

心意六合拳

XIN YI LIU HE QUAN

MIND - INTENTION SIX COMBINATION FIGHTING STYLE

According to legend, Xin Yi Liu He Quan was spread by the famous patriotic General Yue Fei of the Nan Song Dynasty. It was rarely seen in the Yuan and Ming Dynasties, but re-emerged at the end of the Ming and beginning of the Qing Dynasties. From the day it re-emerged, its popularity has not waned for hundreds of years. Also, there were two excellent types, Xing Yi Quan and Yi Quan, derived from it.

The characteristics of Xin Yi Liu He Quan are bold, fierce, savage, vicious and swift. Xin Yi Liu He Quan can roughly be translated into English as "mind, intention (thought), six combination boxing (fighting style)". The six combinations and general requirements of Xin Yi Liu He Quan are: "combinations of (#1) Xin and Yi, (#2) Yi and Qi, (#3) Qi and Li" for one's mind, and "combinations of (#4) hands and feet, (#5) elbows and knees, (#6) shoulders and hips" for one's fistfighting.

Xin Yi Liu He Quan has great worth and is highly effective for fighting, defending and building up a good physique. The contents of the style are: Xin Yi Ba (Xin Yi Postures), Shi Da Zhen Xing (Ten Big Forms), etc.

心意把 XIN YI BA XIN YI POSTURES

1. 单把	DAN BA	SINGLE POSTURE
2. 怀抱顽石把	HUAI BAO WAN SHI BA	HOLD A STONE IN ARMS
3. 摇闪把	YAO SHAN BA	SWINGING AND DODGING
4. 中门头(一头碎碑把)	ZHONG MEN TOU (YI TOU SUI BEI BA)	STRIKE A TABLET WITH HEAD
5. 追风赶月把	ZHUI FENG GAN YUE BA	CATCH UP WITH WIND AND MOON
6. 挑领	TIAO LING	STRIKE CHIN UPWARD
7. 鹰捉	YING ZHOU	EAGLE CATCHING POSTURE
8. 横拳	HENG QUAN	CROSSING FISTS

十大真形 SHI DA ZHEN XING TEN BIG AUTHENTIC FORMS (TEN ANIMAL FORMS)

1. 龙形	LONG XING	DRAGON FORM
2. 虎形	HU XING	TIGER FORM
3. 猴形	HOU XING	MONKEY FORM
4. 马形	MA XING	HORSE FORM
5. 鸡形	JI XING	COCK FORM
6. 燕形	YAN XING	SWALLOW FORM
7. 鹞形	YAO XING	SPARROW HAWK FORM
8. 蛇形	SHE XING	SNAKE FORM
9. 熊形	XIONG XING	BEAR FORM
10. 鹰形	YING XING	EAGLE FORM

Xin Yi Ba and Shi Da Zhen Xing are both sets of postures, not complete routines. Each movement should begin with the starting posture and end with the finishing posture. You can do the finishing posture after doing several continuous movements as well.

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Remarks: "Xin" means mind, "Yi" means thought, "Qi" means direction of force moving through one's body, and "Li" means force.