



XIN QI SHEN DOJO NEI GONG SANSHOU SECTION 7



FIRST SECTION

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|-----------------------|------------------------------|
| 1. Shang bu ch'ui | step forward, punch |
| 2. Shang bu lan ch'ui | step forward, deflect, punch |
| 3. Shang bu zuo kao | advance left shoulder |
| 4. Da zuo zhuo | strike with left elbow |
| 5. Zuo pi xin chui | left, splitting strike |
| 6. Kobu zuo da hu | hook step left hit tiger |
| 7. Ti shou | lift hands |
| 8. Pi xin chui | splitting strike |
| 9. Heng nie shou | swinging arm strike |
| 10. Yo ta hu | right hit tiger |
| 11. Shang bu zuo kao | advance left shoulder |
| 12. Zuo Da Hu | left hit tiger |
| 13. Shang bu yo kao | advance right shoulder |

SECOND SECTION

- | | |
|---------------------------|-----------------------------------|
| 14. Shuang feng deng jiao | spread hands heel kick |
| 15. Shang bu cai na | advance, pull, twist |
| 16. Yo peng, zuo pi ch'ui | right peng, left splitting strike |
| 17. Shang bu yo kao | advance right shoulder |
| 18. Zhuan xin da tsai na | turn body big pull back |
| 19. Shuang an | push with both hands |
| 20. Dan tui | snake seeks cave |
| 21. Sung An | withdraw and push |
| 22. Hua tui | neutralize and push |
| 23. Heng nie shou | Swinging arm strike |
| 24. Shang bu zuo kao | advance left shoulder |
| 25. Shuang feng deng jiao | spread hands heel kick |
| 26. Shang bu cai na | advance, pull, twist |
| 27. Zuo peng, yo pi ch'ui | left peng, right splitting strike |
| 28. Shang bu zuo kao | advance left shoulder |
| 29. Zhuan xin da tsai na | turn body big pull back |
| 30. Shuang an | push with both hands |
| 31. Dan tui | snake seeks cave |
| 32. Sung An | withdraw and push |
| 33. Hua tui | neutralize and push |
| 34. Heng nie shou | swing arm strike |
| 35. Yo Da Hu | Hit the Tiger |
| 36. Shang bu zuo kao | advance left shoulder |

THIRD SECTION

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|---------------------------|---------------------------------|
| 37. Shuang feng kao | spread arms shoulder strike |
| 38. Hua da yo zho | neutralize, right elbow strike |
| 39. Tui bu hua | retreat and neutralize |
| 40. Ye ma feng zong | part horse's mane |
| 41. Huan bu yo deng jiao | change step separate right foot |
| 42. Huan bu zuo deng jiao | change step separate left foot |
| 43. Huan shou yo kao | right shoulder strike |
| 44. Zuo Ye ma feng zong | left part horse's mane |
| 45. Yo Ye ma feng zong | Right part horse's mane |
| 46. Zhuo kai peng xia | left open, peng down |
| 47. Gao tan ma | high pat the horse |
| 48. Zhuan xin pai lien | turn sweep lotus |
| 49. She xin xia shih | snake creeps down |
| 50. Zuo ta hu | left hit tiger |
| 51. Dao nien hou 3 | repulse monkey 3 |
| 52. Hai ti chen | needle at sea bottom |
| 53. Shou hui pi pa | play the pi pa |
| 54. Diao Shou Dan bien | hook, single whip |
| 55. Shuang feng kao | spread arms shoulder strike |
| 56. Hua da zuo zho | neutralize, left elbow strike |
| 57. Tui bu hua | retreat and neutralize |
| 58. Ye ma feng zong | part horse's mane |
| 59. Huan bu zuo deng jiao | change step separate left foot |
| 60. Huan bu yo deng jiao | change step separate right foot |
| 61. Huan shou zuo kao | left shoulder strike |
| 62. Yo Ye ma feng zong | right part horse's mane |
| 63. Zuo Ye ma feng zong | left part horse's mane |
| 64. Zhuo kai peng xia | open, peng down |
| 65. Gao tan ma | high pat the horse |
| 66. Zhuan xin pai lien | turn sweep lotus |
| 67. She xin xia shih | snake creeps down |
| 68. Yo ta hu | right hit tiger |
| 69. Dao nien hou 3 | repulse monkey 3 |
| 70. Hai ti chen | needle at sea bottom |
| 71. Shou hui pi pa | play the pi pa |
| 72. Diao Shou Dan bien | hook, single whip |
| 73. Dan tui | snake seeks cave |
| 74. Shih tsu shou | cross hands |
| 75. Zhuan xin da cai na | turn body big pull down |
| 76. Zhuan xin kua hu shi | turn body to Ride the Tiger |

The Sanshou is a traditional Yang Taiji partner-applications form. It takes the skills learned in Tuishou, Da Lu, & Roushou to the next level.

Though this is a partner form it still has a huge range of variables once the movements are learned. It can be done soft, hard, slow, or fast. In addition it can be done on the defensive or offensive. The timing can change, the emphasis and energies of the movements can change. Within the form, aside from the obvious movements are qin na, nerve, leg trapping drills and techniques.

It's vitally important to study the solo forms as well as partnering this set to understand and research the unique footwork and body maneuvers. The next level beyond merely going through this set is 'Mixing.' This is flowing in and out of the sanshou into Tuishou, da lu, lion plays with ball, and the interlocking rings. Once this is done the sanshou moves into free play.

