



Xin Qi Shen Dojo

Roushou - Sanshou



Mother Forms

Riding hands (Ting Shou)

Lu-Peng-An-Ting

1. Face punch
2. Outside hook
3. Stomach punch
4. Mixed punches
5. 3 people
6. Yin Yang - responding
7. Responding with technique
8. Sticky Hands

Brush Knee & Push

1. Cat Washes Face
2. Press
3. Single Whip
4. Raise Hands
5. Pull Back Dai
6. Pull Down Cai
7. Arm Bar
8. Needle At Sea Bottom
9. White Crane Cools Wings
10. Thunder Strike
11. Kotegaeshi
12. Ning sankyo
13. Jiea

Tracing Drills

1. Single Palm
 2. Flowing Palm
 3. Double Palm
- Above outside & inside

Ti Shou Drills

- Side to side
Four Corners

FA JIN

1. Stealing the balance
2. Steal then push
3. Steal, push and discharge

1. Push the Ward Off
2. Roll Back then Press
3. Xin Fa

APPLICATIONS

1. Stomach punches
2. Head Punches
3. Kicks

Xin Qi Shen Dojo Roushou

This is a series of application drills from the Aiki, Bagua, Yueng Quan, and Taiji systems to teach sticking, listening, striking, off-balancing, and wrist locks for self-defense purposes. Sanshou is the Taiji version of Roushou. The primary difference is that the Taiji practitioners emphasizes being soft on contact whereas the Bagua practitioner tries just to have a light touch. Tuishou are Taiji hand exercises to develop a sensitivity to another's stiffness, tightness,

Cloud Hands (Yun Shou)

Peng-Fan-Lo-An-Diao

1. Basic drill
2. Arm bar
3. Shovel
4. Arm fold - Shiho nage
5. Shiho nage w muscle grab
6. Elbow carry
7. Elbow Hook
8. Single palm
9. Diao - hook

Interlocking Rings

1. Back Fist into Elbow Nikyo
2. Finger Bend
3. Pull Back Elbow Bar
4. Wrist Nikyo
5. Sankyo
6. Pull Back Ban on Elbow
7. Kotegaeshi
8. Two Hand Nikyo
9. Shiho Nage
10. Juji nage

Linking Drills

1. Rise Fall
2. Weaving hands inside
3. Weaving hands outside
4. Double slap inside
5. Double slap outside
6. Double up & down
7. Sectional block
8. Scratch Head
9. Snake Strike
10. Cat washes face
11. Monkey
12. Diao
13. Monkey
14. Peng shou

Teaching Certification

Certification requires demonstrating all of the above drills with smoothness, softness, and control. Testing sessions can be set up with Sifu upon request. Final test is teaching the Roushou session for one month.

Cat Washes Face (Lia Shou)

Lu-Diao-Ti-Tsou

1. Fold backfist
2. Fold press
3. Kou-shoulder
4. Arm bar
5. Wave-ikkyo
6. Wrist twist - kotegaeshi
7. Tenkan punch downward
8. Needle at Sea Bottom
9. Elbow Sweep
10. Single Palm
11. Hook - Diao
12. Over head arm bar

Lion Plays With Ball

1. R Ko bu
2. L Bai Bu
3. R Tui Bu
4. L Gung Bu
5. Zhuang Xin Tui Bu
6. Gung Bu
7. L ko bu Broom front
8. Tui bu Broom back
9. Tree With Twists Root

Yao Zhang

1. Basic drill
2. Circling drill
3. Zhuan (sankyo)
4. Cai - under arm
5. Cai - From Zhuan
6. Lu

Bong Shou

1. Bong shou, Tsai, Chuei
2. Bong shou, Hou, Chuei
3. Above, cross punch
4. Above walking patterns
5. 3 Point Drill
6. Back Fist
7. Diao Shou Single Whip

Other Drills

1. Folding Elbows
 - Palm Up Jam
 - Freehand Punch
 - Back Fist
 - Hua Jin

2. Chi Sau Basic Drill
 - Shiho Nage

Palms Down (An Zhang)

Ta-An-Diao-Ko-Toh

1. Down extension
2. Jiea - Jam
3. Toh Zhang - Monkey
4. Tui Zhang - Bear
5. Lan Shou - Parry Hook
6. Ti Chuei - Lifting Fist
7. Diao - hook to double Nikyo
8. Diao - to arm bar on neck
9. Fan Bei - around back wing
10. Nikyo
11. Cai - under arm
12. Sankyo - under arm
13. Dai - pull across / Shiho nage
14. Juji
15. Outside Nikyo

Da Lu

1. Pull Down
2. Circling Pull Down
3. Tsai, Liea, Jo, Kou
4. Attacking Emphasis/ Forward pressure
5. Yielding Emphasis/ Stealing
6. Ikkyo
7. Nikyo
8. Knee Buckle
9. Needle at Sea Bottom
10. Fair Lady Works Shuttles
11. Wind Fills Ears
12. An-change directions

weakness, strength and balance. Tuishou deals with pushes to the body instead of strikes. Yueng Quan is the art of Master Fook Yueng. It combines the hand drills and training methods of Northern and Southern Mantis, Red Boat Wing Chun, Taiji, Bagua, Monkey and other assorted arts.

Aiki is the principle of blending and harmonizing. Aikido and Aikijujitsu use various movement and wrist pins, similar to Qin na but also emphasize

the 'stealing' of a partner's balance. Over the years of studying these various methods I have put them into what I see as a logical order and progression to learn and teach. This is the Roushou of Xin Qi Shen Dojo. These techniques are taught in a very systematic order from simple to complex to simple which I believe cannot but develop skill. Each group above should have a minimum of one months intensive work before moving to the next.