



岳飛拳 Yuè Fēi Quán

Although Yuè Fēi Quán 岳飛拳 is one of Chun Yuen Quan's 武俊拳 skills, I did not learn this form from my Sīfú 師父, Wu Chun Yuen 武俊元. I learned it from his Kung Fu brother, my Sīsūk 師叔 (Younger Kung Fu Uncle). Sīfú and Sīsūk both learned the skill from my Sīgōng, Wang Ping 師公王平. Originally, the form did not have a name and the movements also had no names. I have given the name Yuè Fēi Quán to the form and created a name for each of the movements. I also rearranged the form and added some movements to make it smooth and balanced. Yuè Fēi 岳飛 was a great general from Chinese history (1103 to 1142) who served his country loyally and never lost a war although he was eventually executed by the corrupt government. This form takes his name and energy as its pattern. The form has lots of kicking and this is good because our legs can become weaker as we get older. My Sīsūk could jump and kick high even when he was over seventy years old. We can see that this skill makes the bone marrow strong and the body light and flexible. This will help us feel younger and rejuvenated.

1. 俊元站樁 Chun Yuen Stance
2. 上步提氣 Step forward to Bring Up the Qi
3. 大鵬飛天 Roc Flies up the Sky
4. 金剛開山 Jīngāng Opens the Mountain
5. 左開弓步 Pull the Bow to Open to the Left
6. 右開弓步 Pull the Bow to Open to the Right
7. 後用弓步 Pull the Bow to Open to the Back
8. 龍騰飛舞 Dragon Flies and Dances in the Sky
9. 岳軍守崗 Yue's Army on Guard
10. 拳腳連環 Punch and Kick Together
11. 大鵬落地 Roc Flies Down
12. 岳軍開路 Yue's Army Opens the Road
13. 拍掌出擊(右) Slap with Kick Strike (Right)
14. 拍掌出擊(左) Slap with Kick Strike (Left)
15. 直搗黃龍 Strike to the Yellow Dragon
16. 回馬標槍 Turn the Horse to Attack Backwards with the Spear
17. 一飛冲天 Fly up to the Sky
18. 岳飛馳馬 Yuè Fēi Rides a Horse to Run
19. 大龍擺尾 Big Dragon Swings its Tail
20. 小龍探地 Little Dragon Checks the Ground
21. 雷電交叉 Thunder Storm
22. 飛龍在天 Flying Dragon in the Sky
23. 斬敵拐馬 Chop the Enemy's Horse Leg
24. 雙槍擋敵 Block the Enemy with Two Spears
25. 分散敵軍 Separate the Enemy
26. 大旋風轉 Big Tornado
27. 長槍探敵 Long Spear Detects the Enemy
28. 虎尾蹬脚 Tiger Tail Kick
29. 岳飛勒馬 Yuè Fēi Stops His Horse
30. 乘風破浪 Surfing against the Wind
31. 左右拍腿 Slap the Left and Right Leg
32. 右擒拿手 Left Qíná
33. 左擒拿手 Right Qíná
34. 回身爆發 Turn Around and Explode
35. 上馬迎敵 Ride the Horse Against the Enemy
36. 一鼓作氣 Bring Up the Energy to Fight Again
37. 持槍立馬 Hold the Spear and Stop the Horse
38. 猛虎撲兔 Furious Tiger Catches the Rabbit
39. 回身掛捶 Turn Around with Back Fist
40. 退步鷹肘 Step Back to Strike with Eagle Elbow
41. 飛踢印掌 Jumping Kick and Palm Strike
42. 回身探路 Turn Around to Check the Way Out
43. 岳軍冲殺(右) Yue's Army Fights Ahead (Right)
44. 岳軍冲殺(左) Yue's Army Fights Ahead (Left)
45. 快馬冲殺 Fight with Fast Horse
46. 回身掛捶 Turn Around with Back Fist
47. 萬馬奔騰 Ten Thousand Horses Running
48. 槍打四方 Spear Shoots Four Directions
49. 三拍探地 Slap the Legs Three Times and Check the Ground
50. 有備而戰 Prepare to Fight
51. 迎接佛祖 Welcome the Buddha
52. 收氣入丹 Bring Qi Back to the Dāntián