

Wu Xin Lian Huan Quan

The following pictorial of **Lianhuan Quan** was originally written by the late Grandmaster Li Cun Yi. It was published by his student Jiang Rong Jiao in 1930 in the book "Xing Yi Lianhuan Quan."

The following information is from the book "Xingyi Lianhuan Quan," translated by Joseph Crandall

Section 1 - Standing Straight Posture

The body holds fast. The heels of both feet are together and the toes are separate and open. This makes a Ba (/\) character form. Both knees are straight. The lower abdomen contracts to the rear. Both shoulders level. Both arms hang down. Both hands are slightly bent and both palms stick next to the thighs. The head is pushed up from below. Both eyes gaze levelly to the front. The head must be plumb erect, with the chin slightly tucked in. Close the mouth. The tip of the tongue touches the upper palate. The chest is spread open. Breathing is natural.



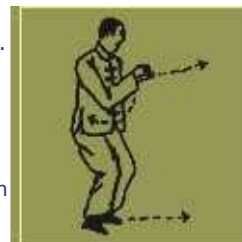
Section 2 - Xingyi Empty, Not Holding, One Qi

From the first section, using the left heel as a pivot, turn halfway (45 degrees) to the right.



Section 3 - Tai Ji Posture

Both elbows are next to the ribs. Both forearms rise up in front of the breast. The right hand covers over the back of the left hand. The middle finger and the right hand index finger, above and below, are opposite each other. The shoulders are relaxed, open, and hang down. The waist is depressed downwards. Breathing is natural. The qi sinks to the dan tian. Both legs slowly bend down. The body must not lean one way or the other. The heart and will must combine, the will and qi must combine, and the qi and strength must combine.



Section 4 - San Ti Posture

Take one step to the front with the left foot. Slightly bend both legs. Slowly separate and open both hands. Push the left hand to the front. The elbow must be slightly bent. The left hand stands erect and straight with the palm slightly towards the right. The left hand doesn't rise past the mouth. The fingers are slightly separated, and tiger's mouth must be round. Pull the right hand back with the idea of tearing silk cloth until the right wrist is next to the front of the abdomen. The fingers are separated and the palm faces downward.



Section 5 - Beng Quan

Both hands, from being palms, make fists, with the tiger's mouths facing upwards. Upon command, step to the front with the left foot. The right foot simultaneously advances to the front. The distance between the toe and the left foot heel is 4 to 5 inches. Both shoulders slightly bend. The left fist returns to the waist area with the tiger's mouth facing outwards. The right fist shoots out towards the front. From the shoulder to the elbow is a diagonal line, and from the elbow to the fist must be level and straight. The eyes look towards the front. The body turns slightly to the left.



Section 6 - Green Dragon Leaves the Water

Step back towards the rear with the right foot. The left fist changes to a palm. The fingers separate and reach to the front. When they arrive at their ultimate place, they change to a fist. Simultaneously the right fist returns to the waist area with the tiger's mouth facing outwards. The left foot retreats one big step behind the right foot. Both legs are crossed. Bend the knees and slightly crouch down. Bend the knees and slightly crouch down. The body faces right. The eyes gaze towards the front.



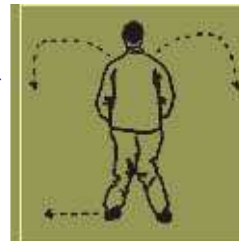
Section 7 - Black Tiger Leaves the Cave

The right fist shoots out towards the front with the tiger's mouth facing upwards. The eyes gaze at the right fist. The right foot steps to the front. The toe is placed straight to the front. The left hand returns to the waist area with the tiger's mouth facing outward. The left foot then does a heel step with the toe point diagonally to the front.



Section 8 - White Crane Spreads It's Wings

The right shoulder bends. The right fist arrives at the front near the bottom of the heart with the back of the fist facing upwards. The right foot moves to arrive at the side of the left foot. The toe hooks inward. The left fist, from the waist area, moves upwards until its height is equal to that of the right fist with the back of the fist facing upwards.



