

Bagua Kao Bi Gong

Bagua Arm Striking Skills

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Bagua Arm Striking Skill is an inner door skill method of the internal martial arts. It is different from other striking skills. Its difference lies in changing the single person still striking (striking a post) to make two person lively stepping striking. When training, the movements of both persons interlock, turn, and change. He comes and I go, mutually blocking and striking. It causes the body, eyes, hands and stepping to get comprehensive training.

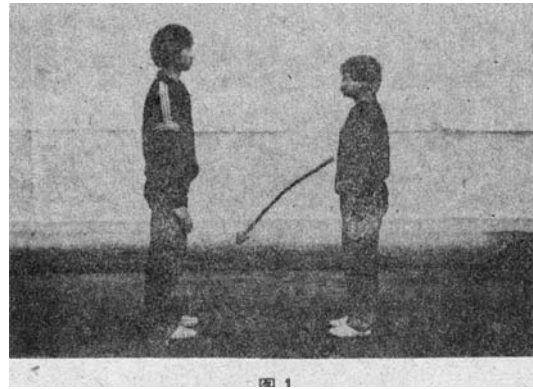
The actions of this skill method are simple, easy to study, and easy to train, so anyone can do them. The complete set of skill methods only has seven actions. Training begins with joining and mutually striking. Press at every stage. Repeat this again and again until it emerges in an endless stream. At the highest level it gives the persons no time to recuperate. The eyes can't keep up with the actions.

When training these skills, the body must be erect and the steps low. Twist the waist and sit the hips. Turn and fold quickly. You must use the shoulders to pull the arms. Use the arms to pull the eyes. The actions must be loose and fast. Do not refuse to budge or use strength. When training these skills, the speed can be fast or slow. When striking, the actions can be hard or soft. Therefore it also has the dual characteristics of being both practical and recreational. Practicing hard and quick can add strength to the forearms (Nan Quan calls this a bridge) through the intensity of the shocking strikes. It can elevate the nature of the coordination of the body, eyes, hands, and step; and the nature of the agility. It is one of the requirements for real fighting. If practicing soft and slow, then the actions are natural, unrestrained, and elegant moving left and right, overturning and flying. It is like ducks playing in the water, like two cranes dancing together. This causes a person to train to achieve skill through play. This skill is suitable for men and women, young and old. Because of its abundant inner content to be trained, it promotes the martial artist's interest. It can be regarded as training first of preparatory movements and then of loosening movements.

When training, because both persons are doing the same thing, we only have lines for a single person in the pictures, when studying, you need to pay attention to this.

Explanation of the Actions:

Beginning Posture: A and B, two men stand facing opposite each other.



1. Dodging Body Lower Bang the Arms. The left foot steps out to the left side. The weight sinks down. The right forearm rotates inward. With the palm facing outward use the outside of the forearm to strike down in front of the lower abdomen. The left arm naturally swings toward the rear. Look at where you are striking.

Important points: The stepping must be low. The right knee hooks inward to protect the groin. The right shoulder twists and wraps toward the left.



2. Step Up, Upper Bang the Arms. The right foot steps up toward the enemy's right side. The right arm, from below, passes to the left and goes up in an arc toward the enemy's head doing a lifting strike. The palm faces the left. The left hand naturally retracts to the front of the chest. The eyes mutually gaze.

Important points: When stepping, the body should not rise up. Always maintain a low body frame. The body must be erect. The hips must sit. The waist must twist.

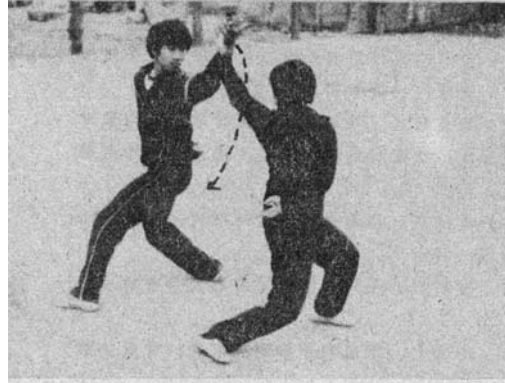


3. Reverse Arm, Lower Bang. The right arm overturns inward. It strikes down toward the right rear. The palm faces the rear. The left arm, as before, is by the front of the chest. Look at the place you are striking.

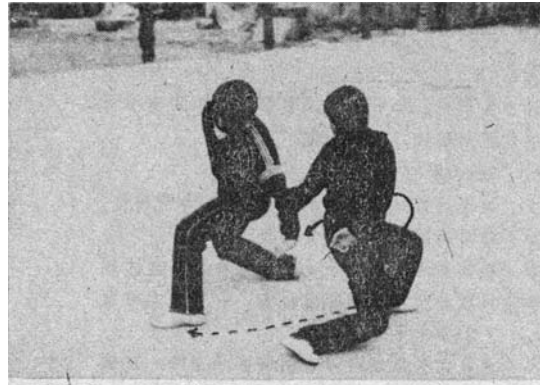


4. Turn Back, Upper Bang the Arm. The upper body turns left. Use the left hand to do a shovel strike to the enemy's head area. Both forearms will strike each other in front of the men's heads. The right hand naturally returns to stick to the back of the right waist. Look at where you are striking.

Important points: The outgoing hand must be quick in this posture. Don't turn the body without first turning the head.



5. Reverse Arm, Lower Bang. The left arm overturns inward. It goes down and uses the inside of the forearm to strike to the lower rear. The palm faces the rear. The right hand, as before, is behind the right waist. Look at where you are striking.



6. Step Back, Lower Bang the Arm. The left foot steps back toward the left rear. The right arm rolls inward. Strike with the outside of the forearm. The palm faces outward. Look at where you are striking.

Important points: The withdraw step must be quick and it must be low. The right knee hooks inward to protect the groin. The right shoulder twists to the left.



7. Upper Bang the Arm. The right arm overturns inward. From the left, it goes up and reverses the arm to strike by the front of the head. The palm faces left. The eyes mutually gaze.

Notes: When you get to this point the positions of the two men will have mutually changed. The following actions proceed like in part 1. Begin to link up. Only the actions are reversed. This time the weight moves to the right, making a right bow step. The left knee hooks inward to protect the groin. The left shoulder twists to the right. Use the left forearms to mutually strike. The rest of the actions use this analogy.

