

Classical Xingyiquan Training Syllabus

形 意 拳

I. 基本功 Jīběngōng 'Basic Training'

形意內功 Xíngyì Neigong 'Internal Exercises'

三体式 Sāntǐshì 'Three Bodies Posture'

五行 Wǔxíng 'Five Elements'

五行拳 Wǔxíngquán 'Five Element Fists'

十二形拳 Shíèr Xíngquán '12 Animal Form Fists'

II. 用法 Yòngfǎ 'Applications'

點穴 Diǎnxué 'Striking Points'

安身炮 Ānshēnpào 'Stable Body Cannons'

形意大槍 Xíngyì Dàqiāng 'Great Spear'

木人樁 Mùrénzhuāng 'Wooden Man Post'

III. 套路 Tàolù 'Routines'

金剛八式 Jīngāng Bāshì 'Buddha Warrior 8 Form'

八字功 Bāzìgōng 'Eight Character Skill'

雜勢捶 Záhìchuí 'Mixed Force Beating'

綜合拳 Zōnghéquán 'Composite Routine Fist'

形意鞭杆 Xíngyì Biāngān 'Form Mind Whip-staff'

形意槍 Xíngyì Qiāng 'Form Mind Spear'

形意雙刺 Xíngyì Shuāngcì 'Form Mind Double Needles'