

Yuan Gong Chan Chuan

(Primary Skill Meditative Boxing)

Class Breakdown

Day 1

15 Minutes of techniques, basics, and Qi Gong
30 Minutes of our focus Technique of the Week
15 Minutes of Slipping Sets

Day 2

15 Minutes of techniques, basics, and Qi Gong
15 Minutes of our focus Technique of the Week
30 Minutes of Tui Shou

Yuan Gong Techniques

1 Zhuang Zi's Pace	Zhuang Zi Bu
2 Yin Yang Hands	Yin Yang Yu
3 Water Wheel Hands	Lu Lu Shou
4 Open Horse Dividing Hands	Ye Ma Fen Shou
5 Hold the Tiger Up	Shang Hu Ba
6 Little kitty washes it's face	Xiao moa xi lian
7 Upward Paddle Hands	Shang Hua Shou
8 Single Paddle Hand	Dan Hua Shou
9 Change Four Gates	Zhuan Si Men
10 Cloud Hands Support the Pagoda	Yun Shou Tuo ta
11 Pull the Sheep	Shun Shou qian Yang
12 Wind Blows the Banner	Shun Feng Che Qi
13 The Counter Wind Sweeps away	Ni Feng sao xue
14 Dual Passing Hands	Shuang Guo Shou
15 Lean on the Back of the Mountain	Kao Shan Bei
16 Tall Hiding Hands	Gao yan shou
17 Scoop the Moon from the Sea Bottom	Hai Di Lao Yue
18 Little Chicken skillfully squats	Shuo xiao long qiao

19 Old Mother turns the thread	Lao ma ma guai xian
20 Single Splitting Palm	Dam Pi Zhang
21 Feel the Fish in the Shiny Basket	Mo yu huang lou
22 Hit the Tiger	Zhong hu pu
23 Horse knocks the Trough	Ma Ke Cao
24 Dragon Form	Long Xing
25 Snake Form	Yang Xing
26 Sheep Form	She Xing
27 Mighty Lion Shakes it's Head	Xiong Shi dou Mao
28 Change Hands Down	Zhuan Xia Shou
29 Walk Four Gates	Zou si men
30 Hidden Flower Palm	Gai Hua Ba Zhang
31 Promise the Son Three Dynasties of	Yuan Zi San Chao Shui
32 The Son Jumps Through the Forest	Yue Zi Chuan Lin
33 Bear Form	Xiong Xing
34 Mighty Chicken lights the flame	Xiong Ji Deng Chi
35 Carry the boat over the land	Han Di Xing Zhou
36 Two arms on top of the head palm	Tou Ding Shuang Bi Zhang
37 Dog lifts the gate	Gou Xian Men Lian
38 Horse Form	Ma Xing
39 Lion Cub Rolls the Embroidered Ball	Shi Zi Gun Xiu Qiu
40 Monkey Pokes the Horse in the eye	Hou tong ma feng wo
41 Pound the Shiny Drum	Huang gu chui
42 Crane Form	He Xing