



Hsing- I Fundamentals

9 Joint Harmony

The fundamental concept of Hsing- I

3 Roots: Immobile. <i>Forms the foundation for the movement.</i>	Hips	Sacrum	Shoulders
3 Bows: Where all the movement comes from.	Knees	Mid Back**	Elbows
3 Tips: The part which moves in space.	Feet	Head	Hands
<ul style="list-style-type: none"> ❖ Ignition: (<i>what creates the potential for movement</i>) The head, as it drops forward when the chest bows. ❖ Gas: (<i>What causes the body to move forward</i>) The rear hip joint. <i>Springing is like side- kicking the ground</i> ❖ Brake: (<i>What arrests the forward motion</i>) The front foot (heel) <p>** This bow renders the movement virtually unjamable. The arm and leg can be easily jammed, the torso cannot.</p>			
Waist: <ul style="list-style-type: none"> ❖ The waist is not a part of 9 Joint Harmony, but is closely linked to it. ❖ The waist is where any and all movement begins. ❖ Everything starts together, and stops together, but Waist is first. <p>Adept Level: Waist swings Corner to Corner Master Level: Waist swings Center to Off Center</p>			

Sideways Element (Wood)

0. Turn waist, Elbow behind and to front. Pull in rear leg (Taigung).
1. Fold chest. Put elbow on rib. Lift front foot.
2. Turn waist (issue), bend and raise front knee. Open chest.
3. Relax. Front foot lands.

Fixed Step Element (Simple Follow Step)

0. Wind up
1. Wind up
&: Switch Step if appropriate.
2. Place heel
3. Issue from waist. Weight goes 100% forward.
4. Verify that weight is off the back leg by raising it off the floor, but not pulling it in.
5. Follow step by using Taigung to pull lower body up under upper body. Head does not move. Rear foot is held off the floor with the arch pressed against the back of the front ankle. The rear leg is behind the front, not to the side. This position is called a 'reverse chicken' stance.
6. Lift front leg. Body drops onto the back leg.

Order for Reduction for Fixed Step Element

7 Count: 0,1,2,3,4,5,6
 6 Count: (01), 2, 3, 4, 5, 6
 5 Count: (01), 2, 3, 4, (56)
 4 Count: (01), 2, (34), (56)
 3 Count: (01), (234), (56)
 2 Count: (01), (23456)
 1 Count: (01), (234(5&0)(6&1), (234(5&0)(6&1)) ...
 (Note: not all movements are set up for 1 count.)

San Ti: Meditation Posture

- 3 Tips: Toe, Finger, and Nose all point forward.
- Resembles Metal, but no forward power
- Traits of the 5 elements should be found within the position.
- Foot distance and hand distance is proportional.
- Back hand pulls a rope straight down in front of navel. Front hand pushes the rope forward and down.

5 Animals: Principles of Body Structure

- Chicken Feet *Uneven Weighting*
- Dragon Body *3 Folds*
- Bear Shoulders *Hollow Chest*
- Eagle Hands *Hands Relaxed with Intention*
- Tiger Head *Intention Moves Forward*
- Sound of Thunder *Breathe with the movement*

Guard Positions:

Open "Angry Bear"

- Long range, guards the corners
- Hands to corners
- Elbows down

Closed "San Ti"

- Close range, guards the centerline
- High Hand wrist at eye height
- Low hand near elbow, but not crossed

2 Person Element Drills

- Wood *Intercepting:
High Inside, High Outside,
Low Inside, Low Outside,*
- Water *Trapping*
- Earth *Springing*
- Fire *Outside
Inside
Forward/ Backward*
- Metal *Outside
Inside*

Element Variations:

1. Forward
2. Backward
3. Sideways
4. Combinations
5. Back Foot Step
6. Mixed Footwork
7. Kicking
8. Double/ Triple



Hsing- I Fundamentals

Footwork: Follow Steps

- *The soul of Hsing- I is in the follow step*

Follow Step: *Same leg stays forward*

- *Easiest to use with 1 count movements*
- 1. Raise Front Leg
- 2. Spring to L Stance: Weight all on front foot
- 3. Follow Step: Pull up back leg and sit on it

Switch Step: *Used to change which foot is forward prior to each*

Follow Step.

