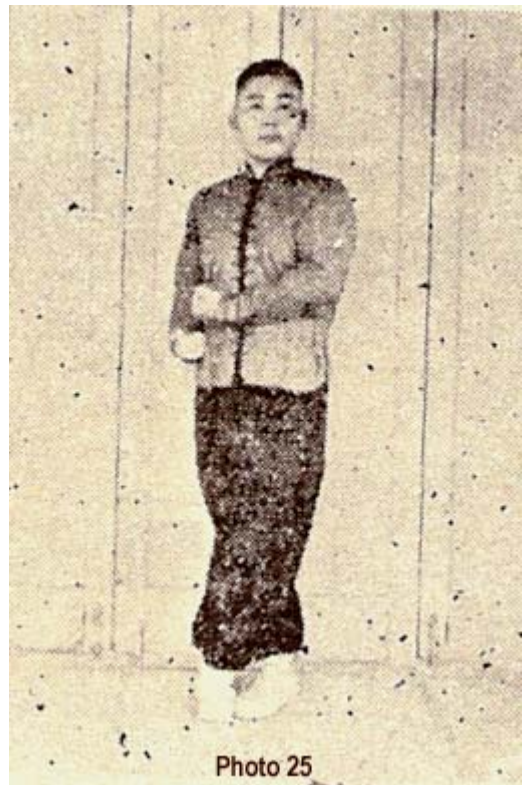
The hawk turns in its nest.

Training method: Move the right foot to the left and place it behind the left foot, take the position TOU BU (“Thief’s step”). Both hands in the position ‘palm’ also move to the left, at that time the left arm is straight in elbow and the right one is bent. During that movement breathe out (**Photo 24**).



Both palms take the catching shape; you strain hands and fingers. Clench both hands into fists with force and draw them to the right side of the waist as shown in **Photo 25**. During that movement draw a breath.

Do the exercise (a transition from the position shown in **Photo 24** to the position shown in **Photo 25**) eight times. It is absolutely similar to the previous exercise except the fact that it is executed to the opposite side.



Position 3.

To fish out the moon from the sea bottom. To bend legs in knees, to sink the waist.

Training method: Move the left leg that is in front of the right one (**Photo 25**) back and to the right. Bend legs in knees and slightly “squat”, taking the stance JUO PAN BU (“Sitting position”). Open hands into palms and stretch arms down and a little to sides. Strain shoulders and wave palms to left and right with some effort. Do the exercise eight times, controlling your breath³ (**Photo 26**).

Arms position remains unchanged. Move the right leg back and to the left. Wave arms in such a way (**Photo 27**).

Editor’s notes:

³ Probably, the author means “eight breathing cycles”.

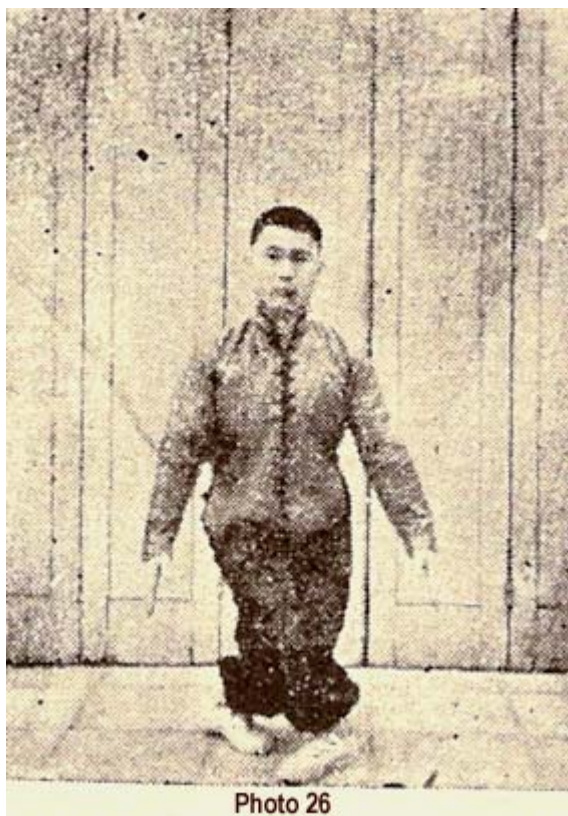


Photo 26

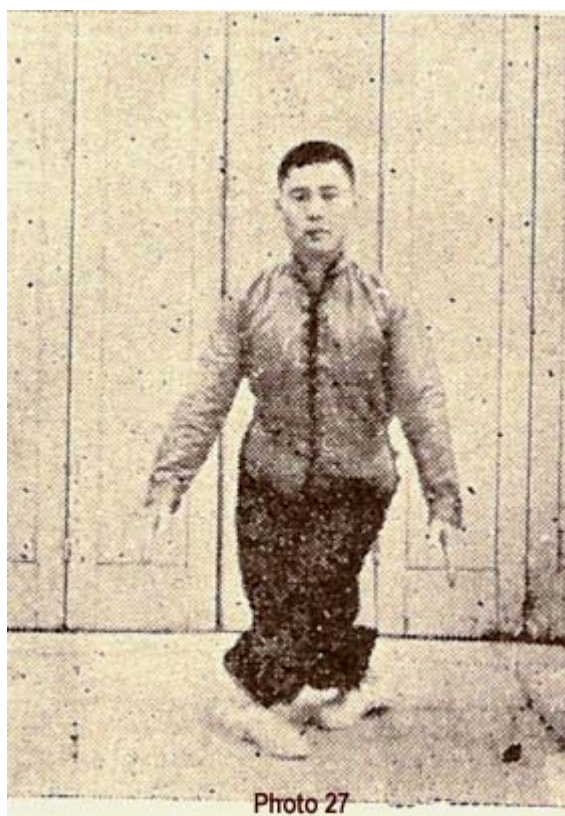


Photo 27

Position 4.

Bring palms with their back toward you forward and complete this form.

Training method: Stand upright, place feet together. Raise both palms a little above the shoulder level, bend arms in elbows a little; direct palms from you (forward) (**Photo 28**).

Calm down your breath. It is recommended to stay in this position quite a long time.

It is the final exercise of the fourth form.



Photo 28

Form V.

YE CHA TAN HAI

The Devil Measures Sea Depth.



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

Position 1.

To raise a tripod with one arm.

Training method: Move the left foot back and to the right, press the front part of the left shin to the right calf. Raise up the left toe a little. Stretch out the right arm vertically up, its hand is in the position “palm”. Bend the left arm in elbow and draw it behind the back, the hand is in the position DIAO SHOU⁴ (“Perfidious hand”) (Photo 29).

Editor’s notes:

⁴ DIAO SHOU, lit. “perfidious hand”, a position of the hand with the wrist bend into the inside and pinch-formed fingers.



Photo 29



Photo 30

Position 2.

To bend in the waist and touch the ground with hand.

Training method: Lean forward from the previous position (**Photo 29**), transform the right palm to DIAO SHOU, touch the ground with the back of the right hand (**Photo 30**).

Draw yourself up, bend the right arm, draw the right hand in the position DIAO SHOU behind the back. Transform the left hand from the poison DIAO SHOW to palm and raise it high above the head (**Photo 31**).

Draw a breath while raising the arm, breathe out while letting it down. Do the exercise eight times in such a manner (**Photo 29 - 31**).

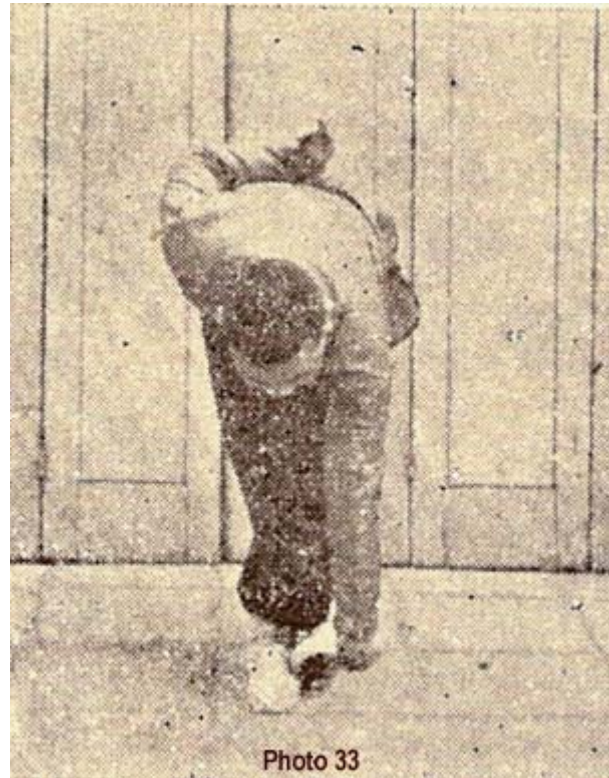


Photo 31

Position 3.

One blow in store behind the back.

Training method: Without changing the position of the right raised arm, interchange places of feet and raise the right toe as shown in **Photo 32**.

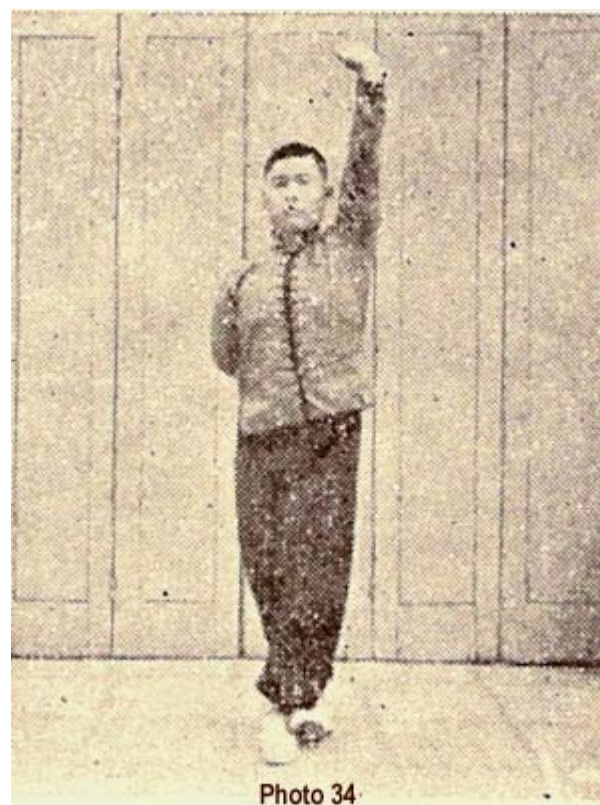


Position 4.

To take water with cupped hands.

Training method: Bend in the waist and lean forward, turn the right hand into DIAO SHOU and let it down (**Photo 33**).

Draw yourself up, draw the right hand in the position DIAO SHOU behind the back, raise up the left hand (palm) (**Photo 34**).



While raising the arm up draw a breath, while letting it down breathe out. Do the exercise eight times in such a manner (**Photo 32 - 34**).

Stand at attention after finishing to do the exercise (**Photo 35**).

It is the final exercise of the fifth form.

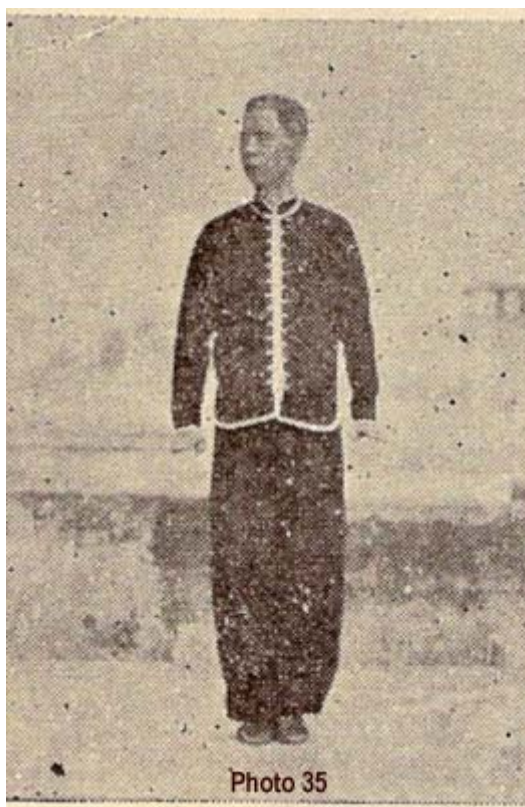


Photo 35

Form VI.

TUI CHUAN LIANG GE

To Fling the Window Open and Let Light In.



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

Position 1.

A turn to both sides.

Training method: Set feet together, clench hands into fists and place them on the sides of the waist. Take the position SI PING BU ("Balanced position"). Stare ahead (**Photo 36**).

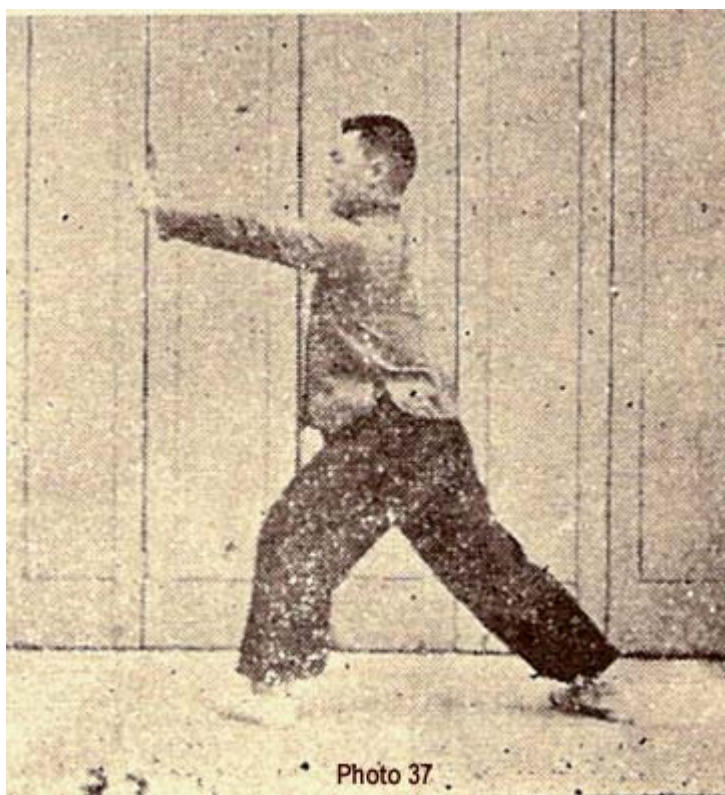


Photo 36

Position 2.

To push a mountain, to catch a tree.

Training method: From the position shown in **Photo 36**, make a step with the right foot to a side (to the right), then make step forward with the left leg and take the left “Mountain Climbing Stance” (ZUO DENG SHAN BU). Concurrently with a step made by the left leg, open fists into palms and strike from the waist forward at the shoulder level (**Photo 37**). At that time breathe out.



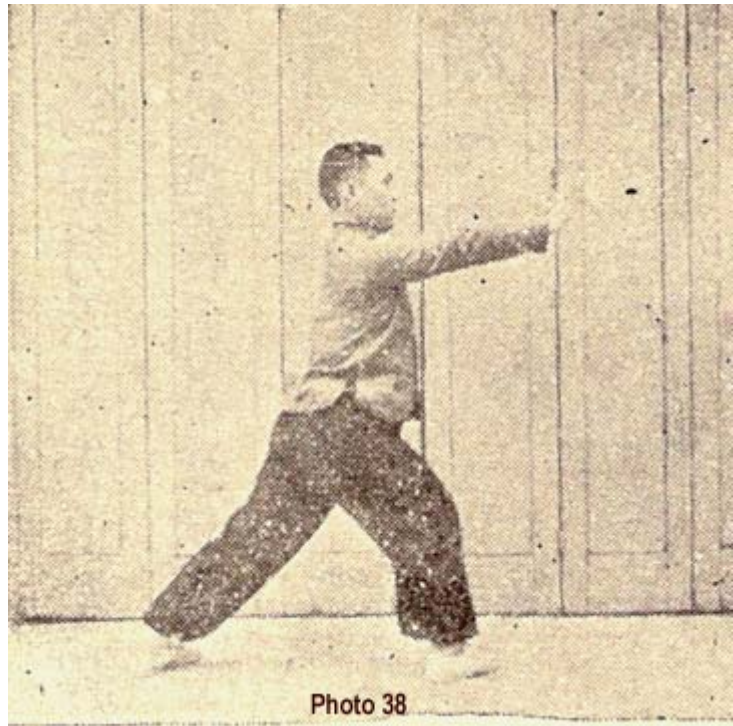
Bend fingers with some effort as if you catch something with hands (FENG SHOW). At first draw the left leg back, then the right one. Take the initial position (**Photo 36**). At that time draw a breath. Do the exercise eight times.

