

# Baguazhang Zhuang Gong

[Baguazhang Post Skills]

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Post Skills are not a major form of training in Baguazhang. They are auxiliary training forms of the Turning Palms Walking the Circle (that is Moving Skills). They are used to start on the fixed frame forms. Therefore there are relatively few examples of them in training, but they are something that should not be overlooked. Now in response to the readers' requests, the editors offer this article as a reference.

## First Post – Horse Form Post

**1. Essentials of the Actions:** Both legs open to the left and right. Bend the knees and squat down making a high horse stance. The knees and toes hook inward. The posture is like riding on a horse. Both hands make vertical palms and push toward the front. The arms are slightly bent. The index fingers point straight up. The other fingers are naturally spread apart. Look levelly toward the front. (picture 1) This form is commonly called “Squeeze the Horse Post” [Jia Ma Zhuang].

**2. Requirements of the Actions:**

1. The tongue pushes up to the upper palate. Breathe through the nose.
2. The head pushes up and the neck is straight. Sink the shoulders and drop the elbows. Hollow the chest and spread the back. Sit the hips and gather in the buttocks.
3. Both arms are slightly bent and brace toward the front. Bend the wrists so that the fingers stand up straight. The toes grip the ground.
4. Consciousness is collected within. The qi sinks to the dantian.



图 1

## Second Post – Bear Form Post

- 1. Essentials of the Actions:** Both legs open to the left and right. Bend the knees and squat down making a high horse stance. The knees and toes hook inward. Both arms push down at the sides. The palms face down. Look at the left palm, the right palm, or towards the front. (picture 2) This form is called “Black Bear Turns its Back” [He Xiong Fan Bei].
- 2. Requirements of the Actions:**
  1. These are the same as the Horse Form Post.
  2. These are the same as the Horse Form Post.
  3. The arms are slight bent and braced in a rounded shape. The palms rotate inward. The wrists are bent and push down.
  4. These are the same as the Horse Form Post.



图 2

## Third Post – Sparrow Hawk Form Post

- 1. Right Form Practice Method Essentials of the Actions:** The stance is the same as that of the Horse Step Post. The right palm rotates outward. The forearm rises upward. The back of the palm faces the front. The left palm is close to the front of the groin. The forearm rotates outward. The center of the palm faces the front. The fingers on both hands are naturally spread apart. Look at the right palm. (picture 3) This makes the right form. It is called “Sparrow Hawk Goes up into the Sky” [Yaozi Zuan Tian].
- 2. Left Form Practice Method Essentials of the Actions:** The stance does not change. Only change by having the left palm rise up and the right palm drop down by the front of the groin.
- 3. Requirements of the Actions:**
  1. These are the same as the Horse Form Post.
  2. These are the same as the Horse Form Post.
  3. Both arms are slightly bent. They rotate outward and wrap tightly.
  4. These are the same as the Horse Form Post.



图 3

## Fourth Post – Tiger Form Post

- 1. Left Form Practice Method Essentials of the Actions:** The left foot steps out toward the front. (Its distance from the rear foot is about 35 cm.) Both knees bend to about 35 degrees. The front foot slightly hooks inward. The rear foot slightly swings outward. The body weight sinks down. Both arms, slightly bent, push toward the front. The fingers are naturally spread apart. The fingertips of both hands point diagonally up and are mutually opposite each other. Look levelly toward the front. (picture 4) This form is commonly called “Fierce Tiger Pounces on Food” [Meng Hu Pu Shi].
- 2. Right Form Practice Method Essentials of the Actions:** Change the right foot to be in front. Otherwise it is the same as the left form practice method.
- 3. Requirements of the Actions:**  
These are the same as the Horse Form Post.



图 4

## Fifth Post – Lion Form Post

- 1. Left Form Practice Method Essentials of the Actions:** The left foot takes a big step toward the front. Bend the knee so that it bows to the front making a left arrow shape stance. The front foot slightly hooks inward. The rear foot slightly swings outward. The upper body slightly leans forward. The left forearm rotates outward and rises up. The elbow comes up level with the shoulder. The fingertips point upward. The fingers are naturally spread apart. The right hand goes to the front. The elbow bends. The hand levelly reaches out to uphold with the palm facing up. The fingertips point to the lower front direction. The height of the palm is level with the chest. Look at the right palm. (picture 5) This form is commonly called “Lion Opens its Mouth” [Shizi Zhang Kou].
- 2. Right Form Practice Method Essentials of the Actions:** The actions are the same as the left form, only the directions are opposite.
- 3. Requirements of the Actions:**
  1. These are the same as the Horse Form Post.
  2. Sink the shoulders and drop the elbows. Hollow the chest and depress the waist. Push up the head and straighten the neck.
  3. The left leg separates level. The right leg presses straight. The left forearm rises up and hangs straight. The right arm is slightly bent and upholds.
  4. These are the same as the Horse Form Post.



