

XIN QI SHEN DOJO
Section 9

1. Salute
2. Right Pi Quan
3. Ta Zhang
4. Toh Zhang Right
5. Toh Zhang Left
6. Lan Chao Wei - jin bu
7. Dan Bien, Twin Dragons
8. Monkey Strikes Temples
9. Two Tigers Spring At Sheep
10. Wind Fills The Ears
11. Double Pi Zhang
12. Stomp With Heel R & L
13. Ban, Lan, Chuei
14. Withdraw & Push
15. Deflect R & L
16. Horse Kick Strike
17. Elbow Smashes & Strikes
18. Stork Cools Wings
19. Eagle Pierces Sky
20. Fair Lady At Shuttles
21. Snake Creeps Down
22. Smashing Elbow
23. Xia Chuei L&R
24. Brush Knee And Push
25. Needle At Sea Bottom
26. Fan Through The Back
27. Grab Kick With R Heel
28. Bouncing Hand, Ginger Strike
29. Parting Horse's Mane 3
30. Monkey Strikes Out - 3
31. Elbow Smash & Strike
32. Double Xia Chuei
33. Elbows to Rear
34. Ride The Tiger
35. Punch With Right
36. Brush Knee And Push
37. Elbow Smash & Strike
38. Double Xia Chuei
39. Jumping Kick
40. Punch With R Fist
41. Strike Low And Hi
42. Hook And R Ginger Strike
43. Hook And L Toh Zhang
44. Grab, R Heel Kick
45. Hook And L Toh Zhang
46. Retreat And L Heel Kick
47. Grab And R Toh Zhang
48. Block Catch And R Punch
49. Double Backhand Strikes
50. Tui Zhang
51. Sink Chi To Tantien

Section 9 is a mixture of the Natural style, known for its fierceness, which Master Tchoung studied as a youth, Taiji Quan, and Xing I Quan. This form is Master Tchoung's Cannon Fist, like the original Chen Taiji has it's Pao Chui (Er Lu). In contrast to the solo forms Taiji is known for this set emphasizes the second 4 of the 13 Taiji energies: Tsai, Liea, Jo, Kao. Movements in this form are practiced with spirit, punctuation, fa-jin, and quickness. The practice of section 9 is to move students to a higher level of movement, skill, and martial ability.

As with all Internal Arts; force, strength, muscle, disconnected movements, and non-centered actions are the path to wasting time and effort since internal energy isn't accomplished this way only hindered.