Position 3.

To drag a net by the force of legs.

Training method: From the position shown in **Photo 36**, do the previous exercise after turning to the left side: at first make a step with the left leg to

the left, then with the right leg forward into the right “Mountain Climbing Stance” (YUO DENG SHAN BU). Concurrently with a step, make a push forward with two palms (**Photo 38**). At that time breathe out.



Position 4.

To put palms toward the wind.

Training method: Being in the position shown in **Photo 38**, make a catching hands movement with fingers bent (FENG SHOW). At first bring the right leg back, then the left one, draw fists to the waist, take the initial position. (**Photo 36**). At that time breathe out.

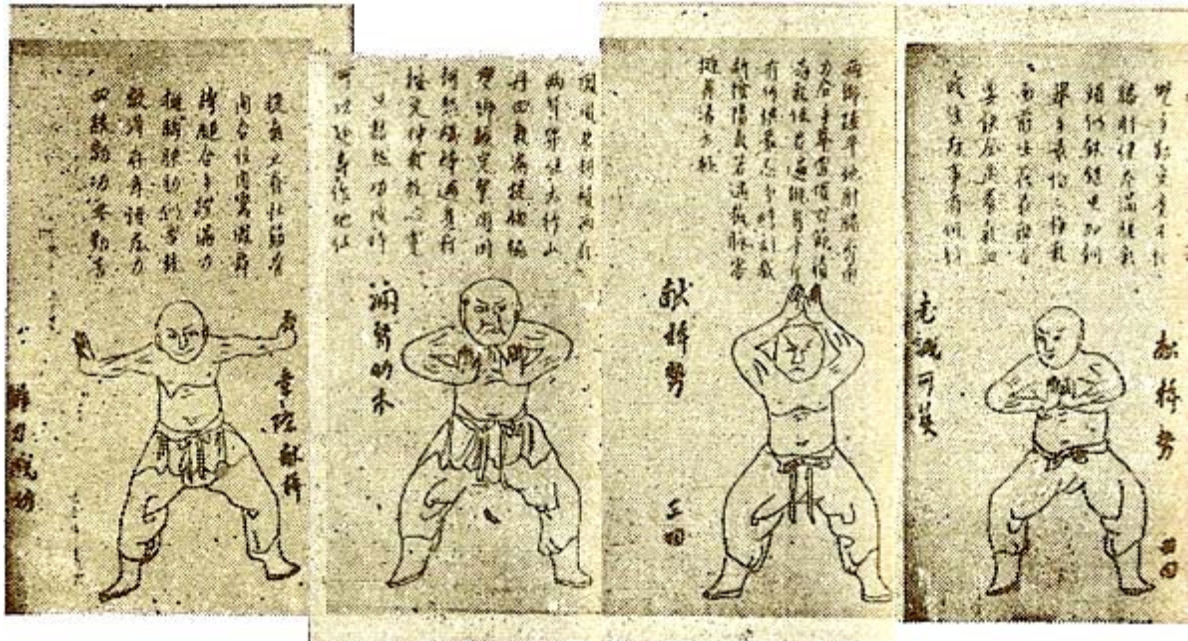
Do the exercise eight times and then stand at attention.

This is the end of exercises from the sixth form.

Form VII.

WEI TUO XIAN CHU

Wei Tuo⁵ Presents a Club.



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

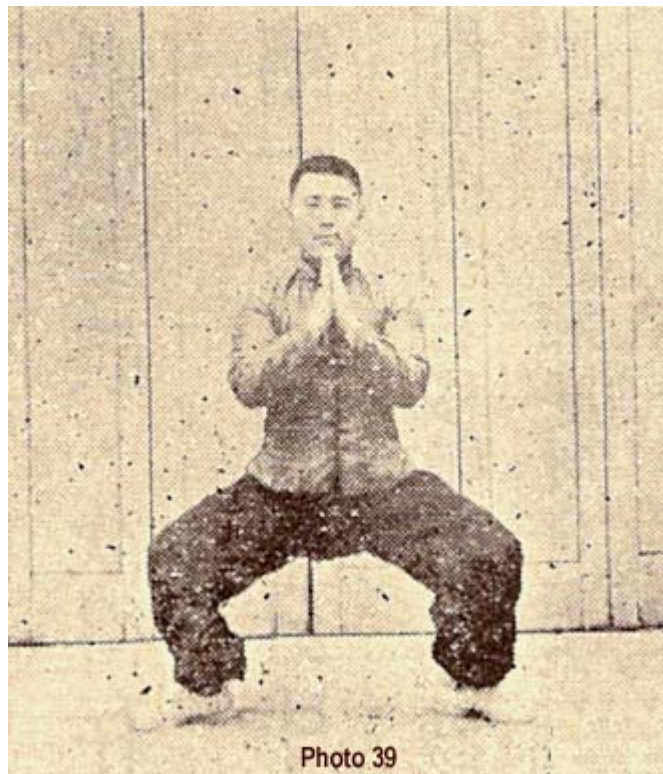
Position 1.

Bring arms to sides in front of the breast.

Training method: Set feet widely to the left and right so that the legs shape to resemble hieroglyph “eight” (八). Heels must be on one line. Bend knees and sit in the position MA BU (“Rider’s stance”), join palms in front of the breast (as if in greeting). Control breath, lower QI into DAN TIAN (**Photo 39**).

Editor’s notes:

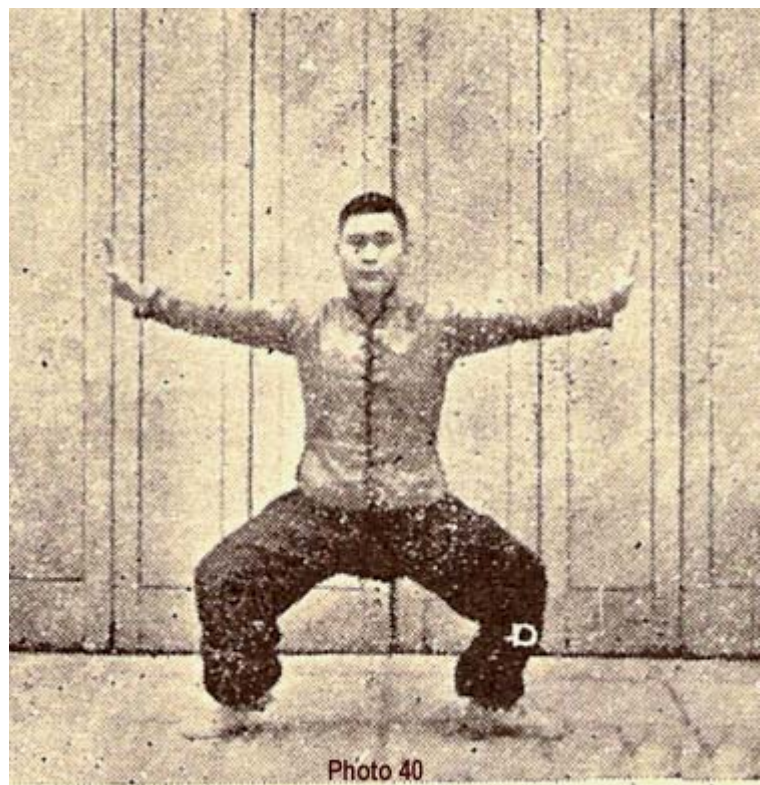
⁵ Wei Tuo in mythology of the Chinese Buddhism is the keeper of the Law, a martial guard. Is portrayed with a sword and in armor.



Position 2.

Er Lang⁶ carries a mountain on a yoke.

Training method: The initial position is shown in **Photo 39**. Part arms to the left and right sides at the shoulder level. The effort is smooth and soft as if you are in viscous environment (**Photo 40**). At that time draw a breath.



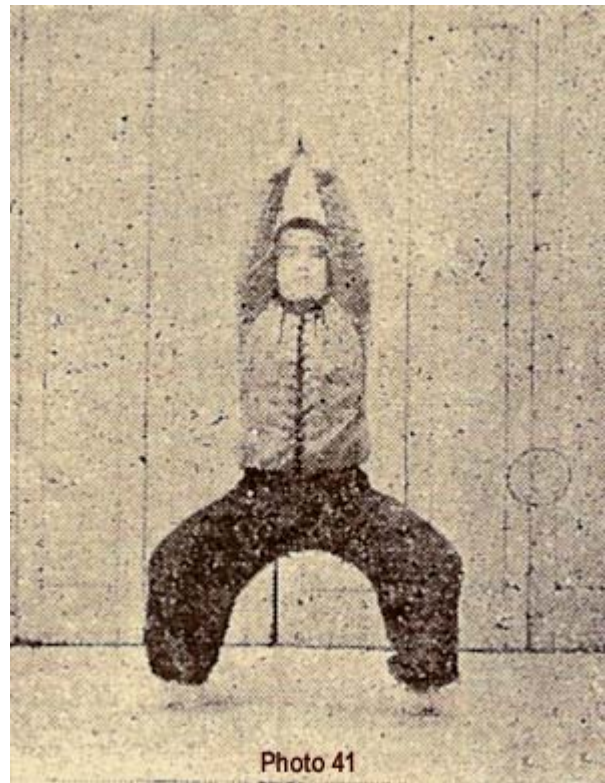
Editor's notes:

⁶ ER LANG, a bellicose god in Chinese mythology, tamer of floods and protector of dams; he is portrayed with the third eye on his forehead.

Position 3.

To put hands together and raise up a tripod.

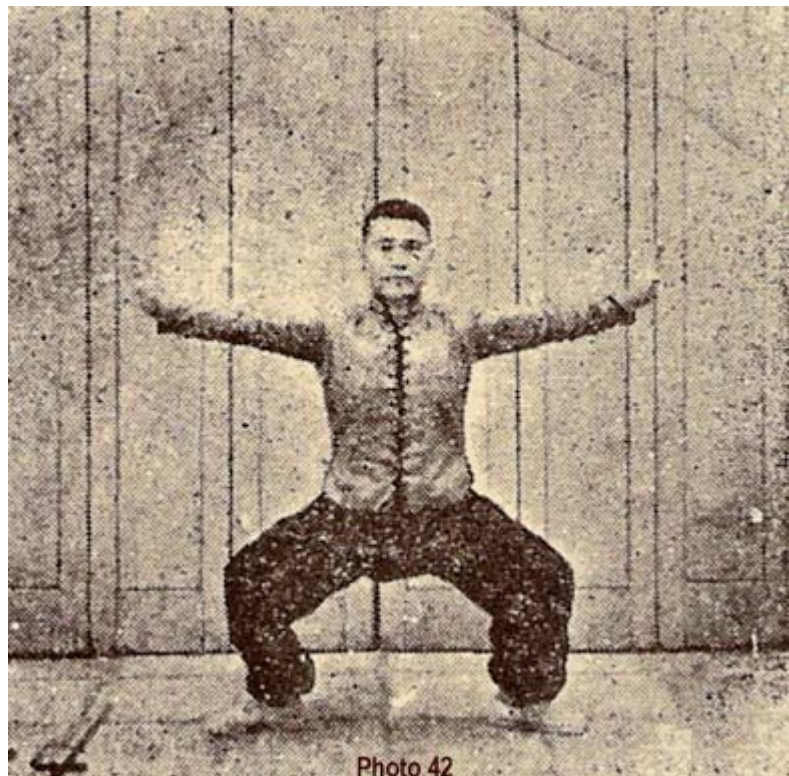
Training method: The initial position is shown in **Photo 40**. Legs remain to stand on their places. Raise your arms through sides above the head and clap your hands (**Photo 41**). At that time breathe out.



Position 4.

To finish the exercise in the rider's stance.

Training method: The initial position is shown in **Photo 41**. Bring your arms to sides and let them down to the shoulder level (**Photo 42**). At that time draw a breath (The position is similar to that one shown in **Photo 40**).



Doing movements in positions shown in **Photos 39, 40, 41, 42** is considered one cycle of the exercise. Do eight such cycles.

Then stand at attention. It is the end of the seventh form.

Form VIII.

LAO SENG RU CHAN

The Old Monk is Deep in Meditation.



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

Position 1.

To tame the Dragon and Tiger.

Training method: Stretch the right leg to side and put it on the heel, point the toe up. Squat on the left leg, keep the right leg straight. This is the position QI XING BU ("Position of seven stars"). Place the left fist on side of the waist, strike with the right fist toward the right toe (**Photo 43**).

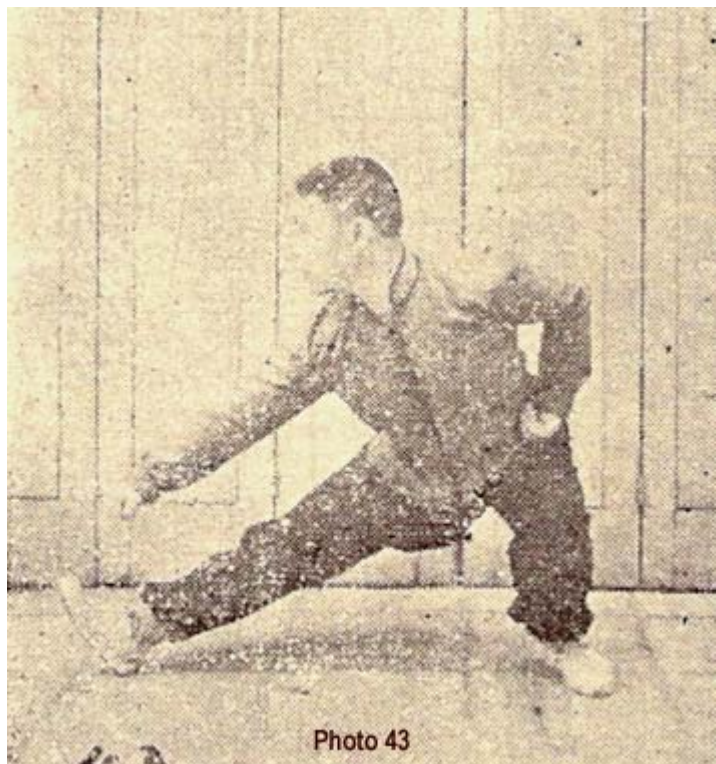
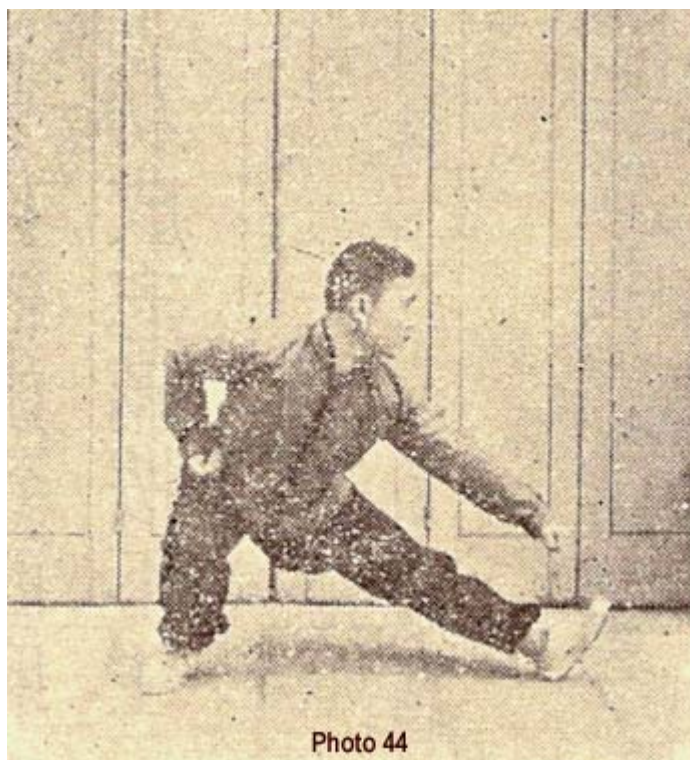


Photo 43

Position 2.

To stretch out the groin and chop in wrath.

Training method: Being in the previous position (**Photo 43**), shift body weight to the right leg, turn with the whole torso to the left, bend the right leg, straighten the left leg. The position is exactly opposite to the previous one: the left arm and the left leg are straight (**Photo 44**).



