

Cheng Shi Baguazhang Quan Pu Zhailu

Cheng Style Baguazhang Martial Arts Manual Extracts

By

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Many years ago, the Quan Pu of the Cheng School was never revealed to outsiders. It was only transmitted to a few of the disciples. It was a precious secret. Therefore it was difficult for the outside world to get a glimpse of it. Today we have arranged all of the parts for publishing to give the world a glimpse of the Cheng School martial arts.

1. The Record of the Clan Names for the First Ten Generations of Cheng Shi Baguazhang:

Hai, Ting, Wen, Wu, Shang,
She, Hui, Yong, Kang, Ning

2. Turning Palms Forms Song:

The front hand pushes out like Tai Shan;
The mind and spirit are calm and still, the will is in the front.

The hand wards off blows from 1000 things in the front direction;
True and false, empty and solid reside within.

Two fingers are adequate for the eyes, the tiger's mouth is round;
Upholding and pinching methods reside within.

The eyes sight through the tiger's mouth in getting things;
It is as easy as turning your hand over, not wasteful or difficult.

The five fingers twist to make a triangle;
The triangle hand method must pass through.

Gripping, pinching, covering, or stroking, no matter, use the will;
Stick to the body shoulder strike cannot be slack.

The little finger opens outward so the qi can pass through;
The qi passing through can cause 100 veins to follow.

The 100 veins mutually follow then the qi strength flows;
And your skill will daily increase.

The front arm stretches out like a half moon;
It is like a 45 degree angle.

External movements and techniques have strength;
With Internal techniques, the strength is unlimited.

The rear hand is placed below the suspension of the elbow;
The hand sinks below the elbow to protect the chest.

Protect the chest and ribs, do the attacking technique;
The attacking technique changes form, so you do not take a mark.

The front hand stretching out is even with the eyebrow;
The methods of defending by pressing down and defending by upholding are appropriate.

If he upholds then sink the shoulder and elbow;
If he presses down then create flicking strength.

Close the back and arms, the back embraces the heart and lungs;
The heart, inside, and the lungs, outside, protect the Jun and Chen.

If the Jun is stable and the Chen flows, the heart is not in disorder;
The qi and blood are sufficiently full to nurture the jingshen.

Empty the chest and the qi flows to the niwan palace;
The saliva moves down the Ren and Du.

Three overturns and nine turns are contained in the chest and throat;
After a while the fluids are in the wan point.

Step like treading in mud, like a crane walking;
Also go forward like a chicken treading.

The feet stand stable, the toes have strength;
Change techniques and change forms, move according to the method.

Be stable like sitting in a sedan, the body doesn't move;
Evade and change forms, be stable like a mountain.

The speed of the stepping method is completely not obvious;
It is like Tai Gong fishing.

Move like wood floating in the water;
Change the techniques and body freely while walking and stepping.

Just avoid having everything rising and floating;
Avoid having the body waving to the front and back or left and right.

The back hand embraces strongly and tightly, and mutually follows;
The hand covers the heart area, the will pursues toward the front.

Cover the heart and protect the ribs with many changes and transformations;
To completely relying on what is below the elbow shows wonderful skills.

The tongue press up on the upper palate and makes a lot of saliva;
The Ren and Du meridians create body fluids.

The saliva fills the mouth and is swallowed down;
This then is the wonderful method of turning saliva into jing.

The method of swallowing is a jing qi skill;
The two meridians, Ren and Du, flow and move.

The teeth close, the tongue curls, the Ren and Du move:
Saliva sinks, qi sinks to the Benwan palace.

The method of spitting and accepting nurtures the disposition palace;
Nurturing the disposition and nurturing life are both important.

Spitting the turbid and accepting the new moves the inner organs;
The nature and life, yin and yang get balanced.

The two characters, muddy and turbid, must be distinguished;
Clean makes stillness, nurturing the turbid make movement.

Clean internal organs then benefit the jing and marrow;
If the turbid moves through the body, the tendons and bones will be broken.

Through the three overturns and nine turns, chaos (hundun) is unified;
If the skill doesn't arrive at this method, it is not suitable.

Chaos (hundun) and the three and nine, lightly open the points;
1000 things create and destroy, change and transform, over and over again.

The head pushes up to the Baihui, the three dans are connected;
The upper is shen, the middle is qi, and the lower makes jing.

