

## *Xiǎo Tā Bǎ* (Little Collapsing 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:

- Raise both hands up along the right front of the body to the chin with the backs of the fingers touching. As the hands move up, suck in the stomach, sink the upper body, and breathe in. While stepping with LLF to the northwest in *jī bù* (i.e., deep crouch with the left leg nearly parallel to the ground and right knee nearly touching left calf), roll the hands over in front of the body with palms upwards, and twist the upper body so that the right shoulder points north. Keep elbows close to the body and hands relaxed.
- The forearms are “collapsed” to the left thigh, with the right wrist on top of the left knee and left arm alongside the left thigh. As the forearms are moved downwards, breathe out.

### 3. While rising in a slightly higher crouch, cross the path to the northeast with the LLF and begin drawing both hands (back to back) up to the chin along the left front of the body, breathe in, and suck in stomach. While stepping with RLF to northeast, collapse the left forearm across and right forearm alongside the right thigh while crouching deeply, breathing out, and twisting waist. The left shoulder faces north.

### 4. Turn: From the left side of path (for example), rise to a high crouch, turn the body to the right, take a big step with RLF to southwest, and collapse the forearms to right thigh while crouching.

### 5. Continue crossing path from one side to the other.

### 6. Finish:

- Turn as above.
- From crouched position facing northeast with RLF, step into *gōngbù* with LLF facing north, and push straight ahead with right hand nearly fully extended and left open hand behind right upper arm.
- *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 right hand is dropped to above the crotch against the lower stomach. Both legs are straight, and palms face downwards.

Notes:

- Perform *xiǎo tā bǎ* slowly, softly, deeply (i.e., crouch very low), and with low shoulders.
- *Xiǎo tā bǎ* can be practiced in place, criss-crossing a path, or in a circle.
- Keep the elbows against the body at the end of the collapse.
- Use the waist with the arms during the collapse.
- At the bottom of the collapse, the hands are ten to fifteen centimeters apart.
- Extending the hands is a big rounding, rolling action.
- Don't raise the shoulders when raising the hands; rather the shoulders should sink. And at the end of the collapse, the front shoulder should be lower than the back shoulder.
- Don't stand fully upright while crossing the path.
- *Xiǎo tā bǎ* can be practiced with many other *xīn yì* forms (e.g., *dān bǎ* and *xiǎo tā bǎ*) because the collapsing movement of *xiǎo tā bǎ* is primarily a transition movement to a more forceful movement. For example, step to left side of the opponent with LLF, collapse both of his arms to your left, step with RLF and
  - strike with both fists in *mǎ xíng chōng quán*
  - punch or grab with your left hand
  - elbow with right elbow
  - push him away with both hands (*shuāng bǎ*)