Turning in turn to the left and right, do the exercise eight times to each side. Control your breath, keeping it quiet and even.

Position 3.

Flitting of a pair of swallows.

Training method: Stand upright, set heels together, bring toes to sides as far as possible, trying to place them on one line with heels. Join palms in front of the breast. Do an exhalation (**Photo 45**).

Then bring arms to the left and right sides at the shoulder level. At the same time draw a breath (**Photo 46**).

According to **Photo 45 – 46** do the exercise eight times.



Photo 45

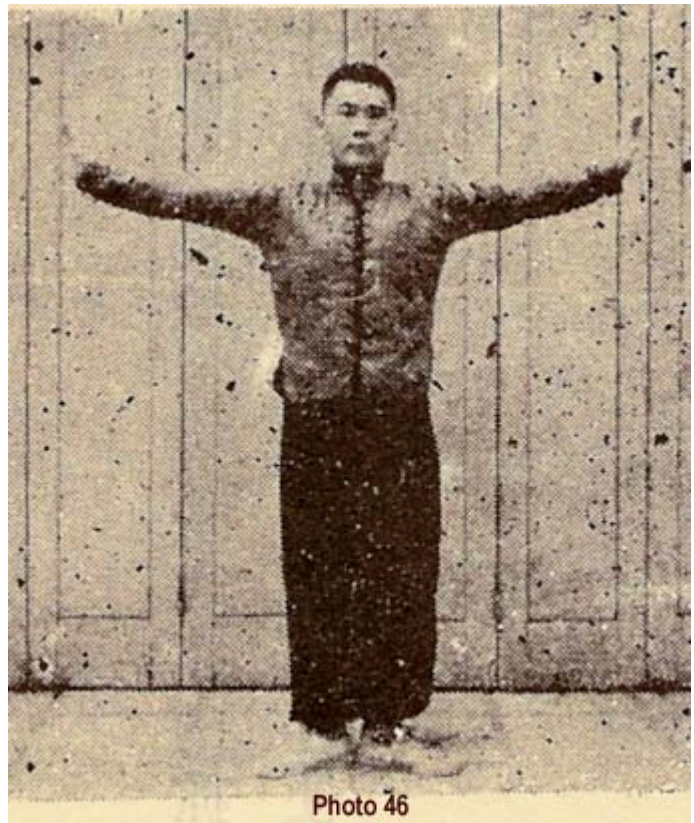


Photo 46

Position 4.

To mount a horse.

Training method: Set feet widely to sides and take the position MA BU (“Rider’s stance”). Bring toes to sides as far as possible, trying to place them on one line with heels. Catch the back of thighs with both hands a little above the inner side of knee flexure. At the first moment lean the torso a little forward, firmly grasp thighs, then draw yourself up. Stay in such a position as long as possible to control breath and maintain it smooth and balanced (**Photo 47**).

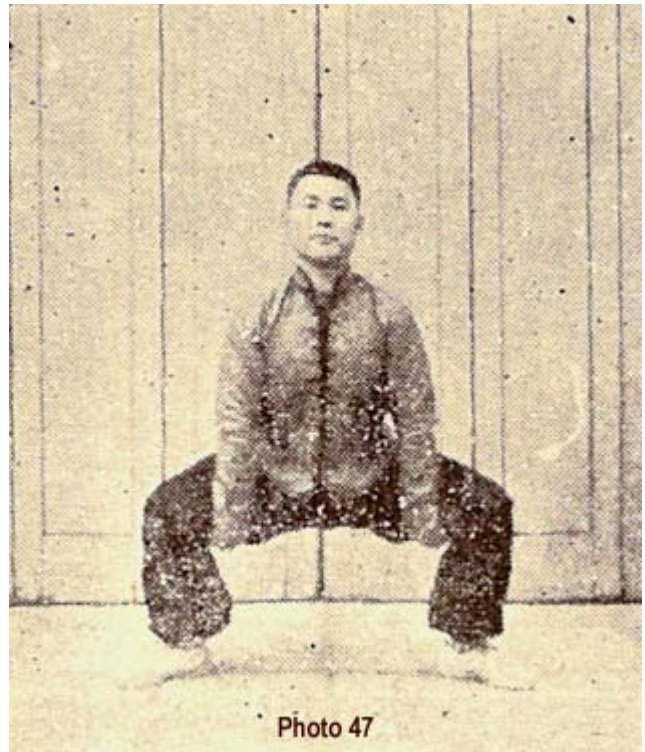


Photo 47

Form IX.

TIE NIU GENG DI

The Iron Bull Ploughs the Field.



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

Position 1.

Counteraction of two forces.

Training method: Move the left foot to the right to bring it behind the right foot. Raise the left toe and hook it on the right shin. Clench the right hand into fist, bend the right arm in elbow in front of the breast. Grasp the right forearm from above with the left hand. The effort of the right arm is directed upward and the effort of the left arm downward. The arms do not move. In such a position a great internal effort arises. At that time draw a breath (**Photo 48**).



Position 2

To divide force among muscles and sinews.

Lean forward from the previous position (**Photo 48**), let both arms down, touch the ground with the right fist. At that time breathe out (**Photo 49**).

Do the exercise eight times (**Photo 48 - 49**).



Position 3.

To clench fist, accumulate force.

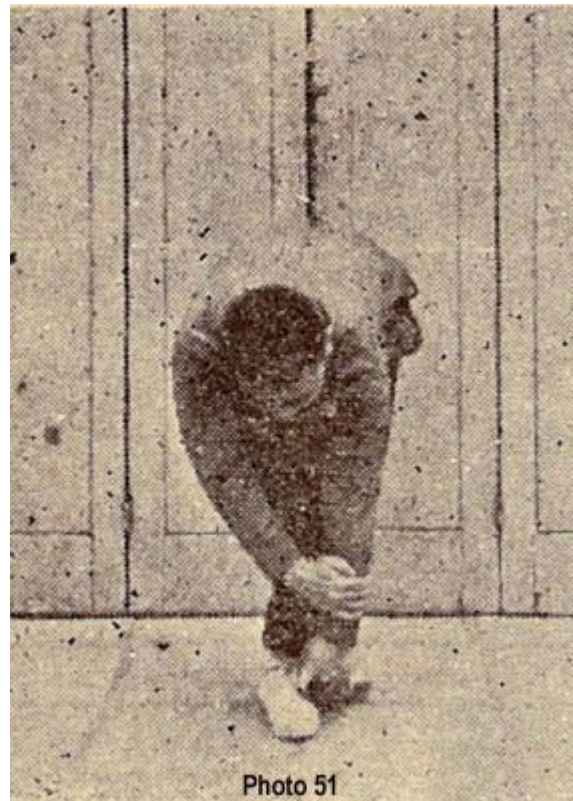
Move the right foot to the left to bring it behind the left foot. Raise the right toe and hook it on the left shin. Clench the left hand into fist and bend the right arm in elbow in front of the breast. Grasp the left forearm from above with the right hand. The effort of the left arm is directed upward and the effort of the right arm downward. Both arms are strained. At that time draw a breath (**Photo 50**).



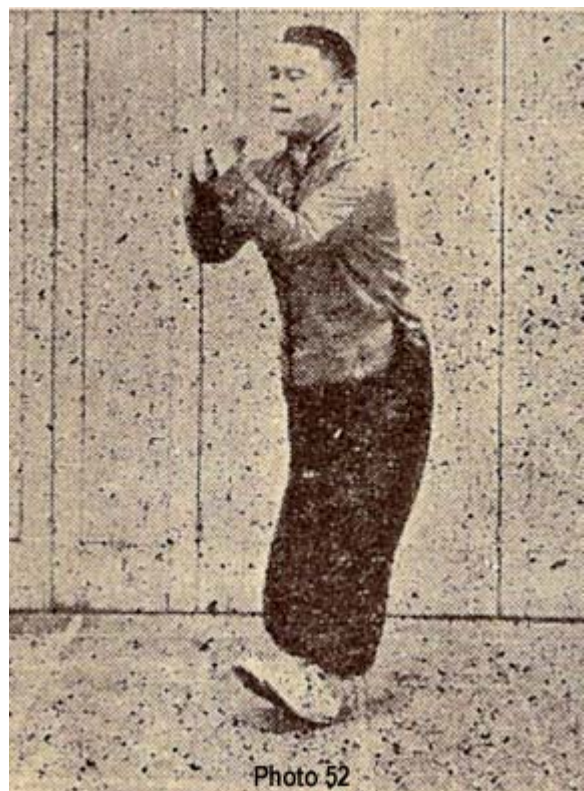
Position 4.

Join palms in front of the face, stand still in a resting position.

Lean forward from the position shown in **Photo 50** and touch the ground with the left fist, at that time breathe out (**Photo 51**). Stand upright and return to the initial position (**Photo 50**). Press one arm onto the other, at the same time draw a breath. Do the exercise eight times (**Photos 50, 51**).



Set feet together, in parallel with each other. Raise up toes, rest only on heels. Place palms in front of the face. Stand in such a manner as long as possible. Control your breath, maintaining it regular and quiet (**Photo 52**).



Form X.

QING LONG BAI WEI

The Green Dragon Wags its Tail.

To Pull Sinews, Straighten Bones



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

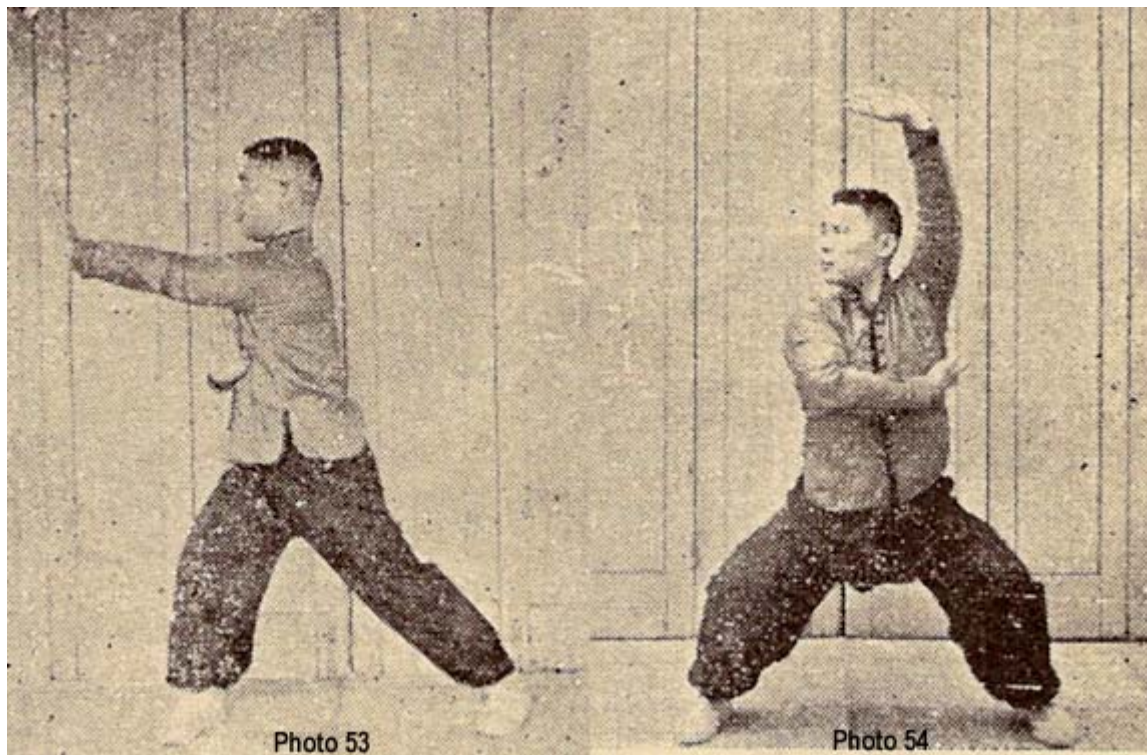
Position 1.

Rest on heel, make a push with arm.

Training method: Take a step with the right leg to the right and take the right position DENG SHAN BU (“Mountain Climbing Stance”), at the same time make a push forward with the left palm. Place the right palm under the left armpit. At that time breathe out (**Photo 53**).

Let down the straightened left arm and then raise it up. The right arm remains bent in front of the breast, the hand must be turned with the palm up. Concurrently proceed from the position DENG SHAN BU into the position MA BU (“Rider’s stance”), at that time draw a breath (**Photo 54**).

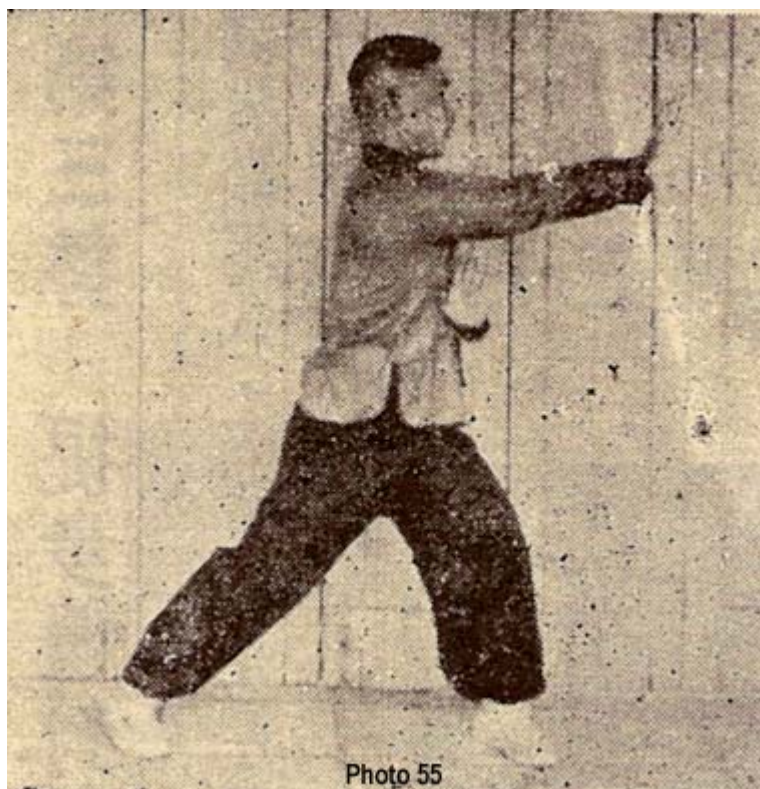
Do the exercise eight times (**Photo 53 - 54**).



Position 2.

To swing the whip on horseback.

Training method: Take a step with the left leg to the left and take the left position DENG SHAN BU, concurrently make a push forward with the right palm. Place the left palm under the right armpit. At that time breathe out (**Photo 55**).



Let down the straightened right arm and then raise it up. The left arm remains bent in front of the breast, the hand must be turned with its palm up. Concurrently proceed from the position DENG SHAN BU into the position MA BU, at that time draw a breath (**Photo 56**).

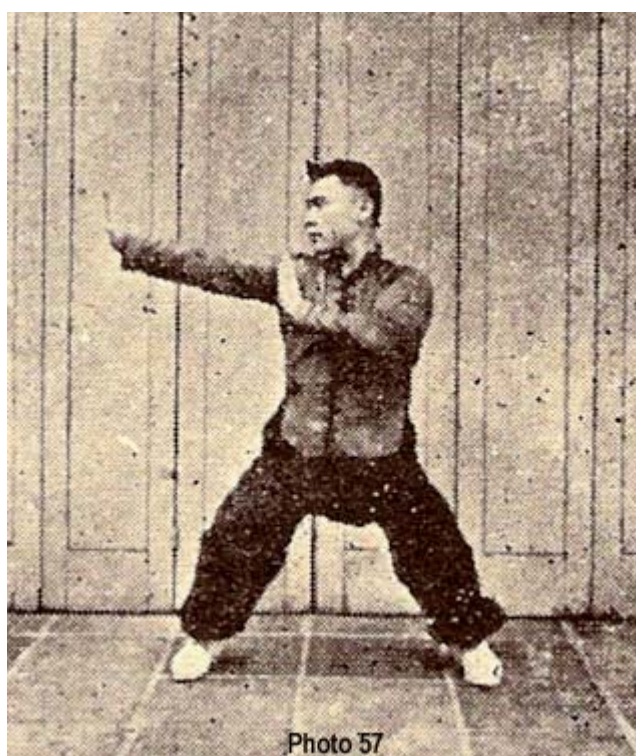
Do the exercise eight times (**Photo 55 - 56**).



Position 3.