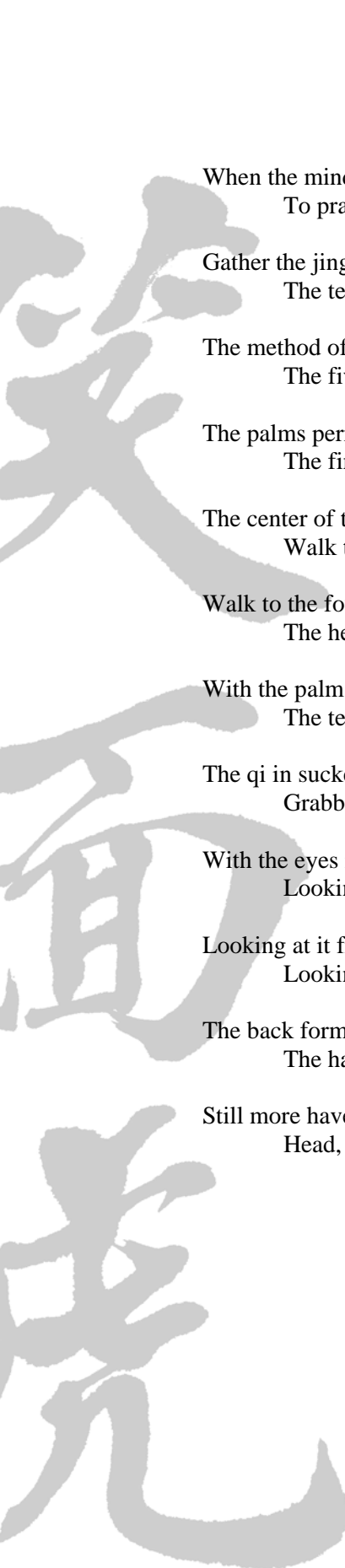
Jing Qi Shen method practice passing through and flowing;
Strength is increased, disease cast off, and life prolonged.

Raise the anus and contract the abdomen to protect the original qi;
Require (xu gong) not loosening the abdomen and inner organs.

Tighten the groin and close the hips to protect the kidneys;
This technique, this form requires a little looking into.

Drop the spleen, qi sinks into the dantian;
The front dantian and rear mingmen are the post skills.

Qi sinks into the dantian, 1000 axes drop to the ground;
Attacking the enemy and defending against the enemy are in the middle of it.



When the mind houses the idea of stillness, qi and strength are created;
To practice the arts, you very much must have the mind be empty.

Gather the jing and assemble the shen, the will is in front;
The techniques and postures can not be slack.

The method of having the center of the hand be empty is for eagle claw strength;
The five fingers bend, use the palms to seize.

The palms permeates the 10 fingers make the tendons better;
The fingernails and tendons better, this is the principle.

The center of the foot empty method, the nine palaces are fixed;
Walk the circle in all directions.

Walk to the four sides and eight directions;
The heels and toes grip the ground the center point is empty.

With the palm form round method, 1000 things are fixed;
The ten fingers are ten wondrous things, ghosts and demons afraid.

The qi in sucked in and drops to the dantian, inhale to lead the strength;
Grabbing the bird bare-handed is cleverly hidden inside.

With the eyes round method, muddy and turbid is fixed;
Looking far or looking near, the eyes must be bright.

Looking at it from afar, the hero changes;
Looking at it too close, the view is never clear.

The back form round method completes one body;
The hand, eye, and body methods must be one piece.

Still more have the shoulder, elbows, wrists, hips, knees;
Head, hands, feet, and body always close.

3. Crossing Hands Song:

Bagua subtleties must be studied truly, by walking piercing twisting and overturning the man finds it difficult to attack.

No matter if he strikes at me with tremendous strength, by rotating turning changing and transforming I reach the other's body.

Without moving, the hand searches for the front gate. To lead his hand away, first change and transform.

4. Three Empties, Four Droppings, Twelve Necessities

If the center of the palm is hollow, then the qi passes through the palm. The palm becomes connected to the fingers, and can cause the finger to be filled with eagle claw strength. You can grip and seize 1000 things.

If the sole of the foot is hollow, then the root qi is created. Created qi stabilizes the two feet. Then being pushed or pulled will not move your body.

If the heart in the chest is empty, then you can practice the method of jing.

The shoulders drop into the waist,
The waist drops into the hips,
The hips drop into the knees,
The knees drop into the feet.

What are the 12 Necessities? The body straight, the neck erect, the elbows drop, the back is round, the chest is hollow, the waist presses down, the palms push out, the groin is covered, the hips are tight, the knees embrace, the legs are bent, walk like treading mud.

