

Two Person Fighting Set Details—Introduction and Section 1

When practicing or observing this form pay attention to:

Differences between Taiji combat and combat in other martial arts.

Applications of the Taiji postures, both obvious and hidden.

Qi Na techniques and counters.

Use of sticking and adhering.

Movements of the minor side.

Think about how the form can illustrate the principles of the Taiji classics.

If your (opponent's) opposite side is hard, change your own side to make it soft. This is called following. If your opponent is moving and you adhere to him while following in the same direction, it is called sticking. Then you are attached to your opponent: When he moves faster, you also move faster; when he moves slower, you move slower, thereby matching his movement.

When he moves forward, he should feel that he cannot reach you, and when he retreats, he should feel that he has nowhere to escape to.

Look into the technique of using four ounces of energy to control the force of a thousand pounds. Such techniques as these do not depend on brute force to overcome. (Treatise by Master Wong Chung-yua circa 1600 CE)

When you move in and out, your entire body acts like an accordion, folding and unfolding. When you move forward and backward, your stance changes in a varied, dynamic manner. (Treatise by Master Wu Yu-hsiang 1812-1880).

General Points:

This application is the essence of the entire art of Taijiquan. It used to be considered top secret because it revealed many Taijiquan fighting techniques.

Purposes of the Fighting Set.

- Cultivate the ability to sense and maintain the most advantageous distance between you and your opponent.
- Cultivate the ability to change the angle of attack or defense to your advantage. Taijiquan techniques are round and circular, not linear. Correspondingly, Taijiquan fighting is not straight linear. Many of the Taijiquan techniques rely on changing angles or attack or defense.
- Cultivate the ability to maintain root and balance, restore your root and balance when you are under attack, and to disrupt your opponent's root and balance to facilitate your own movements.
- Cultivate a sense of enemy, which is also important when performing the Taijiquan solo form.
- Cultivate the ability to manifest power like a whip and to neutralize attacks using softness.
- To train the ability to maintain a sense of root and balance while stepping.

Practice procedures:

- Practice the form slowly until you are fully acquainted with all the movements.
- Add speed and intent only as you are able to maintain the integrity of the form and preserve your posture, root, stances, and whole body coordination.
- Practice the foot and leg trapping. They are important parts of the form.
- Once you make contact, stick to your opponent. He should have at least one hand in contact with your opponent throughout the form.

Bow in Form: Partners stand facing each other about four normal steps apart. Then bow.

1. Step Forward for Punch (Black: take two long steps forward and punch towards White's solar plexus. Step left foot first. Feint a finger strike with your left hand. Sweep the hand from inside up to block the opponent's vision. Step right foot forward while chambering and hiding your right fist by your right hip, then punch for solar plexus.

2. Raise Hands to the Up Posture (White: Sit back to right xu bu. Raise both hands to intercept and stick to Black's punch with your right hand leading it up and to the right. This is an application of Lift Hands used as a block. White is set up to kick, but he does not get to kick because Black follows up with pluck as soon as he realizes his punch is blocked.

3. **Step Forward, Intercept, and Punch.** (Black: pluck White's right hand to prevent him from kicking. White will pull back to square up to prevent being unbalanced by the pluck. Black will then attempt to follow and execute Low Outward Wrist Press and step left foot behind White's right foot to trap. When White coils out to neutralize the pluck, step your right foot forward as you chamber your right fist and punch into White's chest.

4. **Shift Back, Deflect, and Punch.** (White: yin coil your right hand out of Black's attempt to execute Low Outward Wrist Press and block his left hand down. Step out of the trap by moving your right foot to center and then back. Turn your body left and shift to weight back. At the same time, your left hand sticks to Black's punch and lifts it up and to your left. Black's left hand should not be able to reach you at this point. Remove your right hand, chamber it at your waist, and punch Black's chest as you shift your weight forward and seal Black's right arm back to unbalance him.

5. **Pluck, Step Forward and Left Shoulder Stroke** (Black: sit back and twist body to the right as your left hand plucks White's arm just above the elbow and leads the punch up and to the right to disrupt White's root. At the same time, step your left foot forward behind White's right foot. When White tries to preserve his root by pulling back, follow, fold your left arm and strike White's chest with your left elbow. *Position your right arm to control White's right arm.*

6. **Strike the Tiger (Right)** (White: Sit back to yield as your left hand controls Black's elbow and plucks it to the left to disrupt his center. At the same time, peng into Black's chest to disrupt his root. Chamber your right fist and chamber your right leg for a front kick, but instead of kicking, step your right foot behind Black's left foot as your right fist strikes Black's temple.

