



Xin Qi Shen Dojo

Bagua Zhang

Wu Xing San Tsai San Ban

Five Elements, Three Palaces, Three Powers

This form of 24 palms is the creation of Cheng Ting-Hua mixing the principles and movements of Bagua with Xing I Quan. The 24 refers to the 24 powers and energies using the opening and closing of the muscles, ligaments and joints.

Forms below are western map based, i.e. north is at the top whereas Chinese methods use south at the top of the map.

SECTION 1

1. Pi Zhang - splitting
2. Beng Chuan - exploding
3. Zuan Chuan - drilling
4. Pao Chuan - cannon
5. Heng Chuan - horizontal
6. Kai Zhang - open
7. He Zhang - close
8. Ta Zhang - reaching

SECTION 2

1. Liao Zhang - stirring
2. Tiao Zhang - flicking
3. Shiao Zhang - slicing
4. Choh Zhang - poking/stabbling
5. Shuang Pi Zhang - double splitting
6. Zuan Chuan - drilling
7. Chuan Zhang - through
8. Kwan Chuan - bumping

SECTION 3

1. Yean Zhang - protecting
2. Kou - shoulder
3. Ta Zhang - slapping
4. Chan Zhang - spiraling
5. Za Zhang - smashing
6. Tui Zhang - pushing
7. Toh Zhang - supporting
8. An Zhang - pressing

LINKING FORM:

Begin walking the Wuji circle left(earth) three times, then Single Palm Chang and circle three time. Begin the changes at the Chien (NW) or Kun Kua (SW)

CYCLE OF CONQUERING

1. **EARTH** - section 1 then circle 3 x's. Move from the Qian Kua (NW) to the Kun Kua (SW) of:
2. **WATER** - section 2 (right circle) then circle 3 x's to the kun kua (SW), 4 shooting fingers diagonally to the Gen Kua NE of:
3. **FIRE** - circle 3 x's right circle then section 3. Connect Qian Kua to the Li Kua SE of:
4. **METAL** - section 1 then 3 Pi Zhang to the Qian Kua of:
5. **WOOD** - walk right circle then section 2. Connect Li Kua with Xun Kua of:
6. **EARTH** - section three

CYCLE OF CREATION

1. **EARTH** - section 1 then connect from Kun Kua to Xun Kua of:
2. **METAL** - section 2 then connect Ken Kua to Li Kua of:
3. **WATER** - section 3 then connect from Xun Kua to Kan Kua of:
4. **WOOD** - section 1 then connect from Kun Kua to Gen Kua of:
5. **FIRE** - section 2 then connect from Qian Kua to Kun Kua of:
6. **EARTH** - section 3 then:

COMPLETE WITH 8 BACKFISTS