- *Easiest to use with 2 count movements, 1 counts are possible, but difficult.*
- 1. Raise front foot, turn leg out, and place it where appropriate
- 2. Lift standing leg and fall to chicken position.

7 Star Step: *Switch Step/ Follow Step combination that changes the 'front' direction from corner to corner*

Inch Step: *Minuscule follow step*

- Spring forward, advancing roughly 1 inch without changing the weighting or the stance

Hanging Step: *Speed Footwork*

- Spring forward and follow step to Ting Position (Cat, with toes next to center of instep)
- Back foot toes stay straight to front
- Works like a simplified Switch Step
- At extreme speed it becomes walking in L stance

The 5 Techniques or 'Elements':

Fundamental equations for using 9 Joint Harmony

Wood: "Boulder"

- ❖ *Energy is like Drawing a Bow (body) and Releasing an Arrow (fist)*
- ❖ *Fixed Step: 7 Count (0-6)*
- ❖ *Follow Step (1 or 2 count)*
- ❖ *Switch Step (2 count, 1 count possible)*

Wuji:

0. Wind up waist. Strike with elbow to rear, push with arm to front. Start Switch Step if using.
1. Fold Chest. Lean to front. Bring shoulder forward. Look to Target. Finish Switch Step if using.
2. Turn Waist. Open Chest. Release Fist. Look Away
 - Let fist fly forward, inward, and downward
 - Pull retreating fist to waist, palm up
3. Relax. Look to Target.

Water: "Drilling"

- ❖ *Energy is like a Lightning Strike*
- ❖ *Fixed Step: 6 Count (1-6)*
- ❖ *Switch Step Favorable (2 count, 1 count possible)*

Wuji:

1. Wind up waist. Fold chest. Look to target. Hand turns palm down and pushes forward.
 - 'Snake Hand'
2. Turn waist. Open chest. Release punching hand while pulling downward. Look away.
 - Short punch upward at 45°
3. Relax. Look to target

Earth: "Crossing" or "Sideways"

- ❖ *Energy is a Round Arc*
- ❖ *Fixed Step: 6 Count (1-6)*
- ❖ *Switch Step Twist (2 count, 1 count possible)*

Wuji:

1. Wind up waist. Turn front hand over and drill upward while folding the chest. Look to target.
2. Turn waist. Open chest. Release hand. Look away.
 - Punch around and up from other corner
 - Retreating fist goes to shoulder, then drops to under front elbow.
3. Relax. Look to target.

Fire: "Exploding"

- ❖ *Energy is like an Explosion*
- ❖ *Fixed Step: 7 Count (0-6)*
- ❖ *Switch Step Twist (2 Count)*
- ❖ *Classical version uses 7 star step.*

Wuji:

0. Switch hands.
1. Cut downward and inward with arm, while winding up waist and folding chest. Drill upward in a continuous motion. Hands rub along stomach and chest. Look to Target.
2. Turn waist. Open chest. Release hands. Look away.
 - Rotate top hand outward, arm rises up
 - Let fist fly forward, inward, and downward
3. Relax. Look to target.

Metal: "Splitting"

- ❖ *Energy is like an Chopping Downward with an Axe*
- ❖ *Fixed Step: 9 Count (1-9)*
- ❖ *Switch Step Favorable (2 count)*

Wuji:

1. Wind up waist. Pet downward with both hands. Fold chest, look to target.
2. Keep waist in place, Drill upward with front hand. Open chest. Keep looking at target.
3. Relax.
4. Keep waist in place. Fold chest and drill back hand inside front arm. Forearms cross. Look to front.
5. Turn waist. Open chest, release hands. Look away.
 - Pull downward with front hand; chop at 45° with back hand.
6. Relax. Look to target

5 Element Change Form

1. Opening to Chuk San
2. Back Foot Step to San Ti
3. Switch Step Metal
4. Switch Step Water
5. Same Foot Follow Step Wood
6. Switch Step Fire
7. Switch Step Earth
8. Turn w/ Switch Step Metal
9. Switch Step Water
10. Same Foot Follow Step Wood
11. Switch Step Fire
12. Switch Step Earth
13. Turn and Back Foot Step to San Ti
14. Closing to Chuk San and Finish