7. **White Crane Spreads Wings and Left Elbow Stroke** (Black: Sit back and twist your body to the left to take away the target and to peng your left arm into White's face while your right hand frees your left elbow from White's pluck, then stick to White's left wrist and pluck it out. Your left forearm intercepts White's punch and deflects it up and to the left. Then twist your body to the right again and strike White's chest with your left elbow as you shift your weight forward. *You cannot safely abandon the stick to White's right hand unless you pluck his left hand to disrupt his root.*

8. **Push to the Left and Right Elbow Stroke.** (White: Sit back while sliding your right palm down Black's left upper arm to his elbow. Push on Black's left elbow to balance yourself against his pluck. Yin coil your left hand out of the pluck. Lead Black's left elbow to the left, and then push it up. As you push Black's elbow up, fold your right arm to strike with elbow under Black's armpit while shifting your weight forward.

9. **Withdraw the Step and Strike the Tiger (Left).** (Black: Your right palm intercepts and controls White's elbow, leading it to the right while you sit back and twist your body to the left. Raise your left leg to evade White's trap. Your left foot steps to the outside of

White's right foot. Shift your weight forward while striking White's temple with your left fist.

10. White Crane Spreads Wings and Right Backfist. (White: your left hand frees your right elbow from Black's control. Sit back and intercept Black's strike with your right forearm. While plucking Black's right wrist outward with your left hand, strike downward with right backfist into Black's face as you shift weight forward.)

11. Switch Stance and High Pat on Horse (or Raise Hands to the Up Posture). (Black: Sit back into xu bu while your left hand sticks to White's backfist and leads it down and you coil out of White's pluck. Step your **right** foot outside and behind White's right foot as you shift forward and file White's neck with your right hand. Keep your left hand in position to control White's right elbow.

12. Control Elbow and Shoulder and Push (White: Twist your body to the right and lift your right arm to intercept and redirect Black's attack. Step your left foot to the side to turn your body 90 degrees. Stick to Black's elbow with your right hand and seal his shoulder with your left hand. Then shift your weight forward into front stance and **push** with both hands. Your movement is like Fan Back.

13. White Crane Spreads Wings, Right Backfist (Black: You will be able to do very little until you remove White's control of your shoulder and elbow. Yield by sitting back while your left hand pushes Black's right hand out to remove his control of your elbow. Fold your right arm and twist your body to the right to neutralize White's left hand push on your shoulder. Unfold your right arm to use your right backfist to strike down into White's face. The twist of the body and the backfist should be one motion.

14. Intercept and Punch #1 (White: Sit back while your left arm sticks to Black's right upper arm, coils under it, and lifts it to lead his strike up and to the left. At the same time chamber your right fist and straight punch Black's chest as you shift your weight forward.)

15. Intercept and Punch #2. (Black: Sit back and while your left forearm intercepts White's punch, sticks, and leads it up and to the left. Chamber your right fist and then punch White's temple with Strike Tiger.)

16. Wave Hands Like Clouds and Part the Horse's Mane Left. (White: Scoop your right hand down and up to intercept Black's punch, stick, and pluck Black's wrist. Turn your body to the right, step your left leg forward to place your knee behind Black's right knee while your left arm seals Black's elbow and then slides into his right armpit to throw him.)

17. Strike the Tiger (Black: Your left hand intercepts White's elbow, sticks, and plucks it to the left while your right arm pings into his throat. The pluck and the ping

balance each other. Then pull your right arm back and use it to punch under Black's armpit. Stick to Black's elbow.)

18. **Turn the Body, Withdraw the Step and Rollback** (White: Turn your body to the left as your left arm pings and lifts up and to the left then coils to pluck Black's left wrist. Change steps and roll back #1 Black's left arm.)

19. **Step Forward and Press** (Black: Drop your left elbow to prevent White from locking it and ping your left arm into White's face to disrupt his center. Then step your right foot next to your left foot and immediately step your left foot deeply into White's open door while pressing his chest with your left arm.

20. **Turn the Body and Press** (White: Pull the root of Black's press by turning your body to the left and bumping his left shoulder and upper arm with your right shoulder. Circle your right arm under Black's press and up to coil around and capture his right wrist. Step your right foot back to roll back Black's right arm. When Black neutralizes the roll back by dropping his right elbow, follow and execute left press through his right upper arm.)

21. **Double Dividing and Heel Kick** (Black: Step your right foot back and sit back while separating White's arms, coiling over them and sealing them down. Then kick White's groin with your right foot.)

22. **Punch the Groin** (White: Sit back and twist your body to the right while your left hand pushes Black's right hand to the side then down and then circles down and out to deflect his kick. Then step your right foot forward and punch his groin.)