

The Practice and Use of the Flicking Palm

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The flicking palm is one of the representative techniques of Baguazhang free fighting. In the Bagua 64 Palms, the first palm is *Advance Step Flicking Palm*. Explanations of using the flicking palm, when crossing hands with the enemy, are comparatively numerous. Because of this, quite a few of the old Bagua people emphasized training this palm. This palm's practice method and usage are presented below:

I. Practice Method

1. Fixed Step Practice Method

Beginning Form: Right empty step standing post. Raise the neck and drop the groin. Loosen the shoulders and hips. The right arm rises up in front. The fingers are level with the eyebrows. The palm faces upward. The palm and arm overturn outwards as much as possible. The left hand is close to the inner side of the right elbow. Both arms sink the elbows and empty the armpits. The right foot toes and the rear foot heel must be on a straight line. (#1)



#1

Right Flick, Left Slap: From the above posture, the right palm straightens the arm and flicks up. The left palm takes advantage, straightens the arm and whips toward the front. (#2)



#2

Left Flick, Right Slap: From the above posture, the left palm overturns outward and flicks up. The right arm overturns inward, straightens the arm and slaps toward the front. (#3) Practice repeatedly alternating left and right.



#3

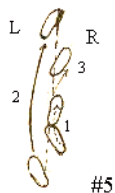
2. Moving Step Practice Method

Simultaneously with both arms repeated flick up and slap down. The feet must not remain still, but must advance to the front.

Moving Step, Twist Step, Flick and Whip: From the beginning posture (using the right empty step as a rule), simultaneously with the right palm flicking up and the left palm slapping to the front, the right foot first advances to the front half a step. The left foot then advances one step toward the front of the right foot. During the course of this step, the left palm overturns outward and flicks up. The right palm overturns inward and whips to the front. Simultaneously, the right foot follows half a step toward the front and assists the slapping whipping strength. The weight falls 70% in the right foot and 30% in the left foot, completing a left empty step. Then, according to the above-narrated requirements, practice the Left Flick, Right Whip. Practice walking on a straight line while alternating left and right forms. The number of repetitions to practice is unlimited. Practice a lot, but practice well. (#4, #5, #6)



#4



#5



#6

Moving Step, Flowing Step, Flick and Whip: From the beginning posture, (using the right empty step as the rule), in place do one Left Flick, Right Slap (for reference see the fixed step practice method and picture.) Then the right foot does a lively step toward the front (half a step). The left foot steps one step toward the front of the right foot. The right foot again does a follow step half a step. Simultaneously the left palm overturns inward, straightens the arm and slaps and whips toward the front. The right arm overturns outward and flicks up. (#4, #5, #6)

Walking the Circle, Turn the Body, Flick and Whip: Walk the circle according to the requirements for walking the circle in Baguazhang. After walking one circle or maybe walking many circles, then do one Turn the Body, Flick and Whip. Cycle repeatedly, left rotating and right turning, flicking and whipping without stopping. Specific practice methods are: when the Turning Palm form arrives at the north of the circle and you desire to turn your body, then first the outside foot toes-in in front of the inside foot. Then turn the body and toe-out with the inside foot. Simultaneously, both palms overturn outward. Then the rear hand pierces out along the underside of the front arm, overturns and flicks up. The front hand overturns the palm and whips to the front. Both feet change and transform according to the requirements of the above-narrated Moving Step, Flicking Palm. (#7 - #12) The left and right are similar.



#7



#8



#9



#11 front



#10 rear



#12

3. Strength Skills Practice Method

When the fixed step and moving step practice methods can be done correctly, the foundation is firm and stable, body method and requirements are complete, then you can progress to strength training. Strength training methods vary. It can be two person paired practice (it is a good idea to put on chest protectors), you can train using a big tree, a wooden post, a wall, or perhaps a gravel bag etc. to make an imaginary enemy, then progress to training. You may tie sandbags to the wrists or wear iron bracelets and continue training. Still more, you can use the feet standing on bricks or on wooden posts to advance your training. The practitioner can train, according to his own interests, perhaps for palm strength, arm strength, stability, etc. for whatever needs development. You have to choose which strength skills you want to train.

II. Usage

When crossing hands with the enemy, if the enemy strikes me with his right hand, I also put out my right hand. I sink my shoulder and drop my elbow. My palm and arm overturn outward as much as possible. I use the inside of my forearm up along and stick to the outside of the enemy's arm and elbow. Then my left hand, from beneath my own right arm and elbow, goes to the front. It goes up, then outward. It overturns and flicks the enemy's right arm. Simultaneously, the right palm whips and strikes toward the enemy's face or chest. The left foot follows half a step. (#13, #14) If the enemy uses his left hand to block my right arm, perhaps shrug his shoulder to strike again, I then flick my right palm and whip my left palm. Simultaneously with the palms flicking and whipping, the right foot slides forward and the left foot takes one step toward the front of the right foot. The right foot again follows half a step. (#15) The enemy will find it too late to dodge, surely should be knocked to the ground.



#13



#14



#15

III. Essentials

The fixed step practice method emphasizes slapping energy in the hand for offense. Inside the slap there must be whipping. The moving step practice method emphasizes whipping energy in the hand for offense. There is slapping within the whipping. No matter whether doing the fixed step practice method or doing the moving step practice method, all must pay attention to using 70% of the thought and power put into the flicking palm and 30% of the thought and power put into the slapping whipping palm. When both palms are flicking and slapping (whipping), you must pay attention to keeping the shoulders loose, twisting the waist, moving the hips, and the lively step (advance step first advances the front foot, retreat step first retreats the rear foot.) When the right hand slaps and whips to the front, the weight must fall 70% in the right leg and 30% in the left leg. When the left hand slaps and whips to the front, the weight must fall 70% in the left foot and 30% in the right foot (must the hand strike 30% and the foot strikes 70%) The demeanor of both hands slapping and whipping must be big. Both arms must bend but inside want to be straight. They are like a swimming dragon. They cannot be limp. They also cannot be overly hard. Both palms overturn and leap up and down. The spirit and will must lift heaven and expose the ground. It is like the big ocean waves rolling and crashing. In action, the whole body must be light and agile, the hands and feet must be coordinated. The whole body must be one piece, inside and out.