Learning the sanshou comes with the responsibility of daily practice since you owe it to your partners to be able to hold up your end of this practice. Studying this part of Taiji Quan cannot be done half-hearted but requires deep commitment and dedication.



XIN QI SHEN DOJO

NEI GONG SANSHOU

SECTION 8



FIRST SECTION

- | | |
|------------------------------|--------------------------------|
| 1. Ti Shou | raise hands |
| 2. Xia se ban chuei | deflect down & punch |
| 3. Yo da hu | right hit the tiger |
| 4. Yo tui | right push |
| 5. Yo kao | right inside shoulder |
| 6. Zhuan xin yo pi xin chuei | turn body right splitting fist |
| 7. Yo An | right push |
| 8. Kai shi ban chuei | open, deflect & punch |
| 9. Ye ma feng zong | part horses' mane |
| 10. Zhuan xin tui bu lu | turn body, retreat & roll back |
| 11. Ye ma feng song | part horse's mane |
| 12. Zhuan xin tui bu lu | Turn body, retreat & roll back |

SECOND SECTION

- | | |
|-------------------------|-------------------------------------|
| 13. Shuang an | two hands push |
| 14. Xia dong chuei | downward punch |
| 15. Tui bu nu chuan suo | retreat, fair lady works shuttles |
| 16. Bai hao liang shih | white crane cools wings |
| 17. Tui bu ji zuo bi | retreat, press arm left |
| 18. Shuang fung guan er | wind fills the ears |
| 19. Kai shih ban chuei | open, deflect & punch |
| 20. Xia zuo bi | arm bar left |
| 21. Hua da zuo hung | neutralize, swing left arm |
| 22. Hua da zuo zhou | neutralize, strike with left elbow |
| 23. Tui bu lu | turn to roll back |
| 24. Shuang an | two hands push |
| 25. Xia dong chuei | downward punch |
| 26. Tui bu nu chuan suo | retreat, fair lady works shuttles |
| 27. Bai hao liang shih | white crane cools wings |
| 28. Tui bu ji yo bi | retreat, press arm right |
| 29. Shuang fung guan er | wind fills the ears |
| 30. Kai shih ban chuei | open, deflect & punch |
| 31. Xia yo bi | arm bar left |
| 32. Hua da yo hung | neutralize, swing right arm |
| 33. Hua da yo zhou | neutralize, strike with right elbow |
| 34. Zhuan xin Ji | turn to press arm bar |
| 35. Zhuan xin lu | turn body, retreat and roll back |

THIRD SECTION

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|-----------------------------|----------------------------------|
| 36. Hua ji | Neutralize & press |
| 37. Ye ma fen zong | parting horse's mane |
| 38. Jin ji to li | golden rooster stands on one leg |
| 39. Yo Den jiao | right kick |
| 40. Tui bu xia bi | retreat & press down arm |
| 41. Shuang feng kua hu | spread arms ride tiger |
| 42. Shuang feng kua hu | spread arms ride tiger |
| 43. Hua yo kao | right shoulder |
| 44. Yo yun shou | right cloud hand |
| 45. Zuo yun shou | left cloud hand |
| 46. Zhuan xin pi shen chuei | turn body, chop with fist |
| 47. Bai hao lian shih | white crane spreads wings |
| 48. Zuo Liao | stirring left |
| 49. Yo Liao | stirring right |
| 50. Yo pi shen chuei | right chop with fist |
| 51. Zuo san - Yo san | left right lightning strike |
| 52. Shang bu Qi Xing | advance to seven stars |
| 53. Shan tong bi | fan through back |
| 54. Huan gung da hu | pull bow to shoot tiger |
| 55. Zhou Di Kan Chuei | fist under elbow |
| 56. Ye ma fen zong | parting horse's mane |
| 57. Jin ji to li | golden rooster stands on one leg |
| 58. Zuo Den jiao | left kick |
| 59. Tui bu xia bi | retreat & press down arm |
| 60. Shuang feng kua hu | spread arms ride tiger |
| 61. Shuang feng kua hu | spread arms ride tiger |
| 62. Hua zuo kao | left shoulder |
| 63. Zuo yun shou | left cloud hand |
| 64. Yo yun shou | right cloud hand |
| 65. Zhuan xin pi shen chuei | turn body, chop with fist |
| 66. Bai hao lian shih | white crane spreads wings |
| 67. Yo Liao | stirring right |
| 68. Zuo Liao | stirring left |
| 69. Zuo pi shen chuei | left chop with fist |
| 70. Yo san - zuo san | right left lightning strike |
| 71. Shang bu Qi Xing | advance to seven stars |
| 72. Shan tong bi | fan through back |
| 73. Huan gung da hu | pull bow to shoot tiger |
| 74. Zhou Di Kan Chuei | fist under elbow |
| 75. Shuang to zhang | monkey offers fruit |
| 76. Zhuan xin da tsai na | Turn and pull |
| 77. Zhuan xin kua hu | Turn, ride the tiger |

Soft
Sticking
Yielding
Adhering
Peng
Water
Air
Earth
Wood
Fire
Animal forms

*Study the foot work carefully.
Learn the proper directions in the
solo forms so when partnering you
don't get lost.*

*Keep in mind the sanshou
isn't just two forms linked. You are
actually learning 4 separate forms!
7&8 are two forms. However,
partnering 7 and partnering 8 are
different enough to be considered
separate forms from their solo
versions. In addition, everyone you
partner with will be different.*