



## 密祖拳 Mìzǔ Quán

Mìzǔ Quán 密祖拳 means Secret Ancestor Fist. This implies that this form was secretly passed down by our Chun Yuen Quan ancestors and these ancestors are the ancestors of Shàolín Quán 少林拳. Actually, this form is from the Beijing Opera 京劇. Since it is for performing on stage, it is less involved with fighting and does not contain a great deal of fighting skill. It can be performed by four people, one at the front, one at the back, one to the left and one to the right. Each person faces each other, they move in synchronisation and can also be accompanied by music. All these things come together to create a beautiful performance. Practising Mizǔ Quán makes you feel light, improves your coordination, flexibility of the joints and circulation. This makes you feel happy and lifts your mood and so is good for easing depression. Mizǔ Quán is the gentlest form in the Chun Yuen System, with no jumping, Fā Jìn 發勁 and little fighting attitude, all this makes Mizǔ Quán suitable for everyone of all ages to practise.

1. 俊元站樁 Chun Yuen Stance
2. 上步提氣 Step Forward and Bring Up the Qi
3. 預備雙勾 Prepare Double Hooks
4. 雙勾對眼 Double Hooks Against the Eyes
5. 氣沉丹田 Sink the Qi to the Dāntián
6. 纏頭展翅 Circle Around the Head and Spread the Wings
7. 鐵環抱拳 Hold the Fists with Iron Ring
8. 收拳至腰 Withdraw the Fists by the Waist
9. 雙拳開關 Open the Space by Punching Out
10. 卷翼回拳 Circle the Wing and Punch Out
11. 撫鬚看掌 Stroke the Beard to Look at the Palm
12. 上山眺望 Climb up the Hill to Look Out
13. 雙翼變勾 The Wings Turn into Hooks
14. 飛龍直冲 Flying Dragon Thrusts Out
15. 花豹上樹 Leopard Climbs up the Tree
16. 飛鷹伸翅 Flying Eagle Spreads Its Wings
17. 白鶴冲天 White Crane Flies up to the Sky
18. 撫鬚看掌 Stroke the Beard and Look at the Palm
19. 上山眺望 Climb Up the Hill to Look Out
20. 雙翼拍動 Flick the Wings
21. 懷中抱月 Embracing the Moon
22. 一定單鞭 Single Whip Position
23. 掌勾在中 Palm and Hook at the Centre of Chest
24. 一踢點頭 One Kick and Knock the Head
25. 走小三步 Three Small Steps
26. 一定單鞭 Single Whip Position
27. 飛鷹伸翅 Flying Eagle Spreads Its Wings
28. 白鶴冲天 White Crane Flies up to the Sky
29. 撫鬚看掌 Stroke the Beard and Look at the Palm
30. 上山眺望 Climb Up the Hill to Look Out
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35. 一踢點頭 One Kick and Knock the Head
36. 走大三步 Three Big Steps
37. 一定單鞭 Single Whip Position
38. 李靖托塔 Lǐ Jìng Holds a Tower
39. 懷中抱月 Embracing the Moon
40. 一定單鞭 Single Whip Position
41. 李靖托塔 Lǐ Jìng Holds a Tower
42. 懷中抱月 Embracing the Moon
43. 哪吒出海 Nǎ Zhā Goes Out to the Sea
44. 收拳補中 Protecting the Centre by Holding a Fist
45. 拳腳擊妖 Punch and Kick the Demon
46. 左龍出海 Left Dragon goes Out to the Sea
47. 右龍入山 Right Dragon goes back in the Mountain
48. 一定單鞭 Single Whip Position
49. 老鷹點頭 Old Eagle Knocks its Head
50. 走大三步 Three Big Steps
51. 一定單鞭 Single Whip Position
52. 李靖托塔 Lǐ Jìng Holds a Tower
53. 懷中抱月 Embracing the Moon
54. 一定單鞭 Single Whip Position
55. 李靖托塔 Lǐ Jìng Holds a Tower
56. 懷中抱月 Embracing the Moon
57. 飛龍冲前 Flying Dragon Thrusts forward
58. 游龍入海 Swimming Dragon Dives to the Sea
59. 銀河冲天 Silver River Rises up to the Sky
60. 飛龍直冲 Flying Dragon Thrusts Out
61. 花豹上樹 Leopard Climbs up the Tree

62. 飛鷹伸翅 Flying Eagle Spreads Its Wings
63. 白鶴冲天 White Crane Flies up to the Sky
64. 撫鬚看掌 Stroke the Beard and Look at the Palm
65. 上山眺望 Climb Up the Hill to Look Out
66. 雙翼拍動 Flick the Wings
67. 懷中抱月 Embracing the Moon
68. 一定單鞭 Single Whip Position
69. 掌勾在中 Palm and Hook at the Centre of Chest
70. 一踢點頭 One Kick and Knock the Head
71. 走小三步 Three Small Steps
72. 一定單鞭 Single Whip Position
73. 地龍鑽地 Earth Dragon drills into the Earth
74. 龍飛九天 Flying Dragon Flies up the Ninth Heaven
75. 鐵腿破洞 Iron Leg breaks a Hole
76. 游龍出水 Swimming Dragon Comes Out of the Water
77. 橫拳護丹 Horizontal Fist to Protect the Dāntián
78. 鐵腿破洞 Iron Leg Breaks a Hole
79. 游龍出水 Swimming Dragon Comes Out of the Water
80. 金猴撥霧 Golden Monkey Pushes the Fog Away
81. 金猴轉身 Golden Monkey Turns Around
82. 飛鷹伸翅 Flying Eagle Spreads Its Wings
83. 白鶴冲天 White Crane Flies up to the Sky
84. 撫鬚看掌 Stroke the Beard and Look at the Palm
85. 上山眺望 Climb Up the Hill to Look Out
86. 雙翼拍動 Flick the Wings
87. 懷中抱月 Embracing the Moon
88. 一定單鞭 Single Whip Position
89. 掌勾在中 Palm and Hook at the Centre of Chest
90. 一踢點頭 One Kick and Knock the Head
91. 走小三步 Three Small Steps
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136. 一踢點頭 One Kick and Knock the Head
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139. 地龍鑽地 Earth Dragon Drills into the Earth
140. 龍飛九天 Flying Dragon Flies up the Ninth Heaven
141. 鐵腿破洞 Iron Leg Breaks a Hole
142. 游龍出水 Swimming Dragon Comes Out of the Water
143. 橫腰踢妖 Cover the Waist and Kick the Demon
144. 游龍出水 Swimming Dragon Comes Out of the Water
145. 金猴撥霧 Golden Monkey Pushes the Fog Away
146. 撥草尋蛇 Separate the Grass to Look for the Snake
147. 霸王開路 King opens the way
148. 最後一拳 Last Punch
149. 英雄回鄉 Hero goes Home
150. 金光四射 Golden Light shines all round
151. 迎接佛祖 Welcome the Buddha
152. 收氣入丹 Bring the Qi back to the Dāntián