图 5

## Sixth Post – Snake Form Post

- 1. Left Form Practice Method Essentials of the Actions:** The right foot toes-out in front. The upper body turns right. The legs cross. Bend the knees and squat down. The left palm simultaneously stretches the arm straight toward the lower right side. The center of the palm faces right. The fingers point down. The right palm, from the front, bends the elbow and flicks up toward the upper left direction. It stops by the side of the left ear. The center of the palm faces left. The fingers point up. Look Toward the front. (picture 6) This form is called “Golden Snake Coils around the Willow” [Jin She Pan Liu]
- 2. Right Form Practice Method Essentials of the Actions:** This is the same as the left form only the directions are opposite.
- 3. Requirements of the Actions:**
  1. These are the same as the Horse Form Post.
  2. These are the same as the Horse Form Post.
  3. Both feet front and back are close to each other. Both arms must wrap and strive. The right elbow hangs down. The left palms sticks next to the outside of the right thigh.
  4. These are the same as the Horse Form Post.



图 6

## Seventh Post – Monkey Form Post

- 1. Left Form Practice Method Essentials of the Actions:** The right leg bends the knee and half squats. The left heel then rises up. The left toes touch the ground. (The distance between the feet is about 20 cm.) The upper body leans forward slightly. The left palm bends the elbow close by the side of the right shoulder. The fingers make the sword fingers shape. The center of the palm faces up. The hand is level with the eyebrows. The right palm makes a fu palm with a bent elbow by the right side of the waist. The fingers are naturally spread apart. (picture 7) This makes the left form and is called “Monkey Sits in the Cave” [Yuanhou Zuo Dong].
- 2. Right Form Practice Method Essentials of the Actions:** This is the same as the left form only the directions are opposite.
- 3. Requirements of the Actions:**
  1. These are the same as the Horse Form Post.
  2. These are the same as the Horse Form Post.
  3. The right leg supports the body weight. The sole grips the ground. You must not shrug the shoulders or arch the back.
  4. These are the same as the Horse Form Post.



图 7

## Eighth Post – Qilin Post

1. **Left Form Practice Method Essentials of the Actions:** The right leg bends the knee and half squats. The left heel then rises up. The left toes touch the ground. The left foot sticks close to the right foot and makes a “T” shape. The upper body turns right. The left palm stretches out to the front with the arm slightly bent. The center of the palm faces up. The hand is level with the shoulder. The right palm is by the right side of the waist with a bent elbow. The center of the palm faces down. The fingers point forward. The fingers of both hands are naturally spread apart. Look at the left palm. (picture 8) This form is called Qilin Surrenders the Book [Qilin Tu Shu].

2. **Right Form Practice Method Essentials of the Actions:** This is the same as the left form only the directions are opposite.

3. **Requirements of the Actions:**

5. These are the same as the Horse Form Post.
6. These are the same as the Horse Form Post.
7. The left forearm rotates outwards to uphold. The right forearm rotates inward to push down.
8. These are the same as the Horse Form Post.



图 8

## Ninth Post – Eagle Form Post

1. **Left Form Practice Method Essentials of the Actions:** The left leg supports. The right leg bends the knee and rises up. The toes point down. The shin hooks inward to protect the groin. The upper body leans forward slightly. The waist twists tightly to the right. The left hand makes a claw shape. It pounces and pushes toward the lower front. The rounded right arm braces toward the rear. The center of the palm faces the rear. The tiger’s mouth faces down. Look at the left palm. (picture 9) This form is called Yellow Eagle Stretches forth its Claws [Huang Ying Tan Jiao].

2. **Right Form Practice Method Essentials of the Actions:** This is the same as the left form only the directions are opposite.

3. **Requirements of the Actions:**

1. These are the same as the Horse Form Post.
2. These are the same as the Horse Form Post.
3. Relax the shoulder and sink the elbow. The upper body stretching forward must be balanced and stable, it cannot be unsteady. You must turn the waist to move the shoulder forward. The whole body is twisted tightly. It cannot be slack.
4. These are the same as the Horse Form Post



图 9

## Tenth Post – Dragon Form Post

### 4. Left Form Practice Method Essentials of the Actions:

The right leg supports, standing straight. The left leg bends the knee. The toes point down. The upper body stretches forward. The left palm, with the arm slightly bent, stretches out to the front. The center of the palm faces up. Its height is level with the mouth. The right palm, with the arm slightly bent, braces toward the rear. The center of the palm faces the rear. The tiger's mouth faces down. Look at the left palm. (picture 10) This form is called Green Dragon Stretches forth its Claws [Qing Long Tan Jiao].

### 5. Right Form Practice Method Essentials of the Actions:

This is the same as the left form only the directions are opposite.

### 6. Requirements of the Actions:

1. These are the same as the Horse Form Post.
2. Relax the shoulder and sink the elbow. The upper body stretching forward must be balanced and stable, it cannot be unsteady.
3. The supporting foot grips the ground. The leg is straight.
4. These are the same as the Horse Form Post

The above ten forms of Post Skills are listed as examples and nothing more. There are many more postures that can be practiced besides these. Actually, any of the Baguazhang postures can be used to develop post skills. Therefore, everybody can use these for comparisons.



图10