Section 9 - White Crane Spreads It's Wings

Both fists move upwards and then separate and open towards the outsides. Bring both arms level with the backs of the fists facing downwards. The head turns towards the left. The left foot retreats to the left rear corner making a wedge step.



Section 10 - White Crane Spreads It's Wings

Upon the command, the left foot heel turns towards the right. The body turns to the right. The right foot moves to arrive in front of the left foot. Both fists move to arrive in front of the abdomen. Both elbows are next to the ribs. The left fist opens up with the palm facing upwards. The right fist drops into the center of the left palm.



Section 11 - Lianhuan Pao Quan

Upon the command, the right fist rises to arrive in front of the forehead. The right arm crosses, and the back of the fist comes next to the right forehead. The right foot steps towards the front. The left foot also follows with a heel step. The left fist shoots out towards the front with the tiger's mouth facing upwards at about the height of the shoulder.



Section 12 - Pi Quan

Upon the command, the right fist changes to a palm and splits down to the front. The palm faces downwards. The height is even with the shoulder. The elbow is slightly bent. The body slightly turns left. The left fist moves to arrive at the waist area with the tiger's mouth facing outwards.



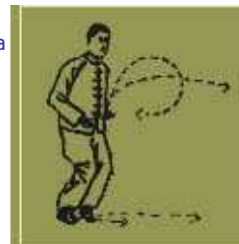
Section 13 - Pi Quan

Upon the command, the right foot retreats one step to arrive behind the left foot. The left hand, from the waist area, moves up to the front and drills out. The thumb and index finger separate and open up. The middle finger, ring finger and little finger are bent. The right hand arrives at the front of the waist area. The fingers are similar to the left hand.



Section 14 - Wrap

Upon the command, the left and right hands move to arrive at the waist area with the palms facing upwards. The left foot moves to arrive by the front of the right ankle with the heel raised up.



Section 15 - Wrap

The left foot steps towards the front. The left hand, from the waist area, drills to arrive in front of the breast with the palm facing up and then drills out towards the front. When it arrives at its ultimate place, the palm overturns to face downwards, falls, and returns to the waist area. Simultaneously, the right hand, from the waist area, drills to arrive in front of the breast with the palm facing upwards. As it drills out, its height doesn't pass the level of the mouth. The elbow is slightly bent. The right foot does a heel step towards the front and the heel rises up.



Section 16 - Wild Cat Climbs the Tree

The left foot does a wedge step towards the front. The left hand, from the waist area, moves to arrive in front of the breast and then drills out. The palm overturns to face downwards. The right hand overturns to face downwards and drops to arrive in front of the lower abdomen. The right foot rises up towards the front and falls down in front of the left foot with the toes facing outwards.



Section 17 - Beng Quan

Both palms change to fists with the tiger's mouths facing upwards. The right foot does a wedge step towards the front. The left foot moves one step to arrive in front of the right foot. The right fist rushes out towards the front. The right foot advances with a heel step. Its distance from the left foot is about 4 to 5 inches. The left fist returns to the waist area.



Section 18 - Turn Back the Body and Cross Over Posture

The right foot doesn't move. The left foot turns towards the right. Face towards the right direction. The right fist returns to the waist area with the tiger's mouth facing outwards.



Section 19 - Wild Cat Climbs the Tree

The body turns to the right. The right leg rises up. The thigh must be level and the tip of the right foot rises up so that the bottom of the foot faces towards the front. The right fist moves to the front of the breast and drills upwards with the back of the fist facing downwards. The elbow must be slightly bent. The left hand is, as before, at the waist area.



Section 20 - Wild Cat Climbs the Tree

The right foot falls down in front of the left foot. The distance between the feet is about one step. The toes face the right. The left hand drills upwards towards the front. The elbow is slightly bent. The palm faces downwards. The right hand returns to the front of the lower abdomen with the palm facing downwards.

