

Mǎ Xíng Chōng Quán (Horse Form Rushing Fist)

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

- Start by standing straight with left shoulder facing forward (i.e., “north” down the intended path) and arms hanging loose at the sides of the body.
- While stepping back one step, rotate the left hand CW across the face and down the front of the body to the top inside of 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 left foot in front with toes raised and right foot at a 45° angle (pointing “northeast”) to left foot.
- Keep the head high, and look down the nose.

2. Start:

- Raise both hands in “bear claws” (i.e., fingers curled to about a third closed) up the right front side of the body to face high and grab downwards while stepping with LLF into *jī bù* (i.e., deep crouch with left leg nearly parallel to the ground and right knee nearly touching left calf). The right hand moves to outside of left knee and the left hand is ten to fifteen centimeters behind the right alongside the left upper leg. The right shoulder points north. In a continuous movement, pull the hands backwards alongside the upper left leg; and when the hind (left) hand is beside the left hip, turn both hands over into fists up against the body.
- While stepping into *gōngbù* with RLF, pull both fists up to the front of the stomach (using power from the waist) and punch upwards and outwards with both arms upside down and side by side (but not touching along the full length of forearms). The elbow of left arm is against the front left side of the body. The right fist strikes chin high, and the left fist is five to ten centimeters behind the right wrist. The force of the punch drags the hind leg forward.

3. While stepping with RLF into low crouch, the hands are opened and turned downward. The left hand moves over the top of the right hand and past it down towards the right knee. The left hand moves along outside the right thigh in front of the right hand. As both hands move up along the outside of the right thigh, they are closed and turned over as fists. The left shoulder points north. While stepping with LLF into *gōngbù*, the fists are pulled in front of the stomach and then punched upwards and outwards.

4. First turn: With RLF in *gōngbù*, turn left to face south while raising hands in bear claws across the front of the body about face high, and step with LLF into deep crouch. While stepping with RLF into *gōngbù*, pull fists up to front of stomach, and punch forward.

5. Second turn and finish:

- Turn as above.

- *Tā bǎ* (Collapsing strike): 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:

- The front shoulder should move forward as the hands are pulled down during the crouch and is lower than the back shoulder.
- The strike can be made from a high *jī bù* stance as well as a *gōngbù* stance.
- Don't punch too far in front or too high. Forearms and upper arms are at slightly less than a 90° angle at end of punch.

Sample applications:

- In fighting, the top fist hits the opponent's jaw and bottom fist hits his upper chest. [But practice with the forearms close together.]
- If the opponent grabs both arms after the double punch, turn them inwards (knuckles to knuckles) and then outwards while kneeing him in the crotch.
- If the opponent grabs your top punching arm during a strike, turn your arm inward, down, and outward as the other fist is turned over and punches his throat.