5. The 36 Tian Gang Hands Manual:

1. Child Prays to Buddha.
Two Hands Lift Up the Incense.
Stick the Incense into the Furnace.
2. Respect Virtue, Uphold the Whip.
Carry the Book and Hold it Up High.
Conceal the Peach Beneath the Leaves.
3. Fa Hai Upholds the Alms Bowl.
Yaksha Searches the Sea.
Guan Gong Slices the General.
4. Praying Mantis Meets the Enemy.
Hungry Tiger Pounces on Food.
Hungry Tiger Slaps the Heart.
5. Green Dragon Reaches with its Claws.
The Wood Cutter Chops the Firewood.
Black Dragon Swings its Tail.
6. Judge Guan Leads the Way.
Small Demon Leads to the Door.
Welcome Gate, Upper Bolt.
7. Old Monk Upholds the Alms Bowl.
Push the Boat Down the Stream.
Shandong Trades Millet.
8. Zhang Fei Beats the Drum.
Tyrant Greets the Guest.
Tai Shan Presses Down on Top.
9. Heavenly King Upholds the Pagoda.
Cloud Dragon Offers its Claws.
Lion Rolls the Ball.
10. Black Bear Leaves the Cave.
Hungry Wolf Slaps the Heart.
Old Vulture Spreads its Wings.
11. Zhong Kui Embraces the Sword.
Immortal Points the Way.
Willow Leaf Rubs the Body.
12. Tai Gong Embraces the Rod.
Tai Bai Falls Down Drunk.
Tyrant Removes his Armor.

6. Cheng Shi Baguazhang 64 Gestures Method, Single Drills Method Manual:

Advance Step Open Palm; Part the Clouds to See the Sun; Blunt Sickle Mows the Valley;
Advance Step Piercing Palm

Single Hand Striking Palm; Double Hand Striking Palm; Evade Long Palm; Push the Mountain
into the Sea

Turn Back Reverse Skim; Behind the Back Scoop the Yin; Back Sitting Palm; Tai Shan Presses
on the Top

Parry, Cover, Advance Palm; Overturning Palm, Wipe the Eyebrow; Sun and Moon Moving
Together; Advance Step Cutting Palm

Upper Piercing Palm; Tai Gong Hooks the Fish; Zhang Fei Beats the Drum; Fair Lady Carries the
Basket

Tyrant Greet the Guest; Heavenly King Upholds the Pagoda; Meteor Hammer; 1000 Pounds Fall
to the Ground

Horizontal Advance Elbow; Advance Step Intercepting Elbow; Dodge Palm Split the Face; Bar
the Door Leg

Advance Step Circular Intercept; Parry Brush Advance Strike; Backfist; Wavy Body Hip Strike

Advance Step Press and Lean; Black Tiger Drums the Heart; Monkey Holds the Staff; Monkey
Goes Up the Rope Backwards

Rolling Elbow Horizontal Press; Twisting Elbow Break Open; Cross Form Parry and Brush; Left
and Right Slicing and Rotating

Fire Explodes Up to Heaven; Golden Thread Twist the Lock; White Robe Cuts the Grass;
Conceal the Flowers Beneath the Leaves

Elephant Nose Reverse Throw; Reverse Back Uphold the Eyebrows; Respect Virtue Uphold the
Whip; Inverted Part the Hanging Willows

Welcome Gate Upper Bolt; Green Dragon Reaches with its Claws, Erlang Carries the Mountain;
Fierce Tiger Scoops Out the Heart

Yellow Eagle Pinches the Throat; Black Dragon Swings its Tail; Zhou Cang Carries the Saber;
Turn the Body Reverse Fan

Grip the Shoulder Remove the Helmet; Flowing Wind Sweeps the Leaves; Monkey Evades;
Walking Horse Moving Capture

Level Ground Overturning Wheel; Phoenix Fighting for its Nest; Yellow Eagle Pulls the
Chicken; Small Swallows Fight for Food

7. The 72 Earth Demons Legs Manual;

The skill in Baguazhang uses walking the circle to make the foundation. The whole body has three forms. These are: dragon, monkey, and eagle. Walk like a dragon. Turn around like a monkey. Change forms like an eagle. Treading mud steps, scissors legs, stable like sitting in a sedan. Contained within this are the methods of **ti**-kick, **cai**-tread, **jie**-intercept, **liao**-scoop, **duo**-stamp the foot, **chuan deng**-side kick, **tan**-spring, **dian**-dot, **sao**-sweep, **qian**-spike, **gou**-hook, **gua**-hang, **zuan**-drill, **shan**-dodge, **chou**-whip, **cuo**-frustrate, **cha**-insert. Each leg has four functions for its method. Their names are listed in the 72 Hidden legs:

The top of the foot stretching straight corresponds to **ti**. Use it to kick the tang in front and the kidneys in the back.

The front **ti** going straight to the groin is called 'scoop the yin' foot. In the back, the kidneys are raised up through the spine.

Left and right both sides, kick the armpits and ribs. The **ti** character functional method slightly seeks to chase.

Use the lower **ti** for scoop the moon and kicking the back kidney according to the circumstances above.

Left and right kick both cheeks and both armpits. Randomly changing is an effective functional method.

To use the foot in the **cai** method, you must be careful. The functional method is the same for both feet.

When the toes point outward, it is called **cai**. The intercepting leg **cai** method must go straight for the knee.