Wide stance for all-round defense.

Training method: Take the position MA BU, the right arm is stretched out, the left arm is bent. Make a forceful push to the right with both palms at the same time. Stare to the right side (**Photo 57**).

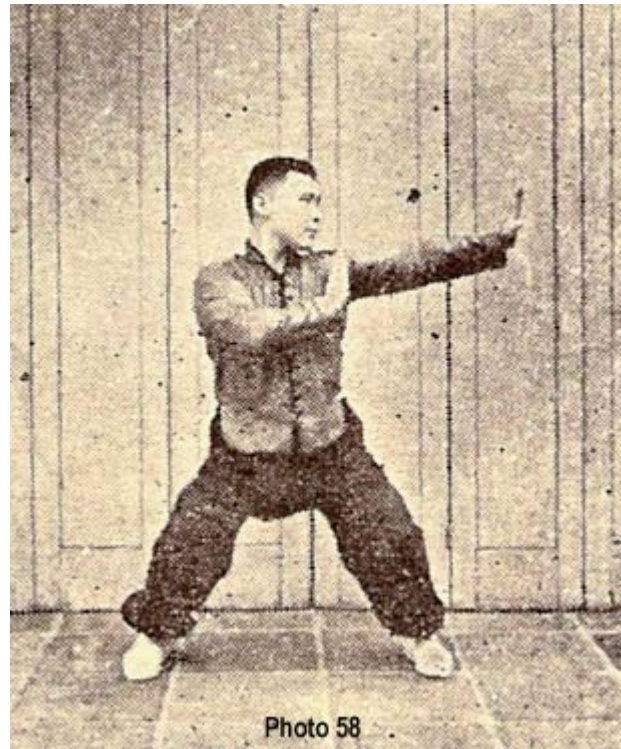


Position 4.

To repel from the front, to hold back from the rear.

Training method: Change the position of arms to an opposite one in the position shown in **Photo 57**: the left arm is stretched out and the right one is bent. Make a forceful push to the left with both palms simultaneously. Stare to the left (**Photo 58**).

Do the exercise eight times (**Photo 57 - 58**).



Stand at attention and control (calm down) your breath.

It is the final exercise of the tenth form.

Form XI.

ZUO YOU PIAN MA

To Mount the Horse from the Left and Right.



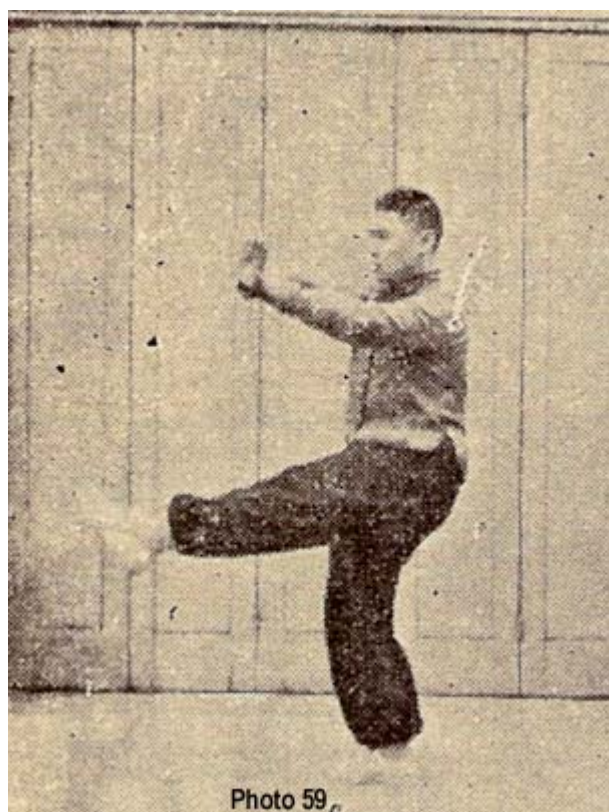
Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

Position 1.

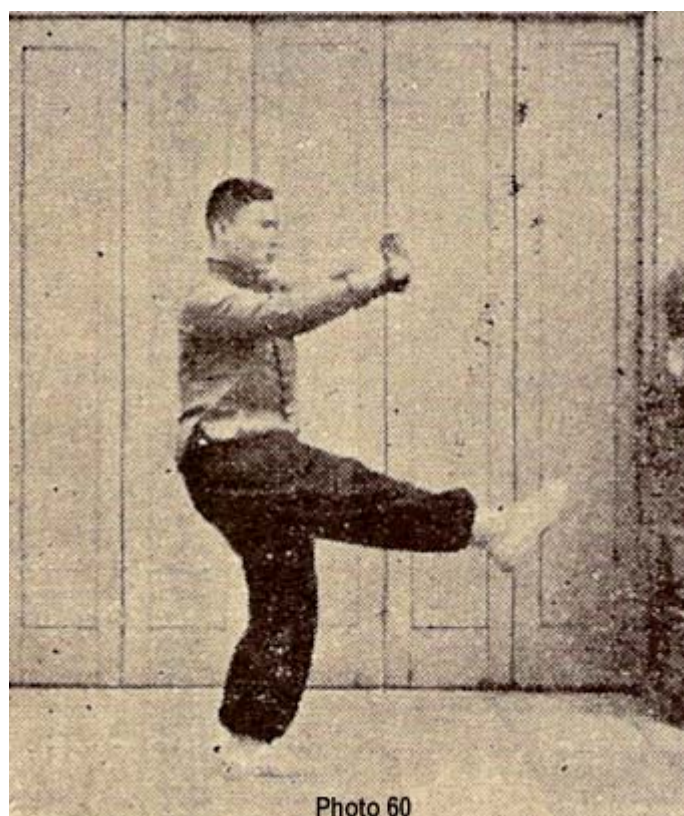
To raise up arms, to stand on one leg.

Training method: Deliver a blow with the right arm (palm) from the position “at attention” to the left in the horizontal plane, at the same time turn to the right. Toward the right arm moves the left arm which catches the right wrist in front of the breast. The effort is at its maximum at the moment of touching the arms. During the arms movement and a torso turn the left leg kicks to the right; the leg must be on one line with arms (**Photo 59**). Stand still in this position and draw a breath.

Return the left leg to its place, turn to the left. Concurrently with a torso turn, strike to the right on the horizontal plane with the left arm (palm). Move the right arm toward the left one and catch the left wrist in front of the breast. During arms movement and a torso turn the right leg kicks to the left; the leg must be on one line with arms (**Photo 60**). Stand still in this position and draw a breath.



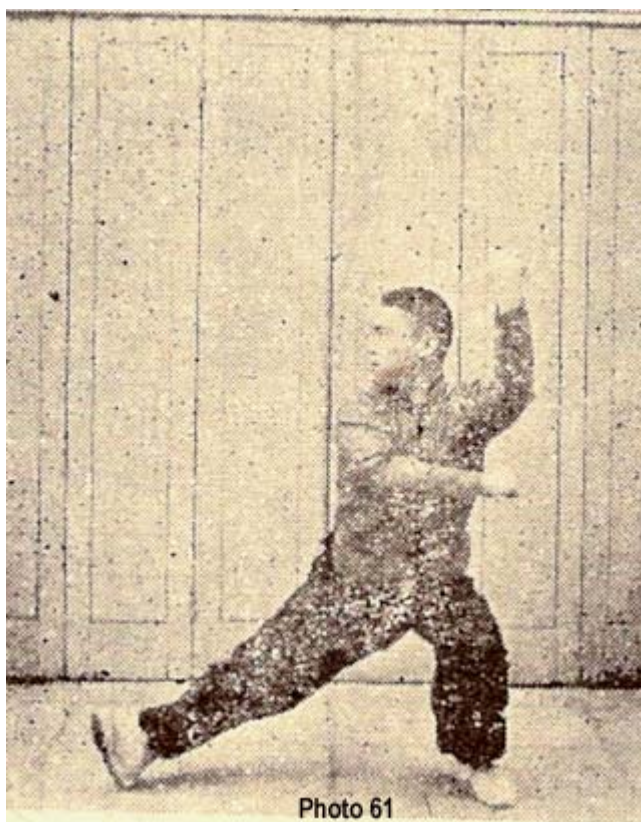
Do the exercise eight times (eight kicks to each side). In the position shown in **Photo 59** and **Photo 60** draw a breath, while turning from the left to the right and from the right to the left breathe out.



Position 2.

To prop up an iron gate with knee.

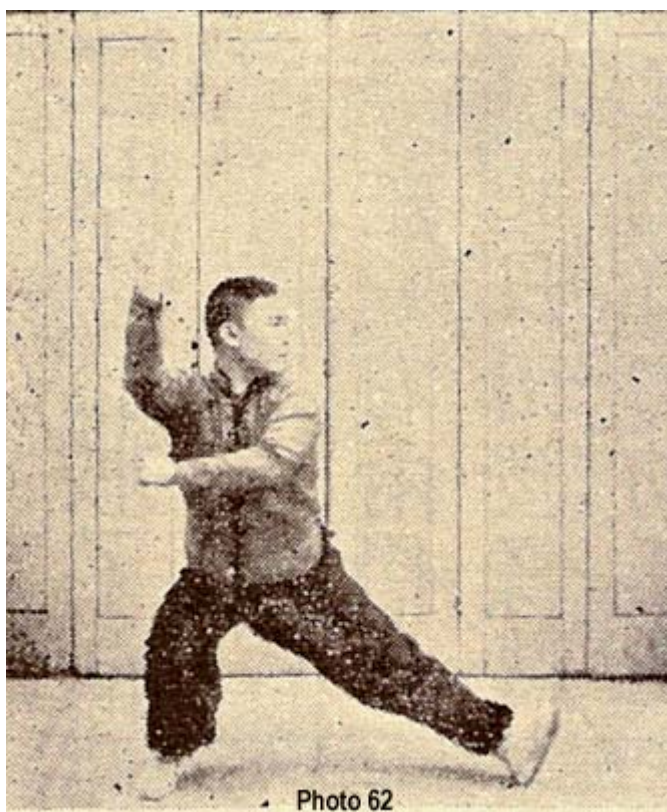
Training method: Stretch out the right leg to a side in the position PU TUI (“Low kick”), put on the heel, point the toe up, take the position QI XING BU. Clench the left hand into fist, bend the left arm in elbow, place the forearm vertically. Clench the right hand into fist as well and bend the arm in front of the breast, place the forearm horizontally. Stare to the right (**Photo 61**).



Turn to the left side, stretch out the left leg, raise up the right fist, bend the left arm in front of the breast (**Photo 62**).

Do the exercise eight times to each side. In positions shown in **Photo 61** and **Photo 62** draw a breath, when changing position breathe out.

After finishing the exercise stand at attention and have a short rest.



Form XII.

YAN ZI ZHUO SHUI

The Swallow Drinks Water.



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

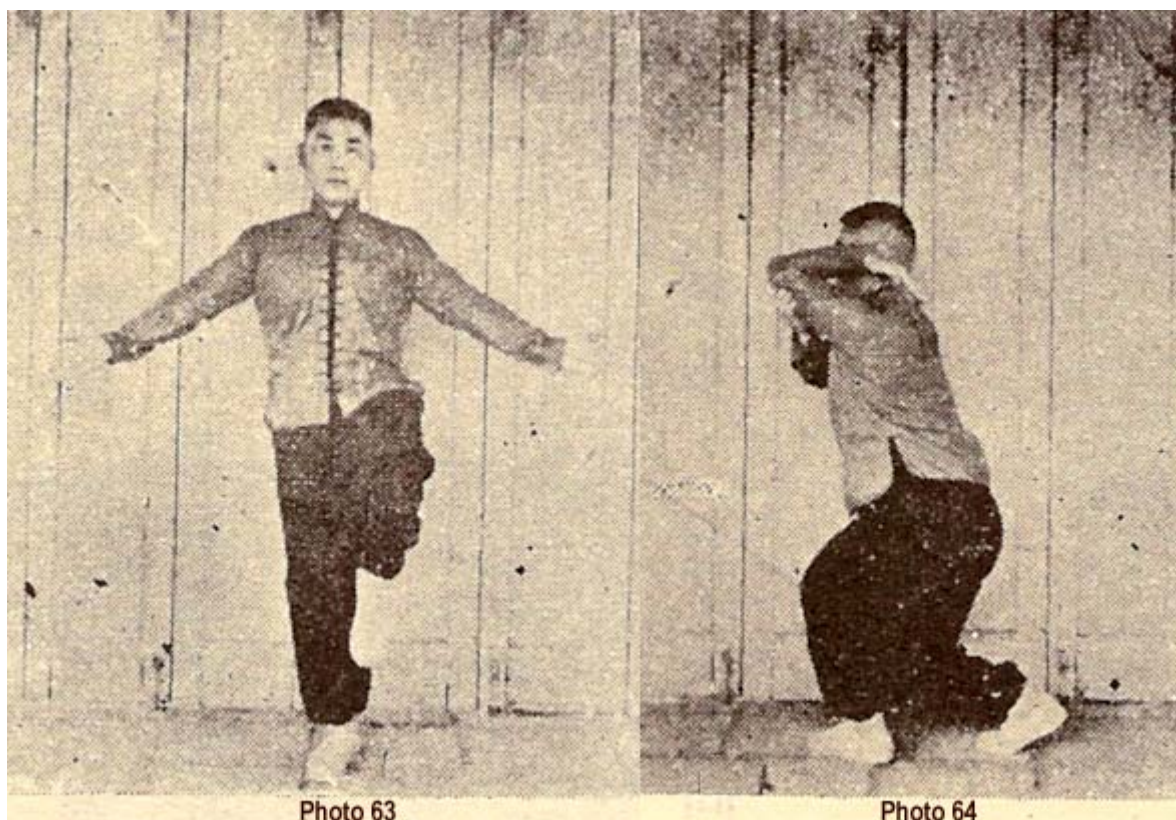
Position 1.

Replacing beams and columns with rotten supports⁷.

Training method: Raise the left leg and stand on one (right) leg. Bring arms to sides like spreading wings, open the hands and point palms up and forward (Photo 63).

Editor's notes:

⁷ Here is used the name of one of 36 classic stratagems of the ancient China, namely stratagem No. 25 – TOU LIANG HUAN ZHU, which can be translated as "Replacing beams and columns with rotten supports." The gist of this stratagem is to put the enemy, unwittingly for him, into a vulnerable position at the moment when the enemy thinks his position to be advantageous.



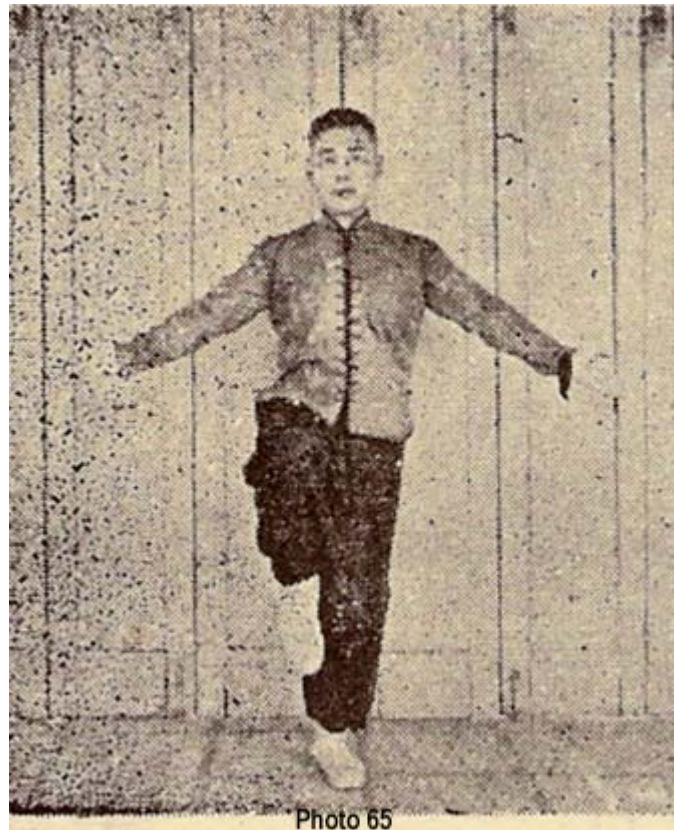
From the position shown in **Photo 63**, let down the left foot on the right side and take the position RU HUAN BU («Circle entering stance»). Bend the left arm in elbow and place the left palm on the shoulder. Support the left elbow with the right palm from below (**Photo 64**).

