俊元拳 **Chun Yuen Quan's** 行手 **Xing Shou**

Xing Shou is one of the Chun Yuen Quan skills and it is a foundation for the Chun Yuen forms. Xing means "style", "element", or "gesture" and Shou means "hand". So Xing Shou means Style Hand. In the form we cover four hand gestures which are palm, fist, hook and fingers. The form also covers high and low positions as well as covering left and right, slow and fast ways to practise. But the most important thing is that Xing Shou trains our bones, muscles, joints and tendons in order to have good Qi and blood circulation which gives us good health. The main principles of all the Chun Yuen forms are good posture with body in line and hands and legs connecting together.

1. 俊元樁 Chun Yuen Stance
2. 上步提氣 Step Forward to Bring up the Qi
3. 太極一點 Taiji Circle and Mark the Spot
4. 青龍擺尾 Green Dragon Swings Its Tail
5. 金鷹展翅 Golden Eagle Spreads Its Wings
6. 偽踢貫耳 Fake Kick to Punch the Ears
7. 轉身鎖喉 Turn the Body to Lock the Neck
8. 青龍擺尾 Green Dragon Swings Its Tail
9. 白蛇吐信 White Snake Spits the Message
10. 孔雀開屏 Peacock Spreads Its Tail
11. 有備而戰 Fully Prepared to Fight
12. 泰山移步 Tai Shan Moves to the Side
13. 白鶴沖天 White Crane Flies up to the Sky
14. 後門緊閉 Close the Back Door Firmly
15. 銀河上流 Silver River Running Up to the Sky
16. 雷劈地裂 Thunder Hits and Cracks the Ground
17. 拳齊腳飛 Flying Punch and Kick Together
18. 白鶴待勢 White Crane Holds the Position
19. 飛踢戰敵 Fly up to Kick the Enemy
20. 鐵拳無敵 Invincible Iron Fists
21. 水火不通 Water and Fire Cannot Pass Through
22. 左右開弓 Open the Bow from Left and Right
23. 踢虎打虎 Kick and Beat the Tiger
24. 金蛇旋轉 Golden Snake Spinning
25. 左鉤右插 Left Hook and Right Stab
26. 大旋風轉 Big Tornado
27. 打虎降虎 Beat and Control the Tiger
28. 頂天立地 Hold up the Sky and Stand Firmly on the Earth
29. 蜻蜓點水 Dragonfly Drinks Water
30. 猿猴踢球 Monkey Kicks the Ball
31. 勁發丹田 Fajing from the Dantian
32. 有備而戰 Fully Prepared to Fight
33. 猛虎推山 Tiger Pushes the Mountain
34. 後蹚腿法 Backward Sweeping Kick on the Ground
35. 雙手頂天 Hold the Sky with Both Hands
36. 雙拍踢腿 Double Slaps with Kick
37. 飛踢戰敵 Fly to Kick the Enemy
38. 有備而戰 Fully Prepared to Fight
39. 迎接佛祖 Welcome the Buddha
40. 收氣入丹 Bring Qi back to the Dantian

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