

Jī Bù (Chicken Step)

1. *Qīn Pū Zhàn* (Encroaching, pouncing stance):

- Start by standing straight with the left shoulder facing forward (i.e., “north” down the intended path) and arms hanging loose at the sides.
- While stepping back one step, rotate the left hand CW across the face down the front of the body to the top inside of the left thigh so that the left elbow points forwards. At the same time, raise the right hand to the front of the right hip so that the right elbow points backwards.
- The left elbow should be in line with the nose, left knee, and left foot. The legs should be straight with the toes of the left foot raised at the heel and the right foot at a 45° angle (pointing “northeast”) to the left foot.
- Keep the head high, and look down the nose.

2. Start: Take a big step with LLF and immediately:

- Crouch deeply with upper left leg nearly parallel to the ground and right knee touching the calf of the left leg.
- Move the right hand down the front of the body to the left hip and move the left hand up to the front of the face with bottom edge of the palm pointing forward.
- The left knee, left hand, and nose are in a line facing forward. The right shoulder is facing forward.
- Pause briefly before taking the next step.

3. While stepping with RLF with the body in a low posture, the left hand is moved down to left hip and right arm is moved to the front of the body with elbow leading and the right forearm hanging downwards. The right wrist is loose. The shoulders and hips are in align with the direction of travel as much as possible.

4. Begin walking while crouching low and using big steps. The shoulders are relaxed with the right forward shoulder lower than the back left shoulder by leaning slightly forward.

5. First turn: when the right foot is forward, move the left hand down along the body to the right hip and then hang it out in front with the left elbow leading, while turning left to the “south.” At the same time, the right hand is pulled to the right hip.

6. Second turn:

- *Dà pī* (Big chop): Just before turning, make a big step with the LLF, drop the left arm down to the left side of the body and raise the right arm above the head (but not straight up). While dropping down into a *jī bù* crouch, chop the open right hand down to outside the left leg and chop the left hand up to the right side of face near the ear. Chopping hands cross near each other with palms facing towards one another.
- *Tiǎo lǐng* (Raise neck): Raising the body only slightly, pivot to the right on both feet to fully face “south,” step with the RLF into *gōngbù*, raise a straight right arm

and fistful right hand in an upward strike from outside the left leg to directly in front of the body to head height. At the same time, the left hand comes down in front of the body in a grabbing/raking movement with fingers partially curled; the hand stops in front of the crotch.

7. Finish:

- *Yīng zhuō bǎ* (Eagle catching grasp): Step the right leg back one step, crouch deeply, pull back the right arm up along the left shoulder to the left side of the face while drawing the left hand beside the right elbow. Move the right hand to the front of the face with the left hand still near right elbow with palm facing the chest. While standing quickly with both legs straight, turn both palms outward while snapping the open hands up and out to about forehead height, with the left hand behind the right and higher. The left foot is in front of the body with toes raised at the heel, and the body is turned so that the left shoulder is slightly forward. Pause.
 - *Yīng zhuō bǎ* continued: While stepping LLF into a wide *gōngbù*, the right hand extends upward and outward as left hand drops temporarily to inside the right elbow. In a downwards pulling movement with both hands, the hands are extended outward, with the left going over the right. The left shoulder leads the downward movement. Close the fingers of both hands in a grab at end of the pull. The upper body drops low (e.g., the left fist drops to below the left calf), but the dropping head continues to look straight ahead (not downwards). The left arm drops between legs and right arm drops to beside the right hip. The upper body is partly raised immediately so that the left hand is near left knee; right hand stays near the right hip. Use forward moving “hip power” to pull back up. During the downward pull, the left leg is in *gōngbù* with lower left leg vertical, but during the pull back up the lower left leg is pushed slightly forward at the knee (so that it is no longer vertical)---this action occurs at the same time that the buttocks rock forward and upper body straightens (though still tilted forward).
 - *Fàng bǎ* (Releasing grasp): Step with LLF again into wide *gōngbù* and open both hands in a forward releasing movement on the inside of the left thigh. Palms are facing the ground. The release is a forceful push downwards and forwards using power from the hips.
 - *Tuī bǎ* (Pushing grasp): Without stepping, crouch back on the right leg, raise left leg slightly, pull right hand to right hip and left hand inside the raised left knee. Step with LLF in *gōngbù* and push straight ahead with right palm facing forward. The right arm is fully extended but partially pulled back immediately. In a counterbalancing action, the left hand is drawn forcefully back under the right upper arm with fingers spread. Use waist power during the push.
8. *Tā bǎ* (Collapsing grasp): While stepping backwards (south) with the right leg, move the open left hand (with partially curled fingers) over the right forearm and right hand (also with partially curled fingers) directly in front of the body chest high. As the left foot is raised on the heel and dragged backwards a short distance, the left hand is dropped to the front of the left thigh and right hand is dropped to above the crotch against the lower stomach. Both legs are straight, and palms face downwards.

Notes:

- *Jī bù* is the foundation form of *xīn yì*.
- *Tiǎo lǐng* is good for developing snapping power because of the counterbalancing movements of the arms. Exhale when striking.
- Use waist power for all strikes, pushes, and grabs.
- Keep the “door closed” when not in transition from one action to another. Keep the forward shoulder lower than the back shoulder.
- Keep elbows close to the body when the arms are not extended for a strike, grab, etc.
- Crouch low during *jī bù* walking, with big steps and with the forward hand near the forward knee.
- Make all turns quickly.

Application (*yòngfǎ*):

- To apply this form from the walking posture, the user pops strongly into *gōngbù*, grabs the opponent’s crotch with the forward hand, rotates the forearm to block a punch, or swings the arm in towards his body and then outwards to either a slap or punch the opponent’s face with the back of the hand. The hand on the hip can punch, grab, or push straight ahead with a step forward of either leg.
- The first part of *yīng zhuō bǎ* is a snapping push to the opponent’s chin.
- *Tiǎo lǐng* is an upward punch to the opponent’s chin and a downwards rake of the face and body or a downward grab of clothes and skin.
- During the downwards pull of *yīng zhuō bǎ*, the top of the user’s head can hit the opponent’s head, which is why the user should always look forward during this action.
- During *tuī bǎ*, step on the opponent’s forward foot with your forward foot so that he will stumble after being pushed.
- *Fàng bǎ* can be used to grab the opponent’s crotch with one hand and clothes just above with the other. He can then be tripped over your forward leg, which should be behind his legs.
- *Tā bǎ* can be used to rake down the front of the opponent’s body and then to punch him in the crotch with the tops of both fists side-by-side while stepping with a small step of the forward leg or a big step with the hind leg.