Do the exercise eight times as shown in **Photo 63** and **Photo 64**. In the position shown in **Photo 63** draw a breath, in the position shown in **Photo 64** breathe out.

Position 2.

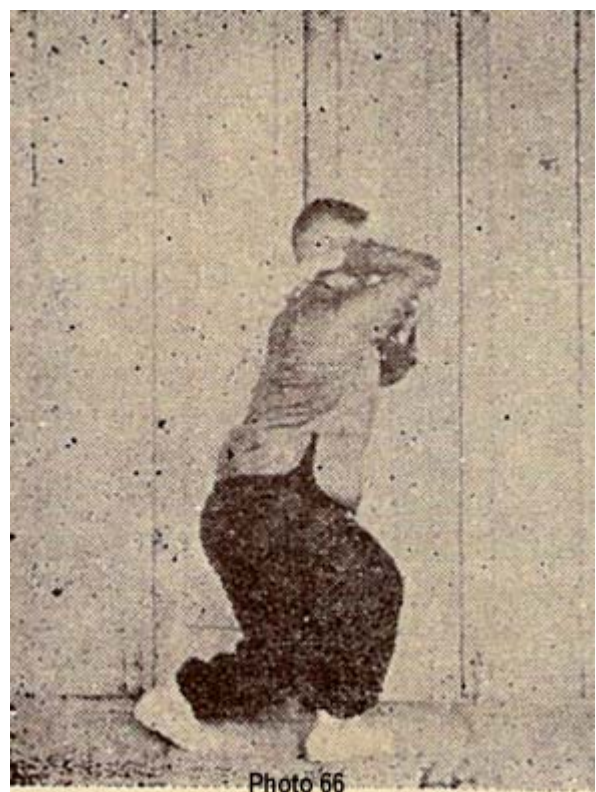
To catch a cicada.

Training method: Raise the right leg and stand on one (left) leg. Set arms to sides like spreading wings, open the hands and point palms up and forward (**Photo 65**).



Let down the right foot from the position shown in **Photo 65** to the left side and take the position RU HUAN BU. Bend the right arm in elbow and place the right palm on the shoulder. Support the right elbow with the left palm from below (**Photo 66**).

Do the exercise eight times as shown in **Photos 65** and **66**. In the position shown in **Photo 65** draw a breath, in the position shown in **Photo 66** breathe out.



Position 3.

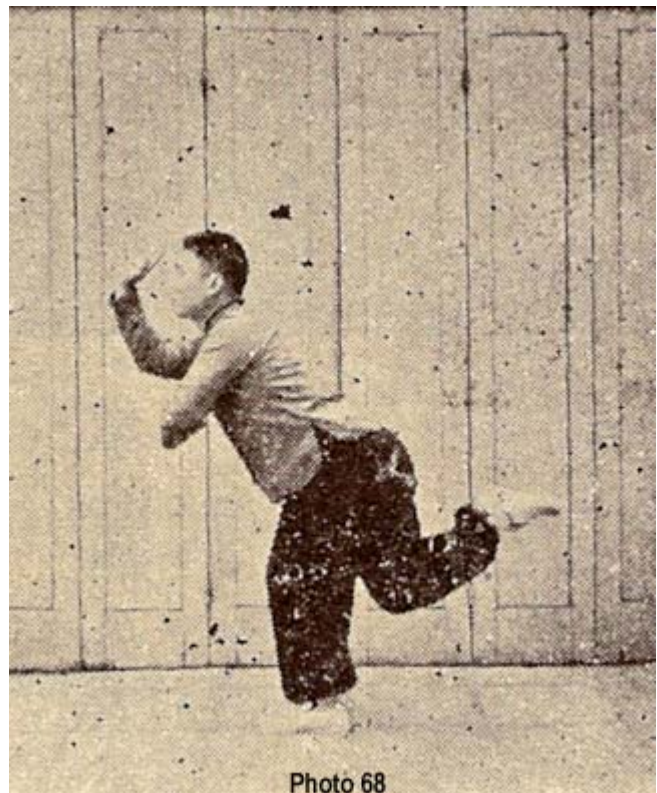
Make a turn and put arms together.

Training method: Stand upright, set feet together, turn the head to the left. Bend the left arm in elbow near the waist, point the left palm forward. Bend the right arm in elbow as well and place it in front of the stomach, point the right palm up (**Photo 67**).



Raise the left leg with bent knee from the position shown in **Photo 67** back and up, place the right palm in front of the face, place the left palm under the right armpit (**Photo 68**).

Do the exercise eight times as shown in **Photo 67** and **68**. In the position shown in **Photo 67** draw a breath, in the position shown in **Photo 68** breathe out.



Position 4.

The golden cock stands on one leg.

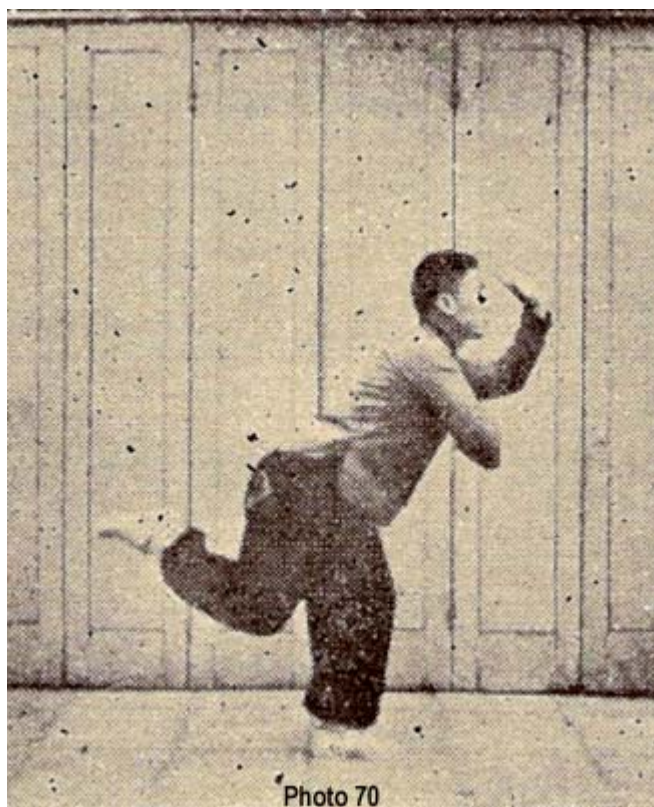
Training method: Stand upright, put feet together, turn the head to the right. Bend the right arm in elbow near the waist, point the right palm forward. Bend the left arm in elbow as well and place it in front of the stomach, point the left palm up (**Photo 69**).



Raise the right leg bent in knee from the position in **Photo 69** back and up, place the left palm in front of the face and the right palm under the left armpit (**Photo 70**).

Do the exercise eight times as shown in **Photos 69** and **70**. In the position shown in **Photo 69** draw a breath and in position shown in **Photo 70** breathe out.

After finishing the exercise stand at attention for a short rest.



Form XIII.

HU BEN REN SHEN

The Tiger Runs Away from a Deity.

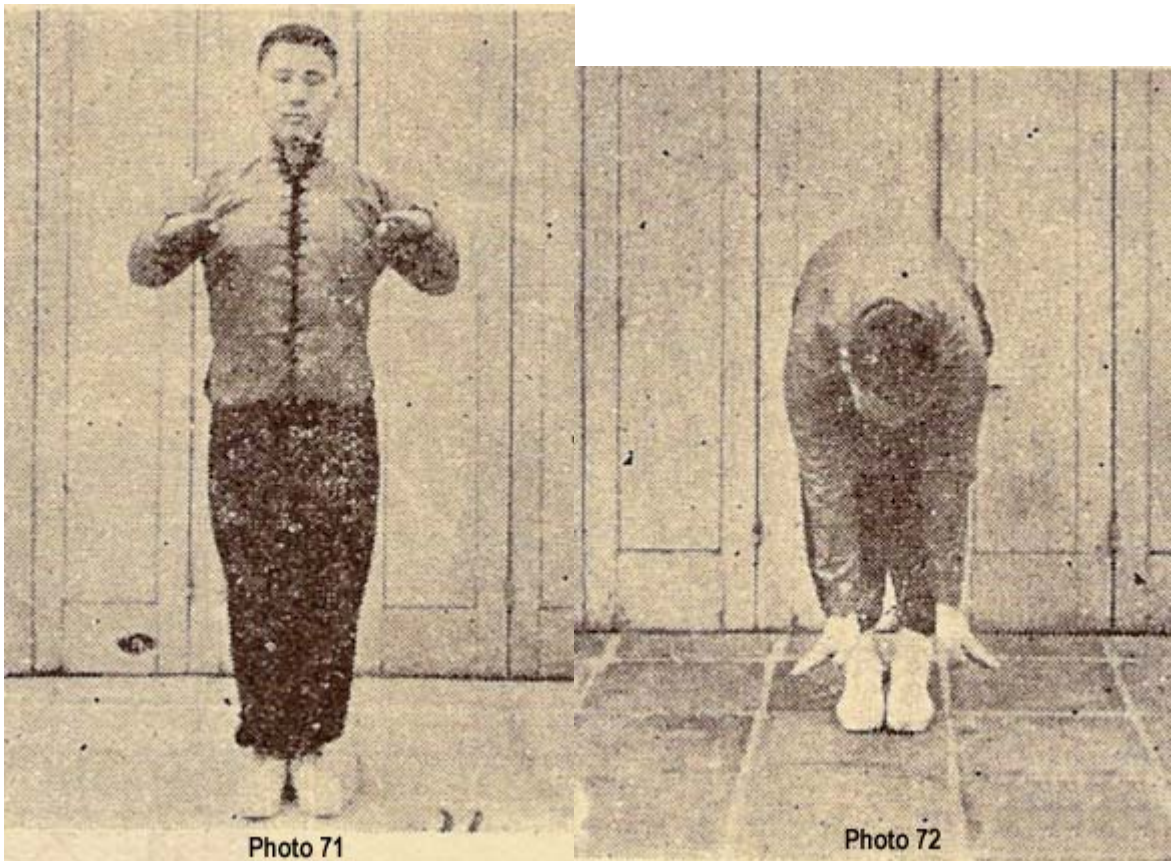


Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

Position 1.

To run the wind along sides.

Training method: Standing in the position at attention, slowly raise arms to the level a little below the shoulder level, at that time draw a breath (**Photo 71**).



Position 2.

Four supports hang in the emptiness.

Training method: From the position shown in **Photo 71**, slowly let arms down, at that time breathe out (**Photo 72**).

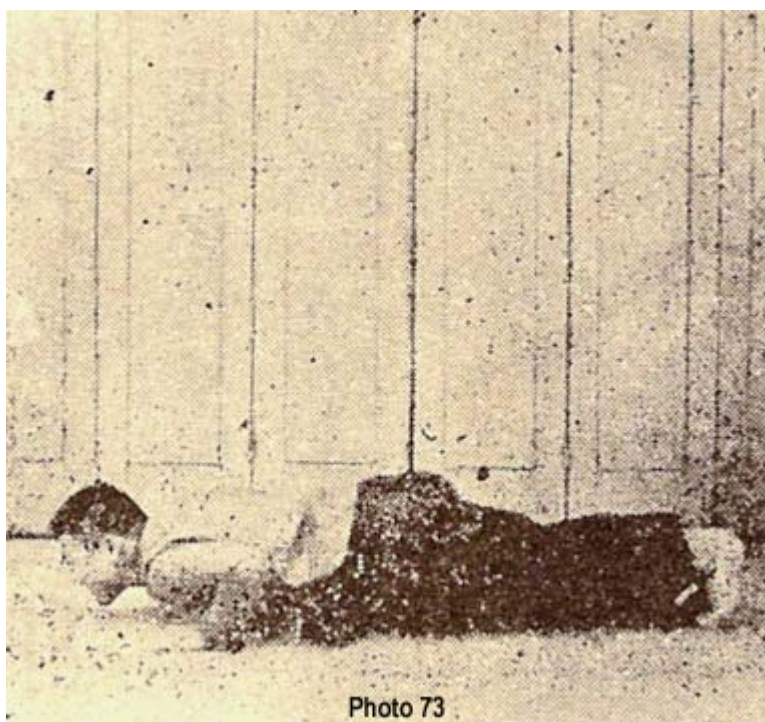
Do the exercise eight times (**Photo 71, Photo 72**).

Position 3.

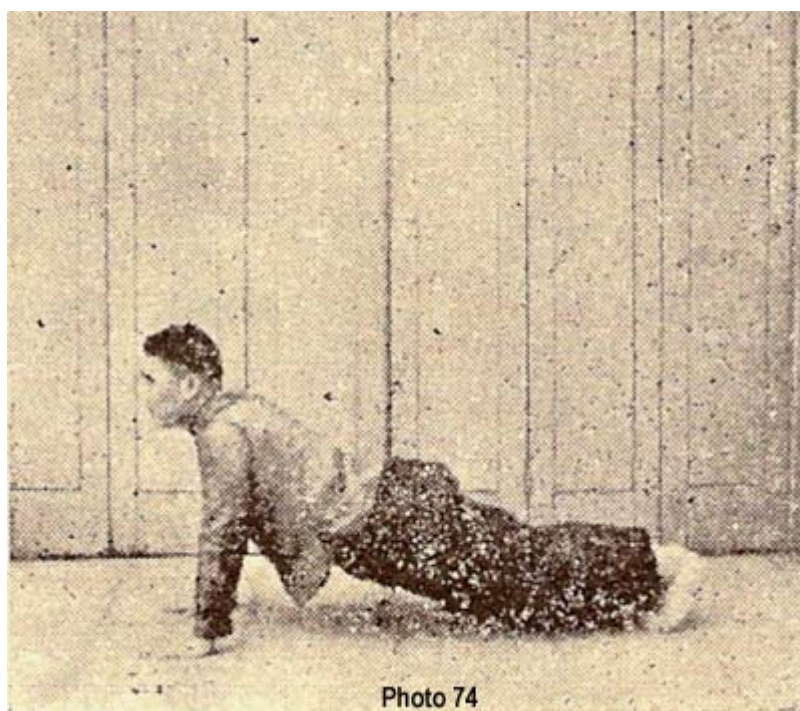
The dead snake lies on the ground.

Training method: Lie on the ground prone (face down), bend arms in elbows, palms and toes rest on the ground, the other parts of the body do not touch the ground. In this position breathe out (**Photo 73**).

Straighten your arms in elbows and raise the body up, raise the head a little as well. At that time draw a breath **(Photo 74)**.



Do the exercise eight times **(Photos 73, 74)**.

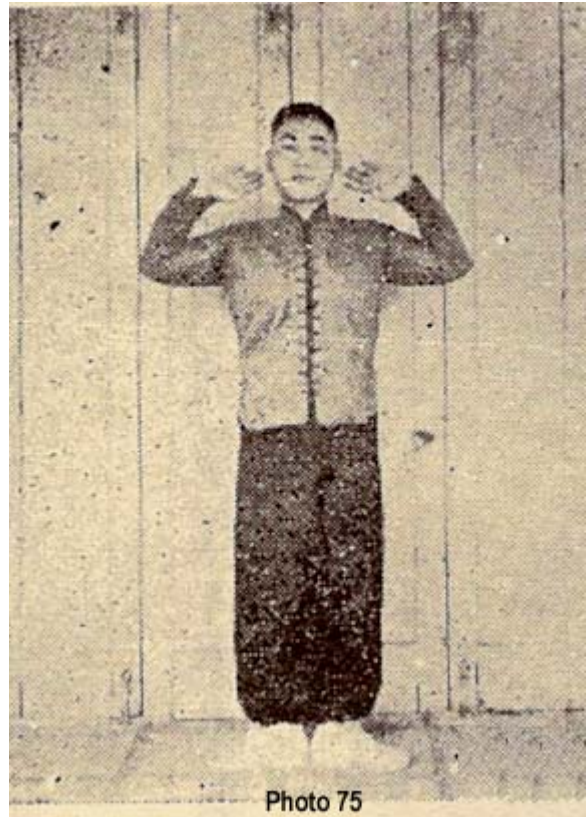


Position 4.

Hang a Seal on the breast.

Training method: Stand at attention, then set toes to sides as far as possible and try to put them on one line with heels. Raise arms up, point palms forward. Control your breath, maintaining it even and quiet. Stay in this position as long as possible (**Photo 75**).

After getting tired let your arms down, join feet together, take the stance at attention for a short rest.



Form XIV.

