

Xin Qi Shen Dojo

LIANG YI QUAN



1. Wuji
2. Phoenix Wings Rise, Close and Fall
3. Swirling Clouds Left & right
4. Parting Wild Horse's Mane left & right
5. Coiling Dragon right
6. Brush Knee and Strike with left
7. Raise Backhand & press
8. Dragon Rolls Around Right & Left
9. Snake Strikes Out, R peng / lu
10. Press 2x active step and push fa-jin
11. Wipe left, Pull Down right
12. Wipe left, Slap, Open Hawk
13. Coiling Dragon right & left
14. Brush Knee and strike right
15. Raise Backhand
16. Dragon Rolls Around
17. Needle at Sea Bottom
18. Dog Chases Tail
19. Double Slap, Rising Elbow, Fan Arms L
20. Fan Arms R
21. Pullback Right, Press Elbow
22. Teacup Thunder strike, Double Xuen Zhang
23. Inside Crescent Kick
24. Pullback Left, Press Elbow
25. Teacup Thunder strike, Double Xuen Zhang
26. Inside Crescent Kick & Foot Sweep
27. Brush Knee & Strike left & right
28. Turn right, left Pien, spin to right Pien
29. Swirling Clouds to Phoenix Opens Wings
30. Pull Down right, Hawk
31. Spin, jump right, Left Tiao Zhang
32. Support right, left, right
33. Turn, White Stork Cools its Wings
34. Open Left Jolting Kick, Open Right Jolting Kick, Double Push
35. Turn Single Whip With Split & Hook Kick
36. Peng Hook Kick - Right, Left
37. Right Outside Hook Kick, Coiling Dragon
38. Brush Knee, Dragon Rolls Guarding stance
39. Pull Down and Crushing Palms
40. Jump into Pull Down
41. Disperse the Clouds l,r,l,r, Kai
42. Cloud Hands, Open, Press & Push Advancing
43. Turn Brush Knee and Strike
44. Kick, Snake Darts Tongue & Strikes Low
45. Jump Big Pull Down
46. Advancing Cloud Hands - 4 / Ripple Fajin
47. Twisting Snake, Cloud Hands
48. Spin to Raise Hands

49. Snake Enters Hole & Dart's Out Tongue
50. Take Off Helmet
51. Snake Wraps Golden Willow (3)
52. Figure 8 walk
53. Lu, Ji, An, An
54. Hawk
55. Spin L with R Pien
56. Fair Lady Works Shuttles
57. Lion Rolls Ball 2
58. Snake Enters Hole, Tsuan & Kick
59. Spin, Double Chui
60. Lion Rolls Ball
61. Warrior on one Leg
62. Rising Palm
63. Turn to Sweep Lotus
64. Hit the Tiger
65. Close

Liang Yi means two forces or two energies. Specifically it's the state where yin / yang differentiate. This form was created by Master Fu Chen Sung in his inspired merger of Taiji Quan and Bagua Chang (the two forces). I initially learned this form from a student of Bow Sim Mark, a lineage holder of the Fu Family martial arts. She was a top student of Master Fu's son. There have also been some corrections or modification to the way I learned it from the lineage of Victor Fu (grandson of Master Fu). Our current version may not be orthodox to the current Fu Family tradition but this form has a unique flavor and character that I've added (my version) to our curriculum.

Andy

Wuji - emptiness
 Taiji - fullness
 Liang Yi - 2 powers
 Si Xiang - 4 manifestations
 Bagua - 8 energies