

## *Dān Bǎ* (Single Grasp)

### 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:

- Drop both arms to the sides of the body while stooping slightly with sinking chest and turning the front of the body from facing east to facing north.
- While stepping with LLF, swing both arms with open hands forward and upwards. As the arms are raised, the left hand is placed behind the right hand with the thumb and index finger of the left overlapping the back of the right hand.
- While stepping with RLF, draw both hands to the right side of the face, with left hand still behind the right hand and both slightly curved and open. The elbows are close to body, but the upper body twists to right as the hands are raised together. At the end of the step, strike forward at chest height with the palm of the right hand while straightening the right leg and dragging the straight left leg behind with the force of the strike. The arms are not fully extended during the strike.

### 3. Step with RLF, drop arms to the sides, and sink chest. Take a full step with LLF and raise the hands to right side of face. While stepping with RLF, strike forward with the hands from beside the face to chest height.

### 4. First turn: *hǔ guān shān* (tiger observes the mountain) or *qīn pū zhàn*:

- *Hǔ guān shān*:
  - Raise the arms in cross in front of chest with the right arm outside of the left. Sink the body slightly downwards.
  - Turn to the left so that the left leg and eyes are facing south but the upper body is facing east with the arms still crossed.
  - While stepping with LLF into *gōngbù*, snap the arms out (*rèn jìn*), with the left arm about a third of a meter in front of the body and right arm about the same distance behind; the bottoms of the hands face forward down the path or back down the path and the fingers point downwards. The hands are “hooked” slightly in towards the body.

- *Qīn pū zhàn*:
    - Turn the body to face east but the head and left leg face to the south.
    - Raise the toes of left foot from heel.
    - Rotate the left hand CW across the front of the body to the inner left thigh so that the left elbow points forward and move the right hand to the right hip so that the right elbow points backwards.
5. Second turn: *hǔ guān shān* or *qīn pū zhàn*.
6. Finish:
- Perform the *dān bǎ* strike while yelling “eee” for a second or two.
  - *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 left upper leg and the right hand is dropped to above the crotch against the lower stomach. Both legs are straight, and palms face downwards.

Notes:

- Although this form appears simple, generating power from straightening the legs, untwisting the waist, uncoiling the back, extending the arms, and snapping the bottom of the wrist forward all at the moment of impact is not.
- The yell at the finish sounds more like “uh” (or rather “è” the Mandarin word for “hungry”!) than a long “e”. The air for the sound comes from deep in the thorax.
- The “strike” can be a (1) palm strike, (2) punch with fist of right hand, (3) push, or (4) grab.
- During the stoop while dropping the arms at the sides, sink the body downwards without bending over.
- This is a bear form, which means that the head should be kept high.
- During turns, keep legs apart for stability.
- For practice, add a low kick straight kick with the front of foot in which the heel of the right foot hits the ground (*guā dì fēng*) before the palm strike. The kick is to the opponent’s lower shin.
- Keep elbows near the body to protect the chest.
- Stay relaxed at all times except during the strike; relax immediately afterwards.
- Strike should be “*dǒu jìn*,” that is, shaking power.
- Take big steps.

- The shoulders are not rotated except as consequence of the up and down movement of the body: the right shoulder is relatively high when the hands are pulled back towards the ear, and then drops during the strike.
- Strike with the bottom of right palm; the left hand is for support and additional power.

Sample applications:

- The raising arms can:
  - block the opponent's arms out of the way before striking his chest
  - hit the opponent's chin with back of the wrists at same time as kicking
  - strike the opponent's crotch if close enough
- If you miss the opponent with the strike, step with the LLF and strike with left elbow to the chest.
- After blocking the opponent's arms with your raising arms, grab his clothes at chest height, twist them upwards to hit his chin with your grabbing fists, and knee him in the crotch.
- If using *dān bǎ* to push, step with LLF and punch the opponent quickly with left fist as he falls backwards.
- At close range, kick with *guā dì fēng*; at a distance, kick with the whole leg
- If using *dān bǎ* to grab the opponent, grab, release, and then make a short jab to the throat with fingers of right hand. You can then push him over, with your left or right leg behind his opposite leg.