



二郎拳 Er Lang Quan

Er Lang Quan 二郎拳 is a very interesting form. Like Xing Shou 行手 and Yan Qing Quan 燕青拳 it covers moving up, down, punching, kicking, walking and jumping. All these help us to move the body in a healthy way and also learn martial art skills. Er Lang Quan is good for the bones, joints, coordination, circulation, breathing and strength. Er Lang means Second Son his real name was Yang Jian 楊戩. He became immortal because as an ordinary human he saved many people from flooding. When he passed away people built many temples to remember him. So he became immortal and still protects many areas in China from flooding.

1. 俊元椿 Chun Yuen Stance
2. 上步提氣 Step Forward to Bring Up the Qi
3. 羅漢擋路 Louhan Blocks the Road
4. 金剛開山 Jin Gang Opens the Mountain
5. 韋陀抱拳 Wei Tou Holds the Fists
6. 神僧開寺 High Level Monk Opens the Temple
7. 二郎衝天 Er Lang Flies up to the Sky
8. 二郎下地 Er Lang Goes into the Ground
9. 二郎侍勢 Er Lang Holds the Position
10. 覓路探地 Look for the Way Out on the Ground
11. 衝出重圍 Fight Through the Way Out
12. 勾掌開路 Open the Way with Hook and Palm
13. 旋鷹覓食 Spiral Eagle Looks for Food
14. 前後出擊 Strike from Front and Back
15. 猛虎撲兔 Furious Tiger Catches the Rabbit
16. 二郎衝天 Er Lang Flies up to the Sky
17. 尋根守中 Looking the Root and Holding the Centre
18. 三踢開掌 Three Kicks and Open the Palm
19. 雙勾拿日 Catching the Sun with Two Hooks
20. 旋踢下沉 Spirial Kick and Sink Down
21. 二郎踢日 Er Lang Kicks the Sun
22. 二郎殺敵 Er Lang Kills the Enemy
23. 二郎踢日 Er Lang Kicks the Sun
24. 二郎撥雲 Er Lang Separates the Cloud
25. 二郎侍勢 Er Lang Holds the Position
26. 尋根守中 Looking the Root and Holding the Centre
27. 三踢救母 Save the Mother with Three Kicks
28. 白蛇吐信 White Snake Spits the Message
29. 二郎劈山 Er Lang Chops the Mountain
30. 玉鼎收妖 Jade Cauldron Immortal Controls the Devil
31. 二郎衝天 Er Lang Flies up to the Sky
32. 二郎推山 Er Lang Pushes the Mountain
33. 旋風飛腿 Spiralling Flying Kick
34. 女媧觀世 Nu Wa Looks Down from the Sky
35. 撥雲追日 Separating the Clouds to Chase the Suns
36. 飛踢打虎 Flying Kick and Hit the Tiger
37. 二郎拜師 Er Lang Bai Shi
38. 孔雀開屏 Peacock Spreads its Tail
39. 飛海追日 Flying Over the Sea the Chase the Sun
40. 找沙攻敵 Grabbing the Sand the Throw at the Enemy
41. 飛踢服妖 Control the Devil with Flying Kicks
42. 回身推山 Turn Around to Push the Mountain
43. 收日入山 Put the Sun Under the Mountain
44. 山壓太陽 Mountain Presses Down the Sun
45. 左弓拉開 Pulling the Bow on the Left
46. 踢虎打虎 Kick and Hit the Tiger
47. 公主情懷 Princess Looks after Er Lang
48. 旋鷹覓食 Spiral Eagle Looking for Food
49. 迎接佛祖 Welcoming the Buddha
50. 收氣入丹 Collecting Qi Back to the Dantian