

Yin-Yang Bagua Zhang Palm

Mangxing Shuanghuan Zhang Palm



Morning Glory Publishers Beijing

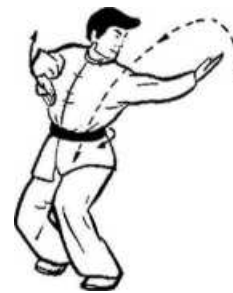
Chinese Kungfu



1
Preparatory posture



2
Swing the right arm outward, then make an arc with the left arm, both arms forming willow-leaf palms, then move the right leg one step forward and twist the body rightward,



3
Swing the left arm outward to form a tiger-claw palm, then bend the right elbow, forcefully pulling it outward, then move the left leg one step forward and twist the body leftward.



4
Swing left arm inward with elbow bent and pulling it forcefully outward to form eagle-talon palm, then bend right elbow, forcefully pulling it outward and lean body rightward



5
Swing the right arm outward, then bend the left elbow, pulling it forcefully outward to form an eagle-talon palm, and then raise the right leg and twist the body leftward.



6
Swing the right arm inward and the left arm outward to form a spiral palm, then move the right leg one step forward and twist the body rightward.



7
Swing the right arm outward, then the left one inward, both arms forming an eagle-talon palm, then move the left leg one step forward and twist the body rightward.



8
Swing the right arm inward and the left arm outward, both arms forming tiger-claw palms, then move the right leg one step backward and twist the body rightward-

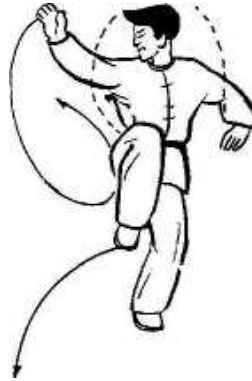


9
Swing the right arm inward, then the left one outward, both arms forming willow-leaf palms, and then move the right leg one step forward.



10

Starting form.



11

Swing the right arm inward, then press the left hand down-ward, both arms forming eagle-talon palms, then lift the left knee and twist the body right-ward.



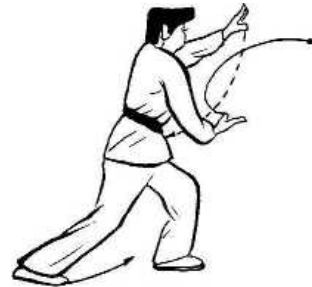
12

Swing the right arm outward, then the left one inward, both palms forming eagle-talon palms, then move the right leg one step forward and twist the body right-ward.



13

Reverse the right hand with the elbow bent, then turn the left hand into palm with the elbow bent, making both palms shaped like eagle talons, and then twist the body rightward



14

Swing the left arm outward to form an eagle-talon palm, then the right one inward to form a tiger-claw palm and then twist the body leftward.



15

Spread the right hand, turn it into palm and reverse it to form an eagle-talon palm, then press the left hand down with the elbow bent and move the right leg one step forward.



16

Bend both elbows with the left one pulling forcefully outward, then lift the right knee and twist the body leftward.



17

Swing the left arm outward, reversing the palm, then swing the right arm inward, both arms forming willow-leaf palms, and twist the body leftward.



18
Starting form



19
Swing the left arm inward, then the right one outward, both arms forming eagle-talon palms.



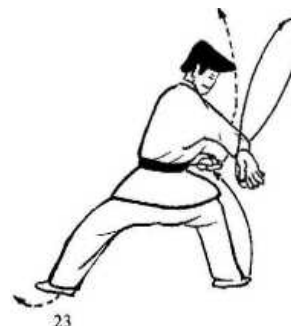
20
Swing the left arm outward to form a spiral palm, then the right one outward to form a willow-leaf palm and then twist the body leftward.



21
Swing the left arm inward, then the right arm outward, both arms forming eagle-talon palms, move the right leg to form a back pull step and then twist the body rightward.



22
Swing the right arm outward to form a spiral palm, then turn the left hand into palm and twist the body rightward.



23
Swing the right arm outward with the left hand moving close to the waist with the shelter of the right arm, both forming tiger-claw palms, and then twist the body rightward.