CHEN TUAN DA KUN

Chen Tuan⁸ in an Awkward Situation.



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

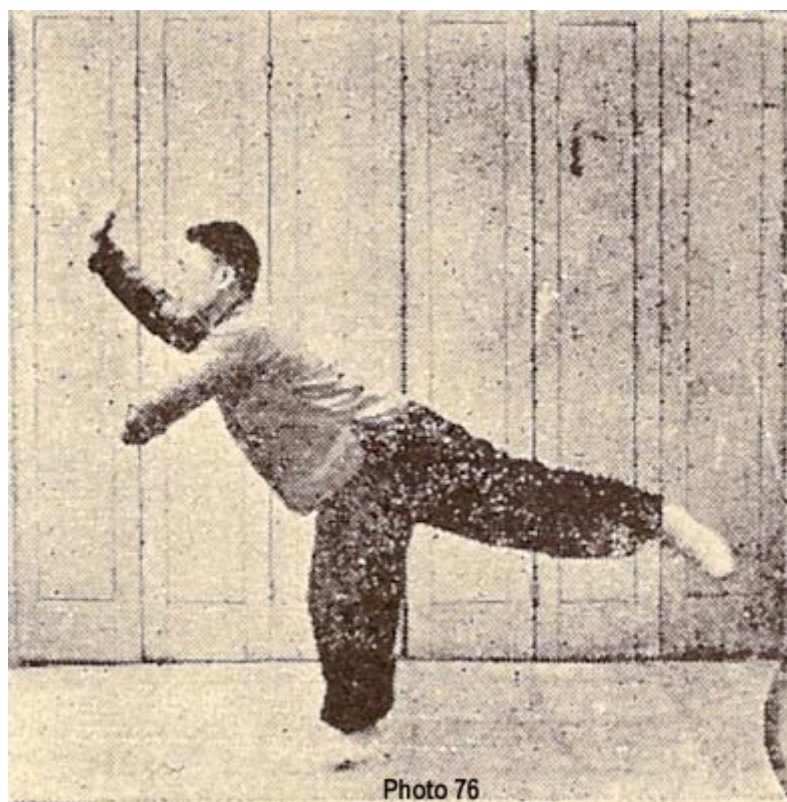
Position 1.

To plant flowers on the bottom of a well.

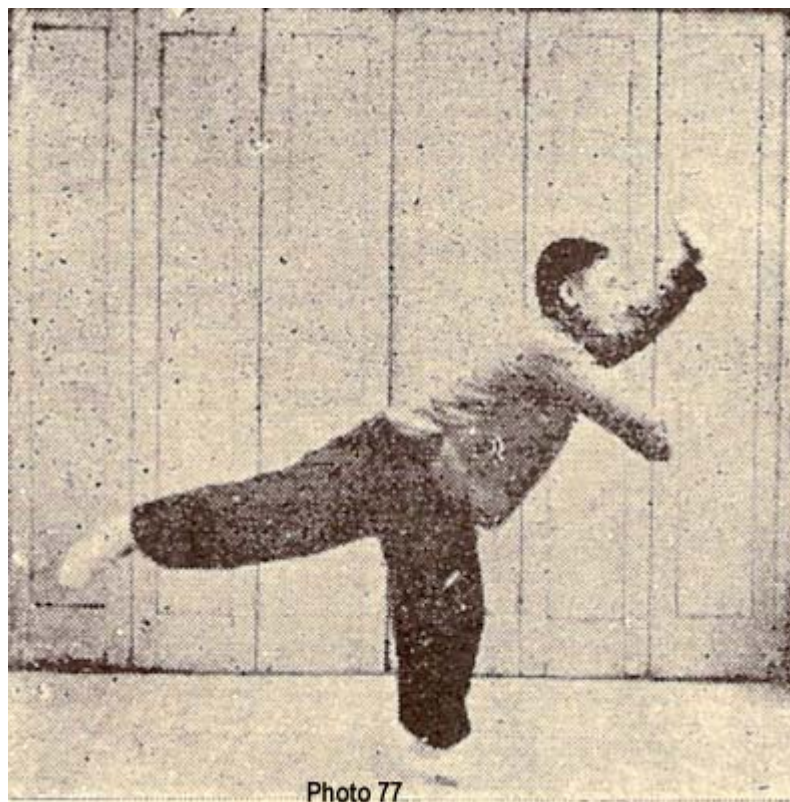
Training method: You start from the position at attention. Raise the right arm, place the palm at the head level with its back toward you. Move the left palm to under the right armpit as if you push something to the right. Concurrently with arms movement lean forward and stretch out the left leg to the rear. Stare ahead (**Photo 76**).

Editor's notes:

⁸ Chen Tuan (life time ?-989), a great Taoist thinker and philosopher. Lived in the Wudangshan mountains where over twenty years he practiced "QI absorption" (FU QI) and "food renunciation" (BI GU) in combination with "multiple taking of wine tinctures" (IN JIU SHU BEI). Later moved to the Huashan mountain.



Turn to the left side and take the similar stance, only change arms and legs (on the model “right – left”) (**Photo 77**).

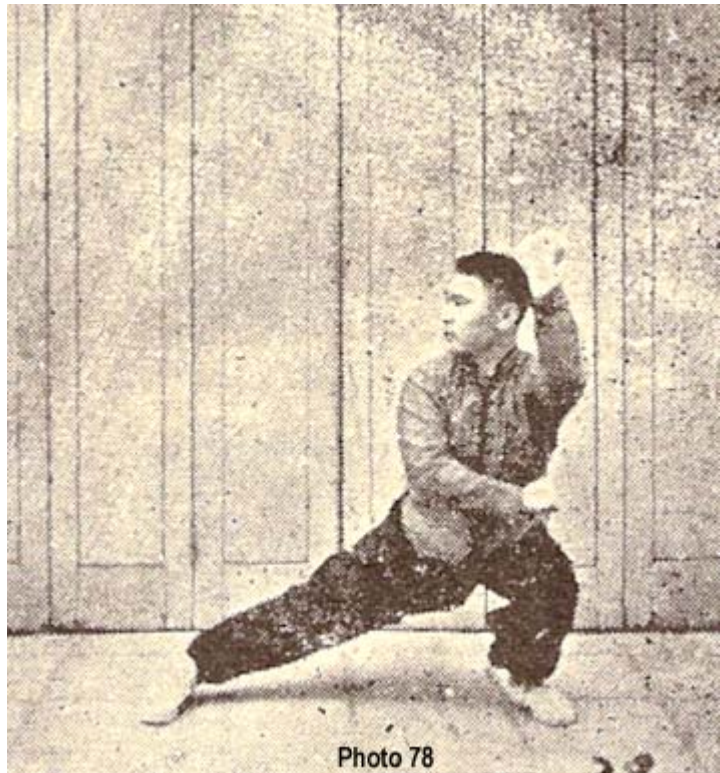


Do the exercise eight times to each side. Control your breath.

Position 2.

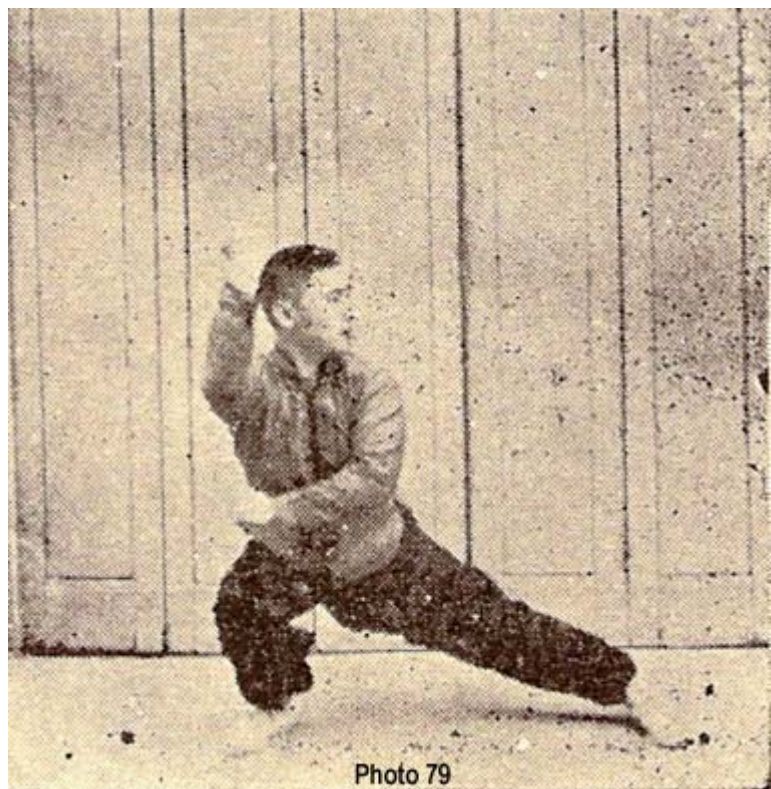
Drilling fist in a position with legs widely set.

Training method: Stretch out the right leg to the right and bend the left leg in knee. The right fist is in front of the stomach, the right forearm is horizontal. Raise the left fist to the head level and bend the left arm in elbow. Stare to the right (**Photo 78**).



Turn to the left side and take a similar posture, only change arms and legs (on the model “right – left”) (**Photo 79**).

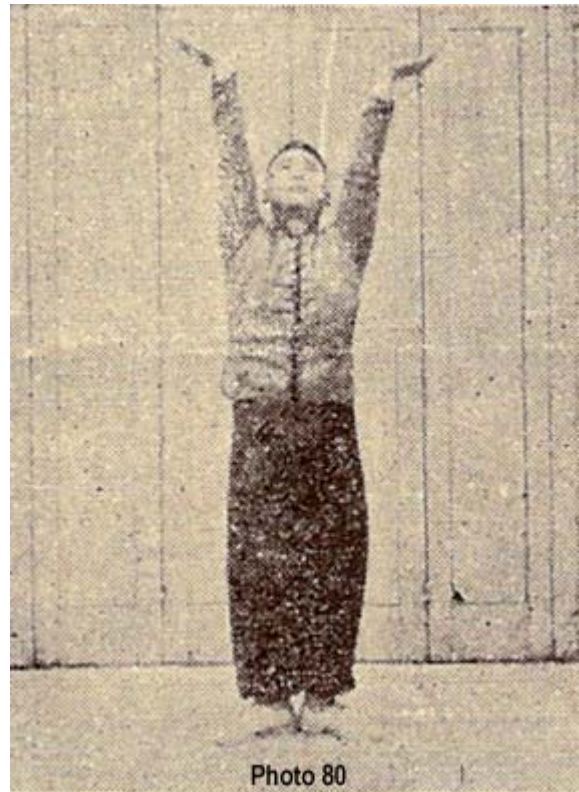
Do the exercise eight times to each side. Control your breath.



Position 3.

Liu Quan raises up a golden pumpkin.

Training method: Join heels, set toes to sides in the shape of hieroglyph “eight” (八). Stretch out both arms high up, draw a breath (**Photo 80**).

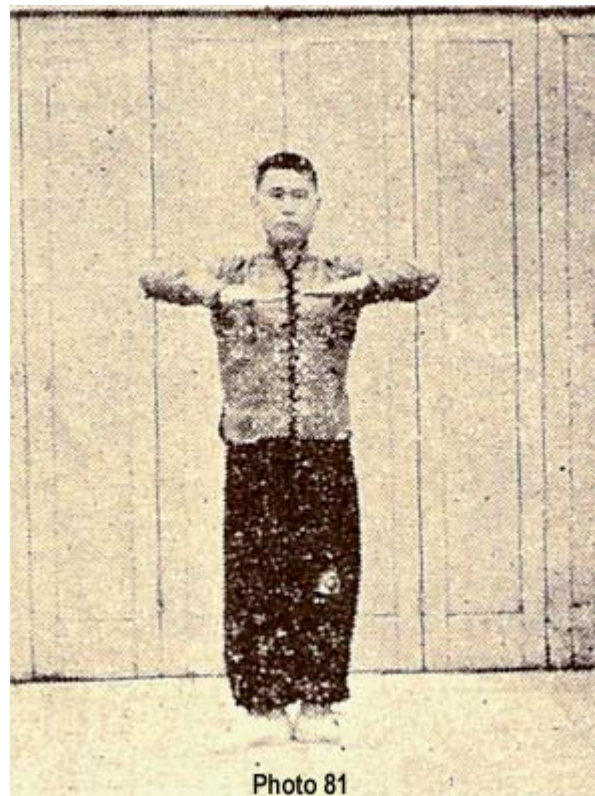


Position 4.

Swim in water applying force.

Training method: In the position shown in **Photo 80**, slowly let arms down to the shoulder level, at that time breathe out (**Photo 81**).

Do arms lifting and letting down eight times (**Photos 80, 81**).



Form XV.

FU ZI QING LI

Farther and Son Ask to Perform the Rite.



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

Position 1.

To turn and hit at the middle level.

Training method: Bring the left foot behind the right one, raise a little the left toe. Place the right fist near the waist on the right, place the left palm near the right fist. Draw a breath (Photo 82).

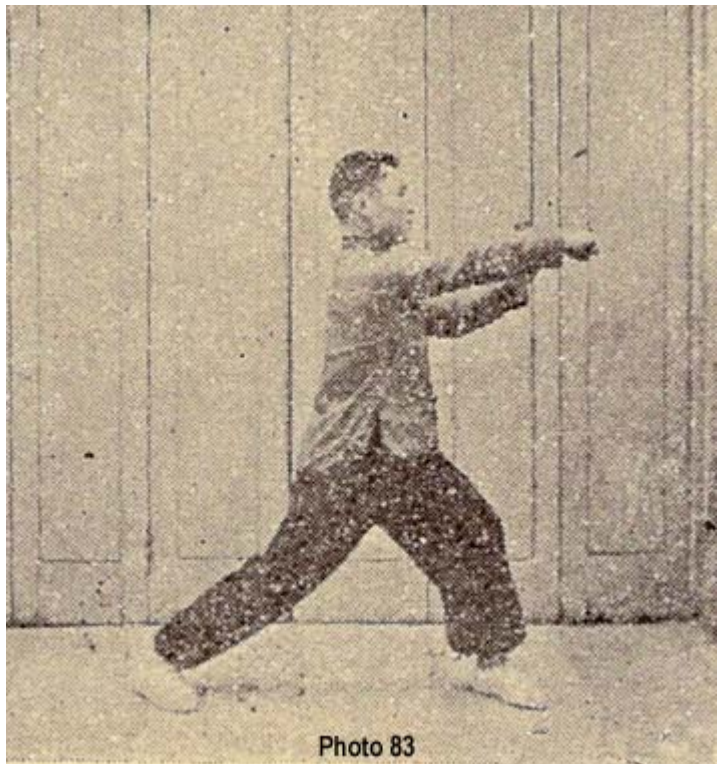
Take a step to the left with the left leg, take the position DENG SHAN BU, punch forward with the right fist at the



Photo 82

shoulder level. At the same time you move the left arm forward for the left palm to touch the right wrist. At that time breathe out (**Photo 83**).

Do the exercise eight times (**Photos 82, 83**).

