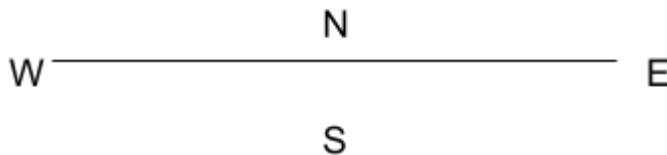




Hsing-I Chuan
Metal (Splitting Fist—Pi Chuan)
Last Modified: 4/8/23



1. Start facing N with hands at your side and feet together.
2. Inhale. Circle the open hands out and up. Turn the left foot out to the 45-degree angle.
3. Exhale. Bring the open hands down, palms toward the floor. Slightly bend the knees.
4. Inhale. Circle the open hands out and up. Straighten your legs.
5. Exhale. Bring the hands down as you form them into fists. Slightly bend the knees.
6. Gaze W. Turn your body and raise your arms together facing W, with the left fist resting on the right forearm.
7. Pushing off your right foot, step with your left foot forward facing W. Simultaneously, open the hands and slide the left hand up the right forearm. Turn the hands so the left palm is facing out at about chest level, and the right palm is facing down with the right thumb facing in toward the pubic bone. This is Santi position.
8. Step forward with the right foot and pull your hands back to your waist on the right side, palms facing up.
9. Step forward with the left foot and shoot your fists out with the right fist on the left forearm.
10. Step forward with the right foot into Santi position with the right hand high, left hand low.
11. Step forward with the left foot and pull your hands back to your waist on the left side, palms facing up.
12. Step forward with the right foot and shoot your fists out with the left fist on the right forearm.
13. Step forward with the left foot into Santi position with the left hand high, right hand low.
14. Step forward with the right foot and pull your hands back to your waist on the right side, palms facing up.
15. Step forward with the left foot and shoot your fists out with the right fist on the left forearm.
16. Step forward with the right foot into Santi position with the right hand high, left hand low.
17. Turn your right foot toward your left foot, bending your knees inward toward each other. Gaze E. Turn your body and raise your arms together, with the left fist resting on the right forearm.
18. *Repeat steps 7-16 facing E instead of W.*
19. From Santi facing W, step the left foot back to the right foot as you circle the open hands out and up. Bring the hands down as you form them into fists. Slightly bend the knees.
20. Inhale. Circle the open hands out and up. Straighten your legs.
21. Exhale. Bring the open hands down, palms toward the floor, slightly bending your knees.
22. Rest your hands on your legs and straighten your legs to close.