



Hsing-I Chuan
Fire Element (Pounding Fist—Pao
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. Facing N, step slightly off-center with your left foot and pivot your feet and hips to face NW. Bring your fists to your left hip.
9. Facing NW, explode into a right front stance with your right arm above your forehead at an angle, and your left hand at about chest level.
10. Look toward SW, and pivot your feet and hips to face SW. Bring your fists to your right hip.
11. Facing SW, explode into a left front stance with your left arm above your forehead at an angle, and your right hand at about chest level.
12. Look toward NW, and pivot your feet and hips to face NW. Bring your fists to your left hip.
13. Facing NW, explode into a right front stance with your right arm above your forehead at an angle, and your left hand at about chest level.
14. *Repeat steps 9-13 as many times as you'd like. You should end on an odd number so you finish in a right front stance.*
15. 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.
16. *Repeat steps 9-13 facing E (instead of W), SE (instead of NE), and NW (instead of SW).*
17. *Repeat step 17, gazing W.*
18. 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.
19. Inhale. Circle the open hands out and up. Straighten your legs.
20. Exhale. Bring the open hands down, palms toward the floor, slightly bending your knees.
21. Rest your hands on your legs and straighten your legs to close.