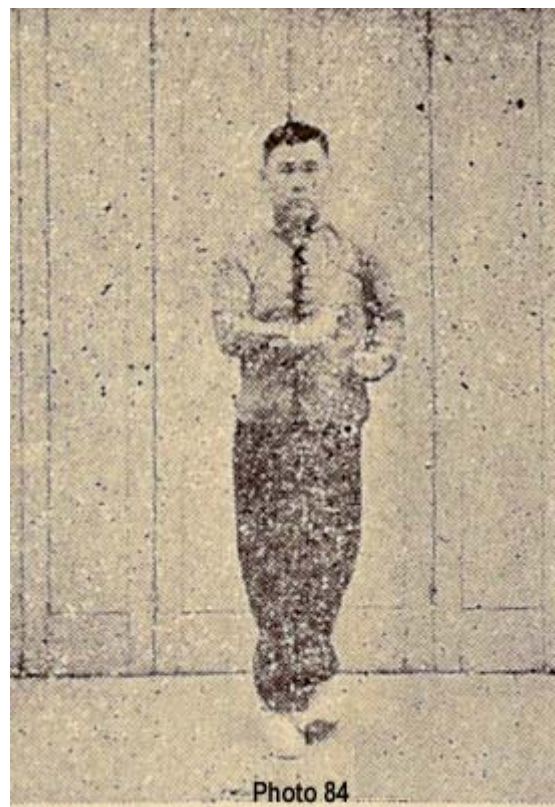


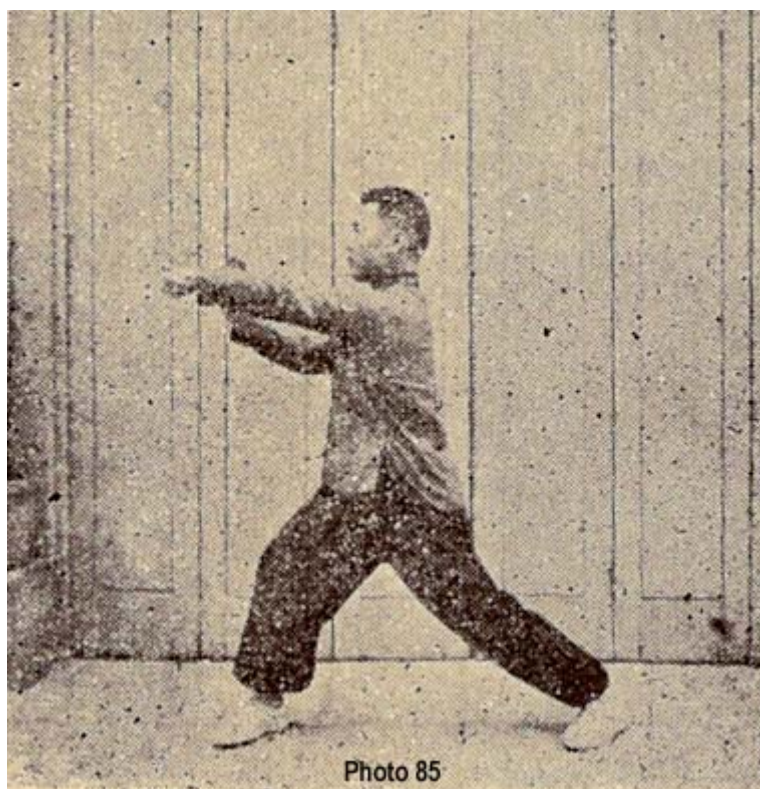
Position 2.

To hold a broadsword weighing one thousand JINs.

Training method: Do this exercise to the other (right) side in a similar way, with arms and legs changed on the model “right – left” (**Photos 84, 85**).

Do the exercise eight times (**Photos 84, 85**).





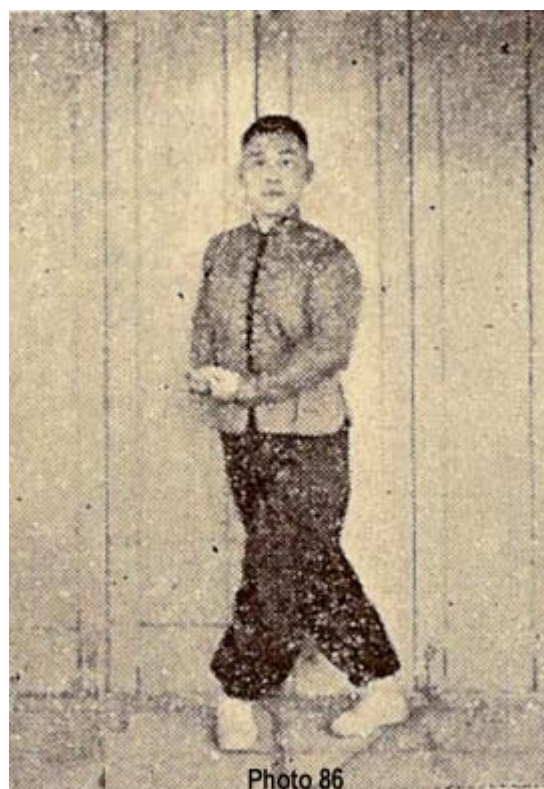
Position 3.

To turn and make a push with arms.

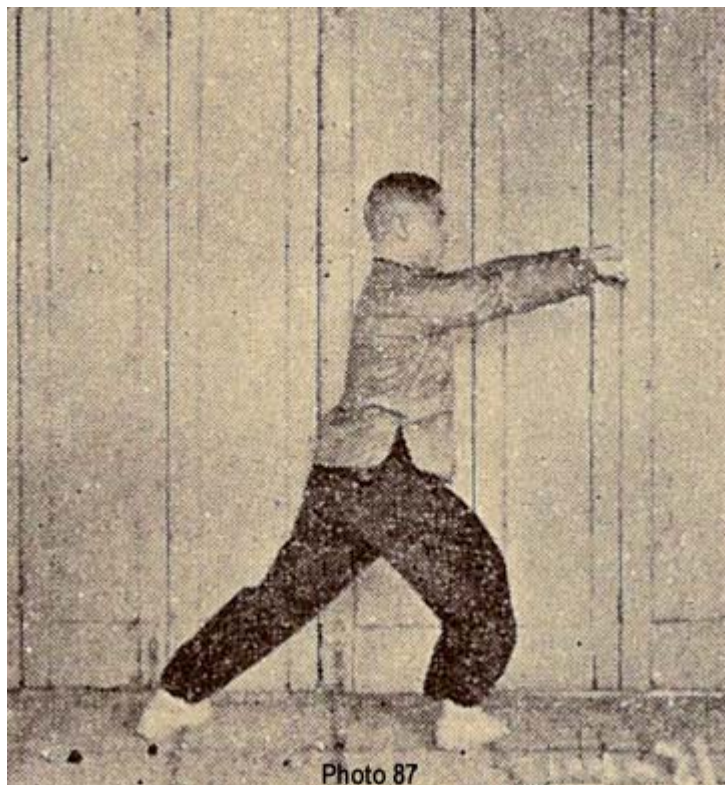
Training method: Bring to the left the right foot behind the left foot, place fists near the waist on the right side, at that time draw a breath (**Photo 86**).

Turn to face the left into the position DENG SHAN BU and punch with both fists at the same time in front of you at the shoulder level, arms are stretched out, they are parallel to each other. At that time breathe out (**Photo 87**).

Return to the initial position (**Photo 86**).



Do the exercise eight times.



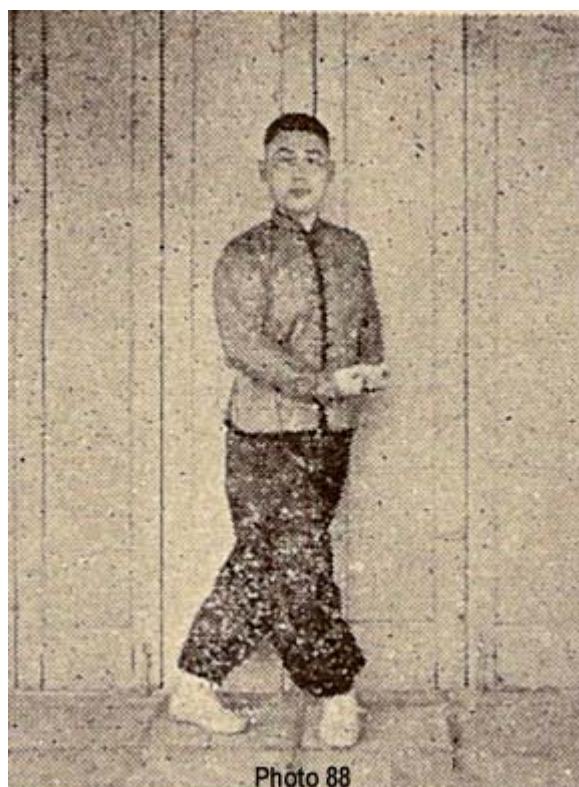
Position 4.

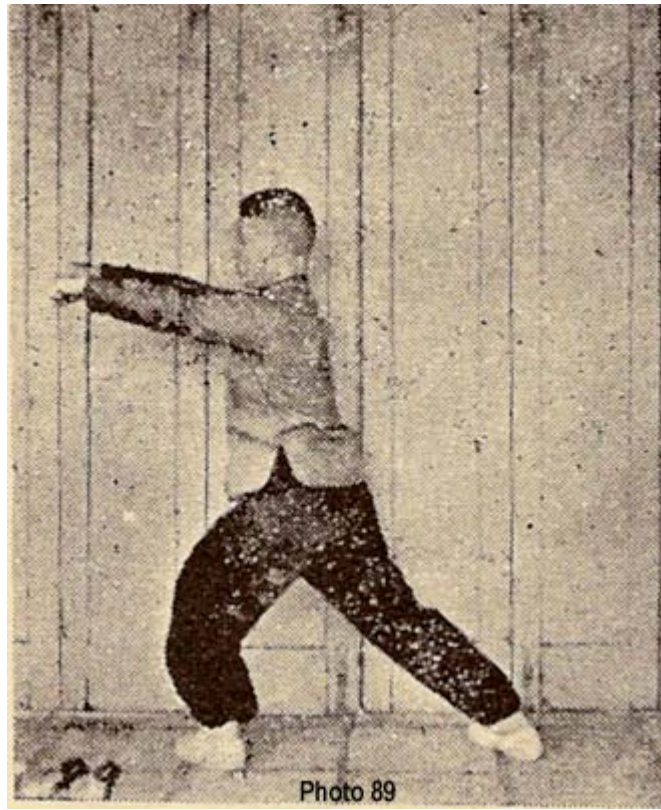
The Great Prince bends his bow.

Training method: Do this exercise to the other (right) side in a similar way, with arms and legs changed on the model “right – left” (**Photos 88, 89**).

Do the exercise eight times.

That is the end of the fifteenth form.





Form XVI.

LI YU DA TING

The Carp Thrashes and Arches its Back.



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

Position 1.

The Yellow Dragon turns over.

Training method: Set feet to sides at the distance of one CHI (33 cm). Bend back in the waist and tilt the torso back until touching the ground with palms. At that time knees, stomach and breast must be at the same

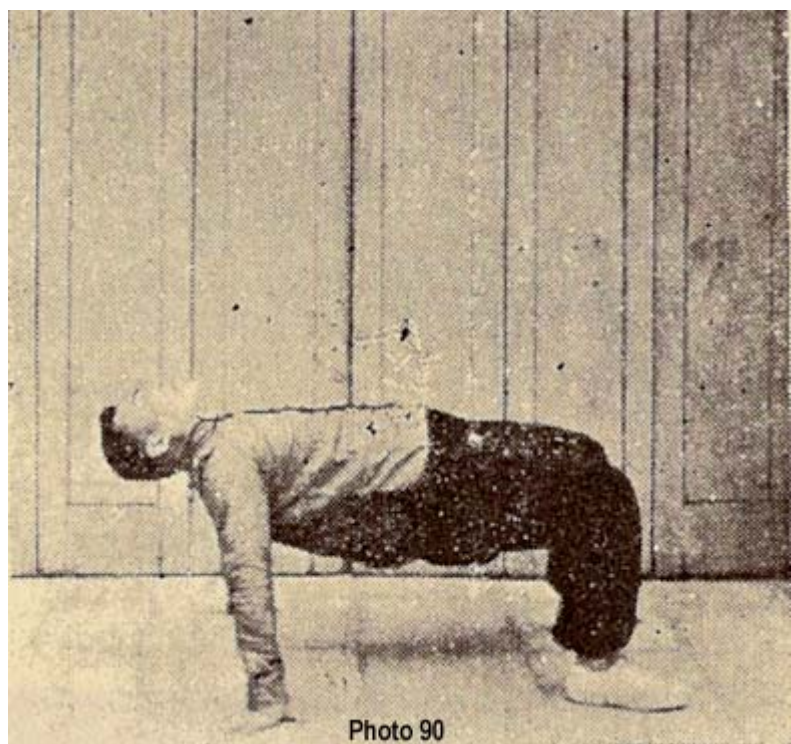


Photo 90

level (as regard to height) (**Photo 90**).

After taking the position shown in **Photo 90**, bend arms in elbows for the back to touch the ground. At that time breathe out.

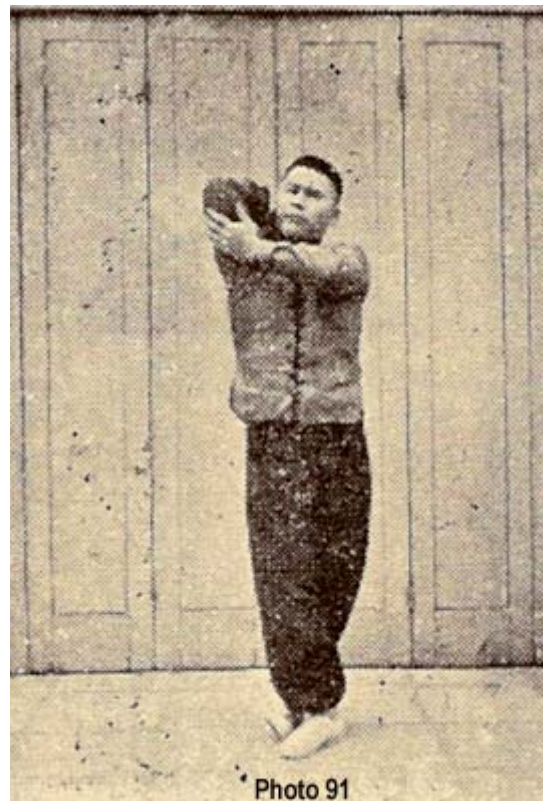
Straighten arms and raise the torso up to the initial position (**Photo 90**), at that time draw a breath.

Do the exercise eight times with bending and unbending arms.

Position 2.

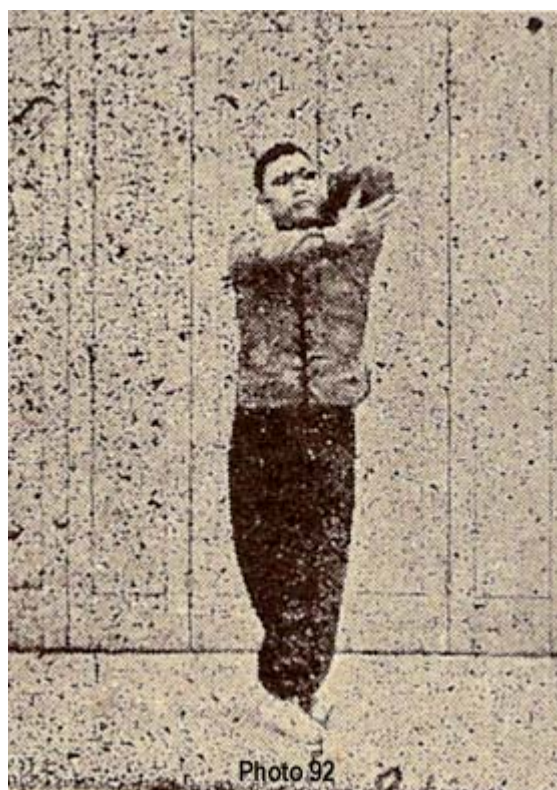
To bend the bow, draw the string and put it in.

Training method: Put the left foot behind the right one, hook the left foot and catch it on the right shin. Bend the right arm in elbow and raise it up, touch the right shoulder with the right fist. Prop up the right elbow from below with the left palm. At that time draw a breath (**Photo 91**).



Change the leg position in the posture shown in **Photo 91**: put the right foot behind the left one, hook it and catch it on the left shin. Change the arms position as well: touch the left shoulder with the left fist, prop up the left elbow from below with the right palm. At that time draw a breath (**Photo 92**).

When changing a position, breathe out. Do the exercise eight times to each side.



Form XVII.

ZHANG LIAO XIAN PAO

Zhang Liao presents a Robe.



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

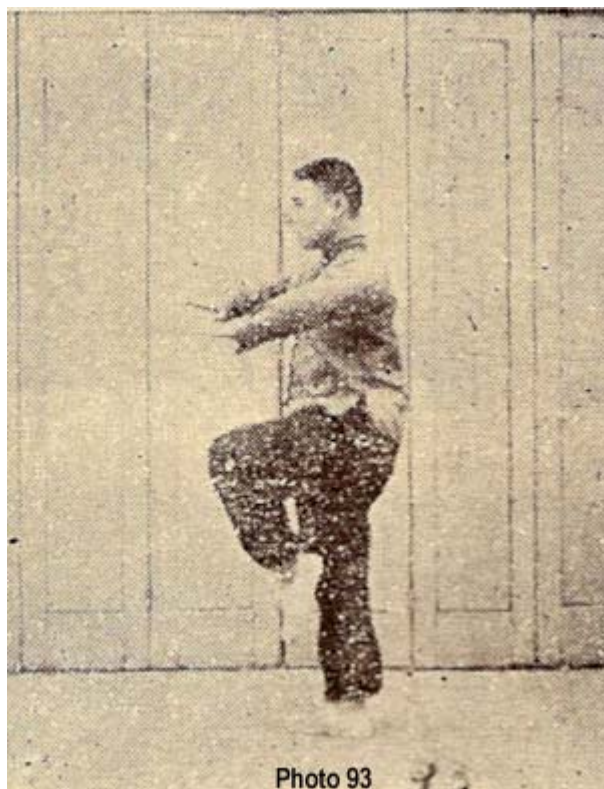
Position 1.

