

A Detailed Analysis of the Baguazhang Paired Practice, “16 Seizes”

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Translated by Joseph Crandall

Baguazhang Paired Practice routine “16 Seizes” is the original creation of Song Jingquan and Liu Yaokun (Shijun) of Taigu, Shanxi. It was created in the 1930’s at Song Huchen’s school. (Song Huchen was the eldest son of Song Jiqi.) In 1953, during the National People’s Sports Conference, Ma Zhen’na and Ma Yintu of the Northwest region Martial Arts Organization followed Master Liu to the capitol and performed this rarely seen martial arts routine at the sports institute where they received favorable comments. The author, in the 1960’s, learned this routine at Master Liu’s school, and received the Quanpu recorded in Master Liu’s own handwriting.

“16 Seizes” is a paired practice consisting of 16 actions. The composition of the complete routine is well-knit. The actions are compact, smooth, and beautiful to see. It has a strong sense of fighting. It is truly a mutually interplay of hard and soft. It is a paired practice that has internal and external combined as one. In this paired practice, both people need to use Xingyi Quan’s hand methods, waist methods, and leg methods; Baguazhang’s stepping methods: and Taijiquan’s sticking, connecting, adhering, and following. It uses the power of coiling roots. From top to bottom, the hands cycle the paired techniques.

Opening Posture: Sparrow Hawk Spirals to Heaven (L,R) Goshawk Circles (L,R)

A: Stab the Face Palm

B: Warding Palm

A and B each make the Single Change Palm form. They face each other diagonally, standing about a meter apart. A starts walking the circle and then steps up. His right hand points opposite the enemy’s face. B follows instantly walking the circle opposite A and also steps up. He stretches out his right hand to join the enemy’s incoming hand. (see picture 1)



A: Sever the Shoulder

B: Push the Heart Palm

A stretches out his left palm to parry the enemy’s right palm. His right palm strikes the enemy’s left shoulder. (see picture 2)

B waves his left hand upward and joins with the enemy’s right palm. He issues a sideways right palm to strike the front of the enemy’s heart. (See picture 3)

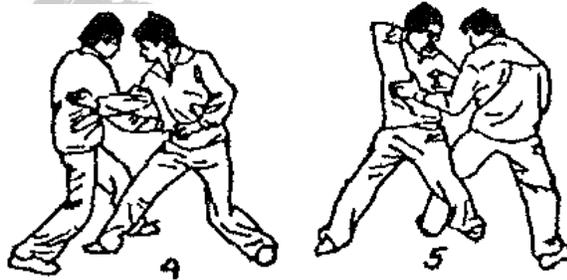


A: Green Dragon Leaves the Water

A contracts his body to avoid the enemy palm. His left hand strokes the enemy's right elbow. Both legs simultaneously quickly move to the left front direction. He issues a right fist waving strike to the enemy's right ribs. (see picture 4)

B quickly retracts his right fist and parries the enemy's right fist. Then, in place, his right leg draws a half circle. His left leg steps up past the enemy's right leg. His left hand flows and grabs the enemy's right elbow. Below, he uses his own left elbow to strike the enemy's right ribs. Above, he uses his right palm to seal the enemy's right temple. (see picture 5)

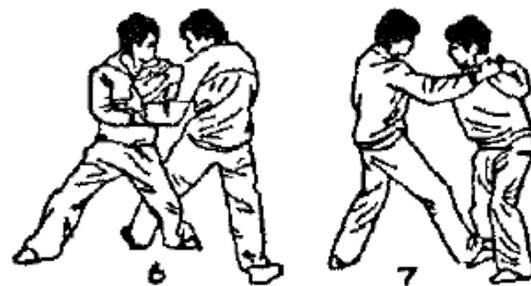
B: Pinch the Elbow



A: Push the Heart Horizontal Palm

A does left and right half lianhuan steps and draws a circle to dodge the enemy's left leg and hands. His right leg trips the enemy's left leg. His right palm protects his head. His left palm completes a horizontal form strike to the front of the enemy's heart. (see picture 6)

B: Present the Horse Whip



B twists his waist and turns his body. He uses his left palm to neutralize the enemy's 'push the heart horizontal palm'. His right hand, like presenting and raising a horse whip, strongly whips toward the enemy's left shoulder. (see picture 7)

A: Lock the Throat Palm

B: Yin Yang Seize

A uses his right hand to parry the enemy's left palm. His left hand tiger's mouth inserts straight to the enemy's throat. (see picture 8)

B does left and right lianhuan steps. He contracts his body and twists his waist to neutralize the enemy's 'lock the throat palm'. He stretches out his left yin hand seizing the enemy's left wrist. He repeatedly whirls his body with kou bai steps and steps up to the right. His right hand strikes issuing a yang palm straight to the enemy's ribs. (see picture 9)



A: Dragon Form

A does left and right kou bai steps. His left hand takes advantage of the favorable situation. He twists his wrist and presses down, locking the enemy's right fist. His right palm makes a dragon form palm. His right leg strongly advances a step to tread the center and he strikes the enemy's face. (see picture 10)

B: Push the Heart Palm



B uses his left hand to frame the enemy's right palm. His right hand pushes to the front of the enemy's heart. (see picture 11)

A: Tiger Form

A withdraws his front leg and again steps up to the front. Both hands slightly stroke the enemy's right palm. They whirl instantly to strike issuing a tiger pounce to strike the front of the enemy's chest. (see picture 12)

B Inside Heng Quan

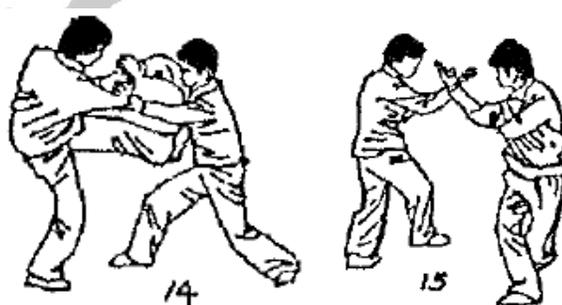


B quickly withdraws his right leg back. Both hand stroke the enemy's right arm. Then he strikes with an inside heng quan. His flowing posture goes out to stroke the enemy. (see picture 13)

A: Monkey Form

A evades the enemy's stroking power. His body moves to the front. His right leg does a wide range outward sweep. His right hand borrows power to lift up and overturn his wrist. His left hand follows and upholds his own right wrist. He whirls up his left leg to kick the enemy. (see picture 14)

B: Sparrow Hawk Form



B quickly does a left outward bai step. His left and right hands whirl to issue the Sparrow Hawk Enters the Forest form. His left and right arms alternately continuously stab the enemy's face. (see picture 15)

A: Warding Palm

B: Sever the Shoulder

A whirls instantly doing left and right kou bai stepping. He issues his left hand to ward to the enemy's left shoulder. (see picture 16)

B, still more changing, quickly strikes out with his left and right hands. His right palm strikes the enemy's right shoulder. (see picture 17)



(A and B take turns continuously striking four times.)