24
Swing the right arm inward, then the left one inward and then raise the right knee up.

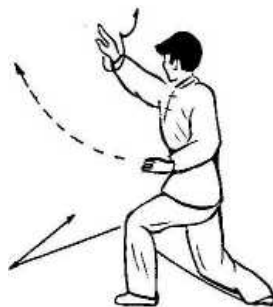


25
Make an arc with the right hand and swing the left arm inward, both forming willow-leaf palms and then land the right foot on the ground and twist the body rightward.



26

Starting form.



27

Swing the right arm inward to form a tiger-claw palm; make a slap with the left hand and turn it into an eagle-talon palm, then twist the body rightward.



28

Swing the right arm inward to form an eagle-talon palm, then swing the left one outward and lift the right leg up.



29

Make an arc with the right hand, bend the left elbow, moving close to the waist, then land the right foot on the ground and lean the body to a rightward squat.



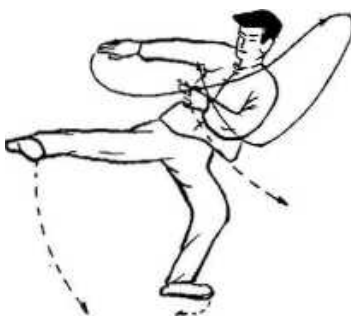
30

Swing the left arm inward, then the right one outward, both arms forming tiger-claw palms, then move the left leg one step forward and move the body edge-wise forward.



31

Swing the right arm inward, then hold the left arm above the head and raise the right knee up.



32

Swing the right arm inward, then the left one outward, both forming willow-leaf palms; make a side kick with the right leg and then twist the body leftward.



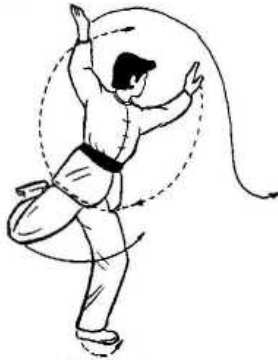
33

Swing both arms outward, the right one with elbow bent, then land the right leg on the ground and twist the body rightward.



34

Starting form.



35

Swing the left arm inward, then the right one outward, both forming tiger-claw palms, then make a reversed hook with the right leg and twist the body leftward.



36

Swing the left arm outward, making an arc with it, swing the right arm outward, both arms forming willow-leaf palms, then twist the right leg leftward.



37

Swing the right arm inward, land the right foot on the ground, then move the body forward and slap the right palm with the left hand, turning it into a tiger-claw palm.



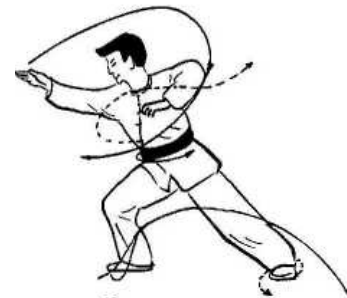
38

Raise the left knee up rightward, then strike a blow downward with the left hand, with the right arm reversing its palm to form a tiger-claw palm.



39

Land the left foot on the ground; swing the left arm inward to form an eagle-talon palm and then twist the body leftward and swing the right arm outward.



40

Make an arc with the left hand with its elbow bent, swing the right arm outward to form a willow-leaf palm and then twist the body leftward.



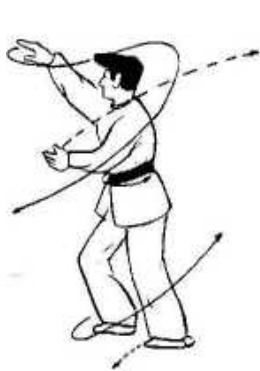
41

Swing right arm outward and bend it while stretching it out; swing left arm outward to form a willow-leaf palm, then move right leg one step forward and twist body leftward.



42

Starting form.



43

Swing the left arm outward to form an eagle-talon palm, then the right arm inward to form a tiger-claw palm and then twist the body rightward.



44

Swing both arms outward, both forming tiger-claw palms, and then raise the right knee.



45

Make an arc left with the right hand, stretch the left hand outward and reverse its palm, then land the right foot on the ground and twist the body leftward.



46

Swing the left arm inward and draw it back to strike a blow, then swing the right arm outward to make a slap and then raise the left knee and twist the body leftward.