To raise up a knee, to embrace the moon with arms.

Training method: Raise up the left knee, stand on the right leg. Turn palms down, bend arms archwise in front of the breast, at that time draw a breath (Photo 93).

Let the left leg down onto the ground, clench palms into fists, set arms to sides at the waist level. Bend the right leg in knee and raise it up in the rear, at that time breathe out (Photo 94).

Let the right leg down onto the ground, raise up the left knee and return to the position shown in **Photo 93**.



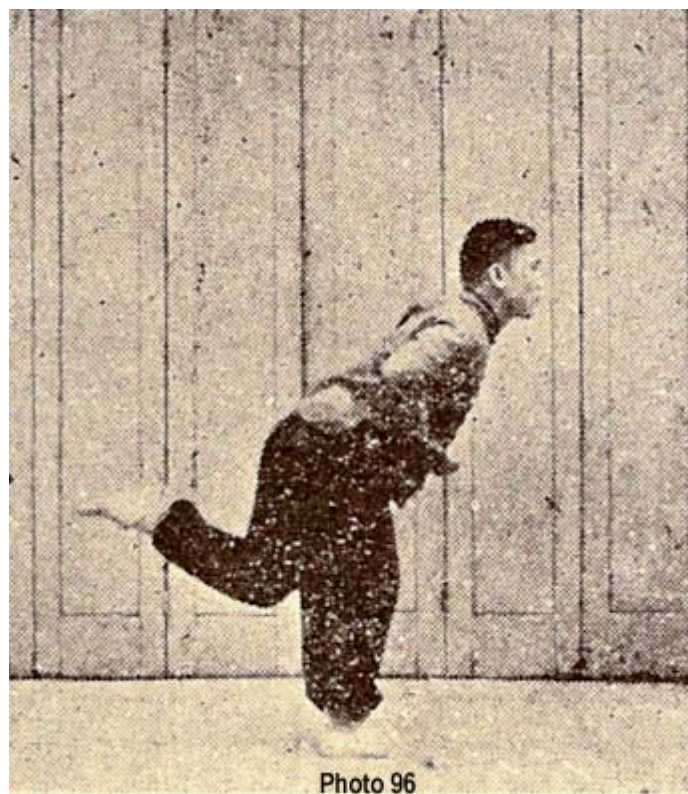
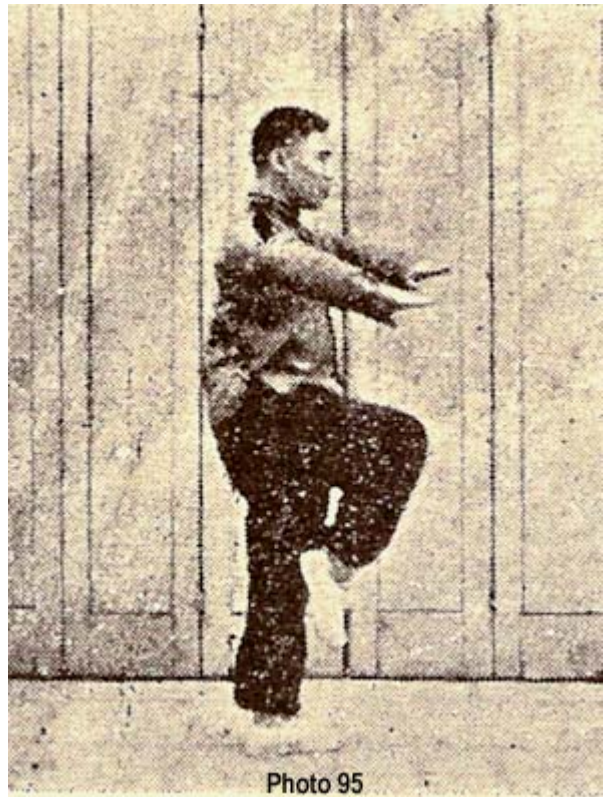
Do the exercise eight times (**Photos 93, 94**).



Position 2.

To rest (on ground) with force, bend a knee.

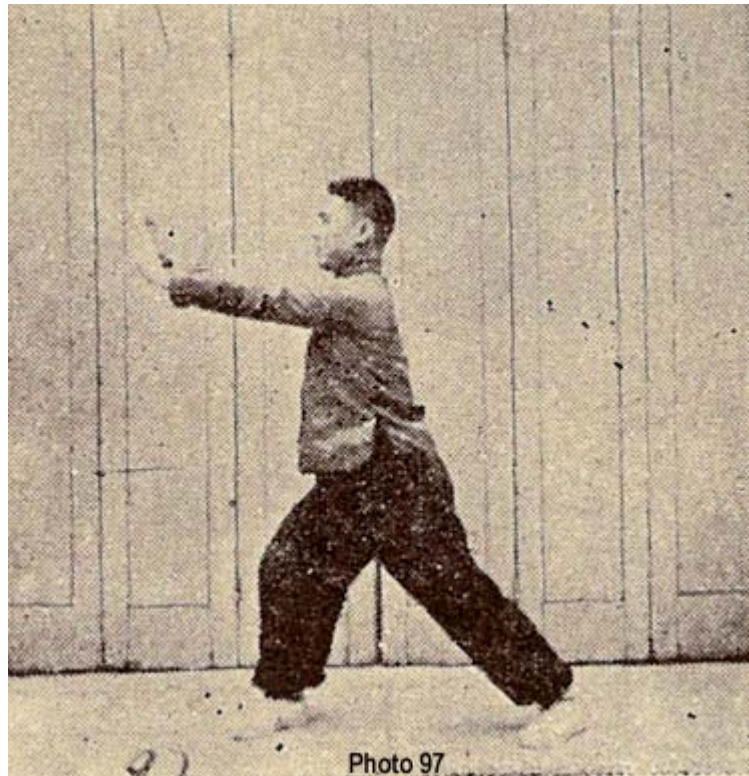
Training method: Do the previous exercise to the opposite side as shown in **Photos 95, 96.** Movements, breathing and number of repetitions are identical to the previous position.



Position 3.

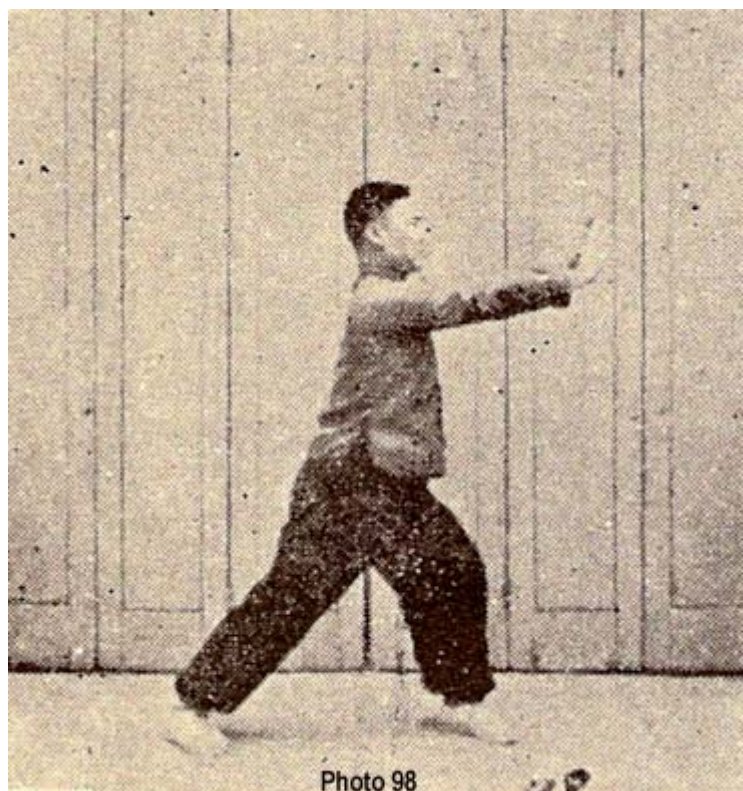
To hurl a heavy double blow.

Training method: Make a step to the right with the right leg, take the right position DENG SHAN BU, make a push forward with both palms; at that time breathe out (**Photo 97**).



Turn from the position shown in **Photo 97** to the left side, take the left position DENG SHAN BU, make a push forward with both arms, at that time breathe out (**Photo 98**).

When moving from the right position into the left one and vice versa, draw a breath. Do the exercise eight times to each side.



Position 4.

To pull up reins, while sitting on a horseback.

Training method: Set feet to sides for legs to take the shape of hieroglyph “eight” (八), place heels on one line (with the shoulders line). Clench hands into fists, bend arms in elbows and raise them to the shoulder level (**Photo 99**). Breathe quietly and evenly.

Stand in this position until you get tired. After it straighten legs for a short rest and with this finish the seventeenth form.



Form XVIII.

JIN GOU GUA PING

Hanging a Jug on a Golden Hook.



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

Position 1.

To look at the point of meridians intersection.

Training method: Sit on the ground, straighten legs forward, stretch arms vertically up, point palms up. Draw a breath (**Photo 100**).

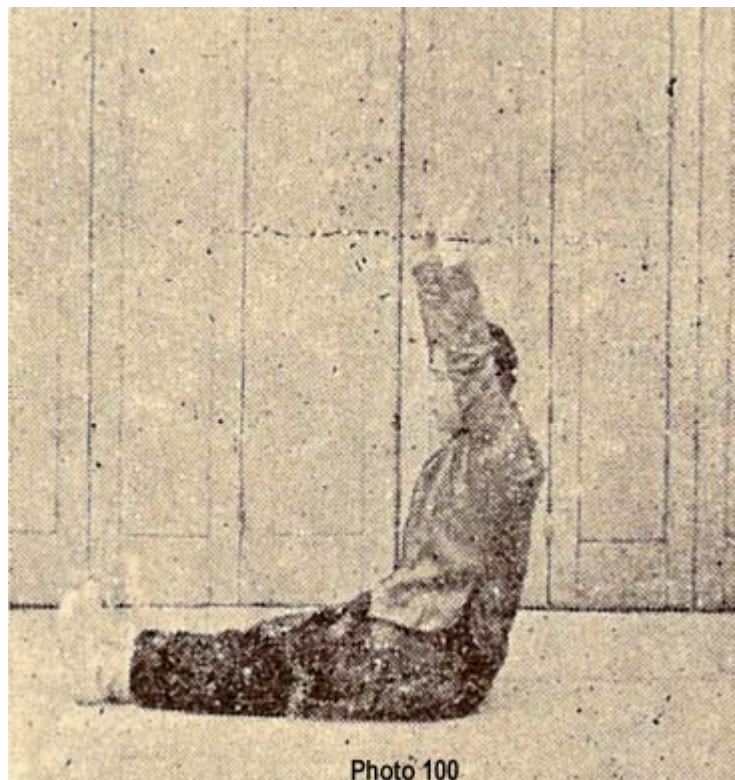
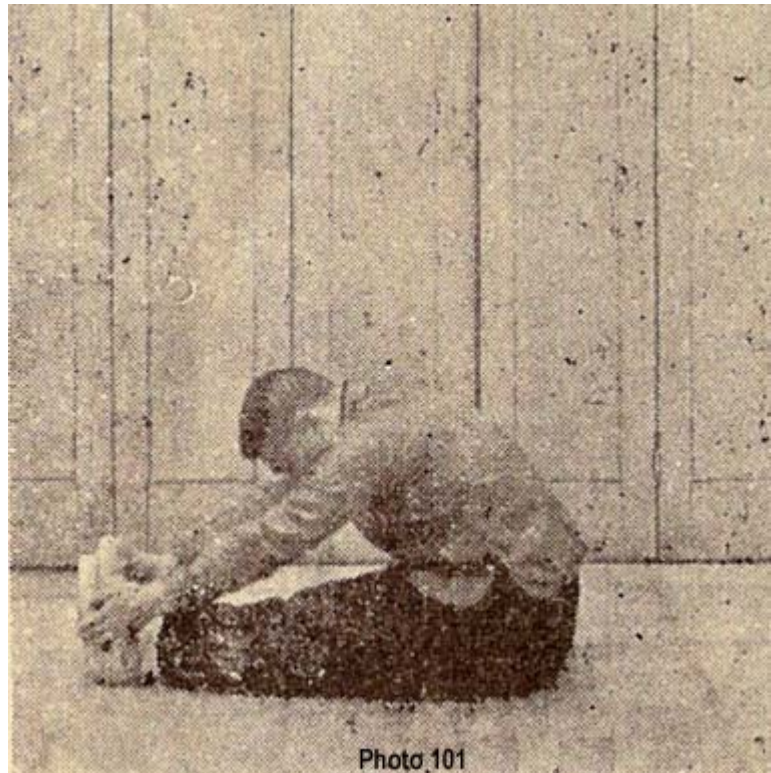


Photo 100

Position 2.

To bend the torso to preserve kidneys.

Training method: Being in the previous position, lean forward and grasp feet with hands. The torso must be bent in the waist as much as possible, try to bend as low as possible; at that time breathe out (**Photo 101**).



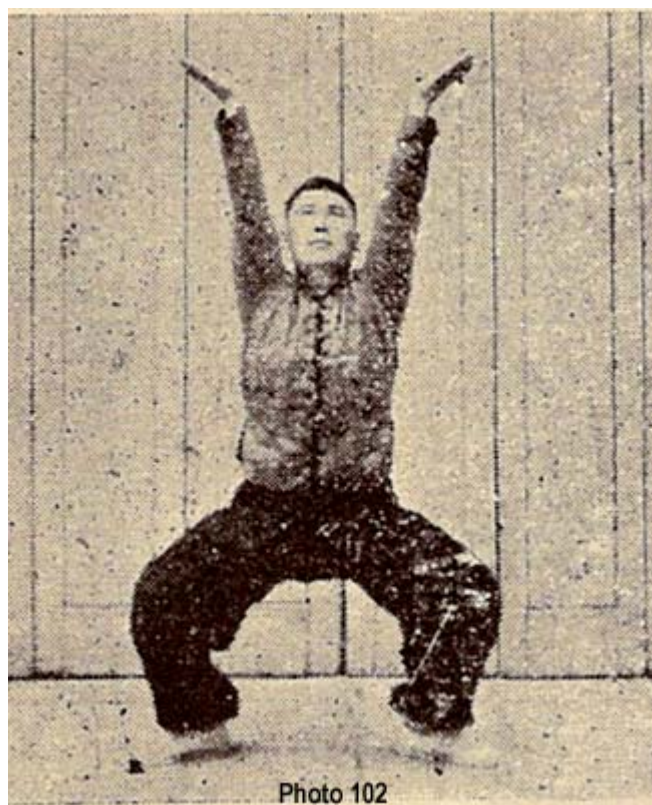
Do the exercise eight times (**Photos 100, 101**).

Position 3.

Jade pole supports the sky.

Training method: Set feet to sides for legs to take the shape of hieroglyph “eight” (八), place heels on one line (with the shoulders line). Stretch arms vertically up, turn palms upward. Breathe quietly and evenly (**Photo 102**).

Stand at attention. With that the execution of the exercise set is over.



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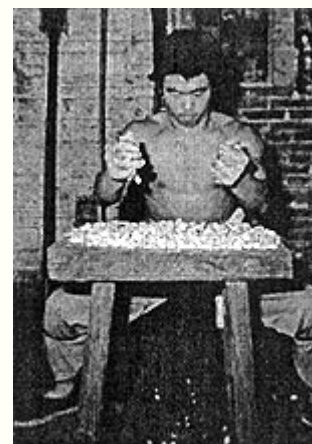
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(1860-1943)

"SINCE MY YOUNG YEARS TILL NOW,
FOR 50 YEARS, I HAVE BEEN LEARNING
FROM MASTERS.

I AM HAPPY THAT I HAVE EARNED THE
LOVE OF MY TUTORS WHO PASSED ON
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