

Shé Tǔ Xìn (Snake Spitting Tongue)

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: While stepping back one step with the right leg into a deep crouch:

- Move the right hand to the right side of face in “snake shape” (i.e., fingers straight, flat and together; thumb alongside index finger). Fingers are pointing forward, and right elbow is against the body.
- Move the left hand in a snake shape with back of fingers against the right elbow. Left elbow is against the body.
- Raise the left foot at the heel.

3. Right hand striking sequence:

- Step with LLF and withdraw hands to the front of the chest with palms facing the chest; body is still in a partial crouch.
- While stepping with RLF into *gōngbù*, strike the right hand at throat height with the palm facing upwards and arm fully extended (very briefly). During the strike, the right shoulder is extended forward but pulled back immediately.
- Quickly withdraw the right hand with palm downwards to the front of the right ear as the body drops down (without stepping) from *gōngbù* into a high *jī bù* posture, with feet flat on the ground and body weight evenly distributed to both legs. Withdraw the left hand to the right elbow. Shoulders are square to direction of travel. Elbows are close to the body.

4. Left hand striking sequence:

- While stepping with the RLF again, pull both hands into upper chest with palms facing down and outwards (not towards the chest).
- Immediately step with LLF into *gōngbù*. Left hand goes over the right forearm as it strikes at throat height with the palm facing downwards.
- Pull back the left hand quickly to the front of the left ear (with the right hand near the left elbow) while crouching into high *jī bù*.

5. Repeat the two sequences in order, beginning with a step of LLF and turning palms towards chest, and so on.
6. Turn: With RLF, right hand in front of the right ear, and body in high crouch, turn to the left 180° and take a big step of left leg to the ‘south’ while making a horizontal sweeping (cutting) strike with the nearly fully extended left arm. The left hand goes over the right hand, which is pulled near the left elbow during the sweep. As the body immediately drops into a high crouch with LLF, the left hand is pulled to near the left ear.
7. Finish:
 - Turn to the “north.” Step again with LLF while pulling hands towards chest with palms facing the chest. Step with RLF into *gōngbù* and strike right hand with palm up. Immediately pull the right hand to the right side of face with palm downwards while crouching in high *jī bù*.
 - While stepping the right leg back one step into a low crouch, strike quickly with the left hand (palm downwards) and pull it back immediately to the left side of the face.
 - *Tā bǎ* (Collapsing grasp): Rise while stepping backwards again with the right leg, move the open left hand (with partially curled fingers) over the 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:

- Sink the body before striking, and use waist movement during the strike.
- During the strike, the non-striking hand is near the elbow of the striking arm.
- Practice fast (so that the opponent can’t grab your striking arm).
- Practice with big steps.
- During the turn, loose fingers can rake across the opponent’s eyes from right to left for a foot or so and then from left to right, with striking arm not fully extended.

Applications:

- This is a potentially lethal form because the primary application is a finger jab to the throat.
- When the palm is facing upwards:
 - dig your index and middle fingers up into the lower jaw on either side of the throat; or
 - rake up the opponent’s body and jab his throat.

- When the palm is facing downwards:
 - dig your index finger between the collarbones; or
 - dig all your fingers behind one collarbone.