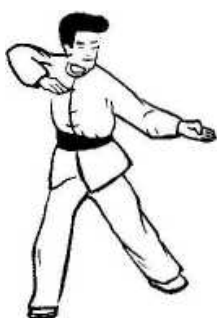
47

Make an arc with the left hand, forming an eagle-talon palm, then draw the right palm back and land the left foot on the ground and twist the body rightward.



48

Swing the right arm inward to form a tiger-claw palm, then the left one inward and then raise the right knee and twist the body leftward.



49

Land the right foot on the ground and twist the body leftward, then swing the left arm inward and the right one outward, both forming willow-leaf palms.



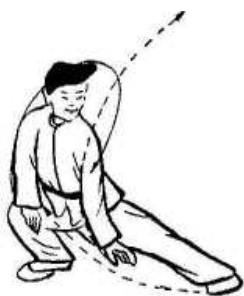
50

Starting form.



51

Swing the left arm outward, then the right one outward, both forming eagle-talon palms, and then raise the left knee and twist the body rightward.



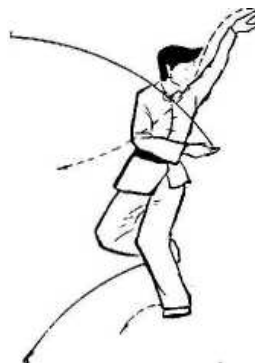
52

Punch the right hand downward, make an arc with the left hand in crouch stance, then make a side kick with the left leg and crouch the body.



53

Swing both arms outward, turn the left one into a spiral palm then raise left knee.



54

Spread the left hand up and turn it into palm, shake the right hand, then turn it into willow-leaf palm and then raise the right knee.



55

Land the right foot on the ground and swing the right arm outward to form a spiral palm, then the left one inward to form a willow-leaf palm and then twist the body rightward.



56

Move the right leg one step forward, then swing the left arm outward to form a tiger-claw palm, then make an arc with the right hand and twist the body rightward.



57

Swing both arms inward, both forming willow-leaf palms, and then twist the body rightward.



58

Starting form.



59

Swing the right arm inward, forming a spiral palm, then the left one outward to form an eagle-talon palm, then raise the right knee and twist the body rightward.



60

Swing the right arm outward and reverse the palm, swing the left arm outward, then land the right foot on the ground and twist the body rightward.



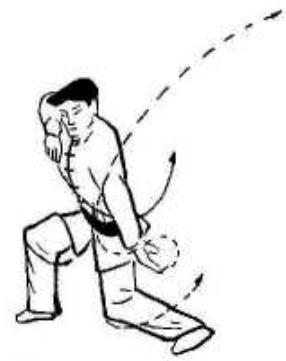
61

Swing the right arm outward, then shake the left arm and turn its hand into palm and then twist the body rightward.



62

Swing the left arm inward to form a spiral palm, then the right one inward to form an eagle-talon palm and then raise the left knee.



63

Swing the left arm inward to form an eagle-talon palm, then the right one outward, land the left foot on the ground and then twist the body leftward.



64

Swing the left arm outward to form a spiral palm, shake the right arm and turn its hand into palm and then twist the body leftward.



65

Swing the left arm inward, then the right one outward, both arms forming willow-leaf palms, then move the right foot one step forward and twist the body leftward.



66

Swing the right arm outward, then the left one inward, raising both arms with the centers of the palms facing each other and stand with the feet together.



67

Swing the two arms first inward then to the front of the stomach and lean the body backward.



68

End with the two hands hanging down both sides in a closing stance.

A Brief Introduction

Chinese Wushu (also known as martial arts or Kung-fu) is an important component part of the treasured cultural heritage of China. Putting techniques as the core, this set of hanging pictures show the readers various movements and plays of the Chinese Wushu.

The Yin-Yang Bagua Zhang Palm—Mangxing (Boa-shaped) Shuanghuan Zhang is one of the Yin-Yang Bagua Zhang routines. Based on the Shaolin Quan Boxing, its plays imitate animal actions and movements. Hence the name of the Boxing. This routine is characterized mainly by the fact that none of its body, hand and foot movements and postures is separable from the changes of its palm plays.

This set of pictures will help Wushu enthusiasts to grasp the essential points of this particular set of Chinese Kungfu through persistent practice.

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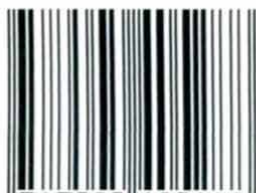
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