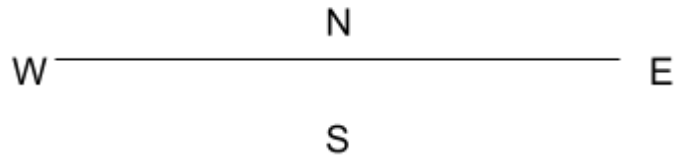




Hsing-I Chuan
Water Element (Drilling Fist—Tsuan
Chuan)
Last Modified: 9/27/23



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 toward W and execute a left fist under right elbow. Simultaneously, the right hand strikes with an uppercut to chin level.
9. Turn the hips slightly to your left and down as you open the right hand with a flat palm facing the sky.
10. Spring up and to the right, with your right hand slightly outside your shoulder. This move is also known as “throwing the rice.”
11. Step forward toward W with the left foot and execute a right fist under left elbow. Simultaneously, the left hand strikes with an uppercut to chin level.
12. Turn the hips slightly to your right and down as you open the left hand with a flat palm facing the sky.
13. Spring up and to the left, with your left hand slightly outside your shoulder.
14. Step forward toward W with the right foot and execute a left fist under right elbow. Simultaneously, the right hand strikes with an uppercut to chin level.
15. Turn the hips slightly to your left and down as you open the right hand with a flat palm facing the sky.
16. Spring up and to the right, with your right hand slightly outside your shoulder.
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 facing E, with the left fist resting on the right forearm.
18. *Repeat steps 8-16, facing E instead of W.*
19. *Repeat step 17, gazing W.*
20. 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.
21. Inhale. Circle the open hands out and up. Straighten your legs.
22. Exhale. Bring the open hands down, palms toward the floor, slightly bending your knees.
23. Rest your hands on your legs and straighten your legs to close.