You can also use **cai** to the outside of the leg and knee. Kicking the left big and right small urinary bladder is proper.

Left large must **cai** the large intestine area. Right small must aim at the small intestine.

Never **cai** above the large and small intestines. According to circumstances, aim at the urinary bladder.

There are three forms of the **duo** foot. The body must comply with them. The toes covering to the inside makes the **duo** character.

Toeing-in and the turning the waist body method must be quick. Overturn the body **duo** foot is this principle.

With the front **duo**, I seek to kick the chest, stomach, and navel. With the back **duo**, I kick both kidneys and the spine.

To the left and right, **duo** to both ribs and both armpits. On the lower body, **duo** both hips and both knees.

Left and right, up and down, I get there all the same. The **duo** foot functional method is wondrous.

The **chuan** foot method issues strength from the heart of the foot. The sole, heel, and heart move together.

Jumping into the air, the upper chuan kicks the huagai (CV20) twice. As you drop down a little bit, kick the jiang tai*.

Left and right kick the jiang tai* and the center of the seven kan*. After the seven kan* down to the stomach the wrist follows.

It can also be used on the right liver and left spleen. With Behind the Body and Turn the Body, then use **chuan** to the kidneys and yu*.

Use strength to **chuan** both kidneys and both buttocks. He will end up with his face in the mud.

Using the **deng** foot method is subtle. The **deng** method moves using the strength of the heel.

The heel's energy is not ordinary. The Achilles tendon is connected to the brain and spinal cord.

The whole body issues strength through the bones and tendons. The strength of the heel **deng** seeks this principle.

The front **deng** kicks the heart, liver, spleen, lungs, and kidneys. The back **deng** kicks the liver, kidneys, and between the four yu*.

Confronted in the front and back then use **deng** a little bit. One then their bodies fall down; two then they suffer injury.

No matter whether they use knives, spears, or empty hands, if you can not evade then advance the body and waist.

Use **ti**, **deng**, **chuan**, **cai**, and **tan**. Advance step to get close to his body and use sweep the lotus.

People say do the techniques like you have three hands[quick hands like those of a pickpocket]. There is wonderfulness is within this.

The mandarin duck legs method should not be slow. The empty front leg issues. The back leg is solid.

Front and back, left and right, the techniques are the same. Empty and full techniques contain subtlety within them.

The front leg doesn't fall and the back leg rises. This is the principle of the Two Rising Legs method.

He uses his front leg. I already evade it. My foot then follows. It closely mutually follows.

He would like to evade. I do not allow it to be easy. Understand this technique method. The body method is stable.

One must by oneself follow the body's movements. Two is raising the body or anxiety is raised inside.

There are subtleties hidden with the movements called Female Immortal Lies on the Silk Couch, and Iron Sickle Mows the Valley.

He desires to attack my body. I use **gou**, **gua**, and **chuan**. Black Dragon Winds around the Pillar, dot the chest knee kick.

The body then rising up is Stick to the Tombstone. Use this evasion method to evade when opportune.

When his foot kicks into the air, I drop to the ground. I do Prone Ox Extends its Hoof, horizontal **chuan**, to his navel.

With the Bagua palm methods, the nine palaces are helpful. When the foot is used instead of the palm, it shows great skill.

In addition to the Bagua qian and kun steps, it is appropriate that the feet follow kan and li method.

When the palms use the technique method, qian and kun are standard. With the kan and li advancing techniques, use the feet to strike.

In using the feet to issue techniques, the body methods is helpful. Left and right sides are mutually taught, use as appropriate.

Techniques for attacking and evading cannot be slack. Using this method can show subtle skills.

The **sao** and **gua** leg methods are from old teachings. In **gou** and **sao**, the toes draw a true circle.

When there are many people all around you, Horizontal Sweep of 1000 Armies is not costly or difficult

People say that Bagua doesn't have legs. It is true that this is a common saying.

In the Bagua Schools there are lots of legs. There are 72 forms hidden within.

The Bagua palm method is circles within circles. The methods of **sao** and **gua** are circles within circles.

There are people who have mastered this leg method. One must think that to fight him is extremely difficult.

Teacher Dong transmitted the skills for 10 years. This subtle art uses oral teachings.

It is not a common art and it is not lightly transmitted. It is a mistake to teach those who are involved in trouble.

Others may know the palms that are inside the palms. They don't know the hidden legs concealed with.

He already moves his hands emphasizing the palms. I don't issue my palms, I use my feet to injure him.

In addition to speaking of practicing the art, you can not avoid limitations. This is a unique skill to be used for defense.

In case you meet enemies, use this method to injure them.

In old time they spoke of southern fists and northern legs, thereupon carefully research this.

* - These are obscure medical terms not found in my dictionaries

