



**Wang Shu Jin's
Xing Yi Quan
"Muscle Tendon Change"
Training.**

Part 1 of 3

Cover Page - Grandmaster Wang Shujin (1904 to 1981)
demonstrates the sitting Qi Gong. 1977, Taizhong, Taiwan.

This publication is dedicated to the memory of my grandfather-teacher,
Wang Shujin.

An honorable mention for my disciples and contributing editors:
Mr. Mario Borg of Malta, Europe,
and Mr. James Herbert Llewellyn of Alberta, Canada.



Photograph above - scanned from a magazine article shows the author training the Xing Yi Quan (form of mind fist) “Tendon Muscle Changes” in Taizhong, Taiwan.

Medical Disclaimer

Kindly be aware that the author, and all associates, of this instructional article are **NOT RESPONSIBLE** for any injury that may result from practicing the techniques and/or following the instructions, advice, methods in this publication. Martial arts practice can be dangerous to you and / or others, if not trained safely. You should therefore, always consult with a qualified, martial arts instructor, prior to practicing any of these techniques and receive instruction as to proper methods of training. As the physical activities described may be too strenuous for some individuals, it is essential and important that you consult with a qualified medical physician prior to training these methods.

Introduction

This school teaches the Xing Yi Quan (XYQ) of Wang Shujin (WSJ). This is called the Zhongnan system and is named after the mountain range in China. However, what it is called is of little importance. Practice, analyzing, and interpretation is what is important. This XYQ is known as the “direct action” method. Thus there is little movement before striking. The defensive actions are simply to move and attack. As animals defend themselves by possibly evasion and then moving in quickly and decisively, to incapacitate the enemy as effectively as possible: this tactic is used in this school. To an observer, the attacking techniques may appear savage and brutal. However, combat is not what anyone wants. Thus, this method is only a last resort.

The trainee interacts, and becomes sensitive to the effects of nature. This refers to the nature of force, gravity, rotational dynamics, elimination of body tension, breathing, and balance. Furthermore articulations, limb movements, strengths and weaknesses of the human anatomical body are taken into account. Many instances of evading slips, falls, attacks, and prevention of bodily damage have been experienced by the author. This is undoubtedly because of the practice of the neijia learned from my teachers.

There are probably thousands of different methods of training the XYQ. It is then apparent that the instruction in these schools would differ from what is written on these pages. An individual should be open and unbiased before reaching a conclusion as to the value of each instructor’s teachings. I welcome comments, criticism, and / or accolades on the value of these PDF articles. The articles are abridged from a book detailing the fundamentals of Wang Shujin’s XYQ. Correspondence can sent to:

brunoeppenhof@gmail.com.....

Wang Shujin in writing an outline of his history indicated his XYQ teachers were Zhang Zhao Dong (ZZD) and Wang Xiang Zhai (WXZ). History is interesting but does not convey the principles, techniques, the applications which students can interpret and more importantly, train. Training is of utmost importance. Everything else is “window dressing”.



Fig # 1

Fig 1 - The side view of the sitting Qi Gong. This is covered with greater detail and directions in the book :Wang Shujin's Xing Yi Quan "The Fundamentals".

GLOSSARY

BGZ -	Ba Gua Zhang.
CPL -	Chen Pan Ling.
COG -	Center of gravity.
FE -	Five elements of XYQ (Pi, Tsuan, Beng, Pao, Heng).
IBES -	Internally bound, externally stretched.
STPQ -	San Ti Pi Quan.
SQG -	Sitting Qi Gong.
TJQ -	Tai Ji Quan.
TMC -	Tendon Muscles Changes.
TS -	Triangle Stance (70/30 weighting).
WSJ -	Wang Shujin.
WXZ -	Wang Xiang Zhai.
XYQ -	Xing Yi Quan.
ZZD -	Zhang Zhao Dong.

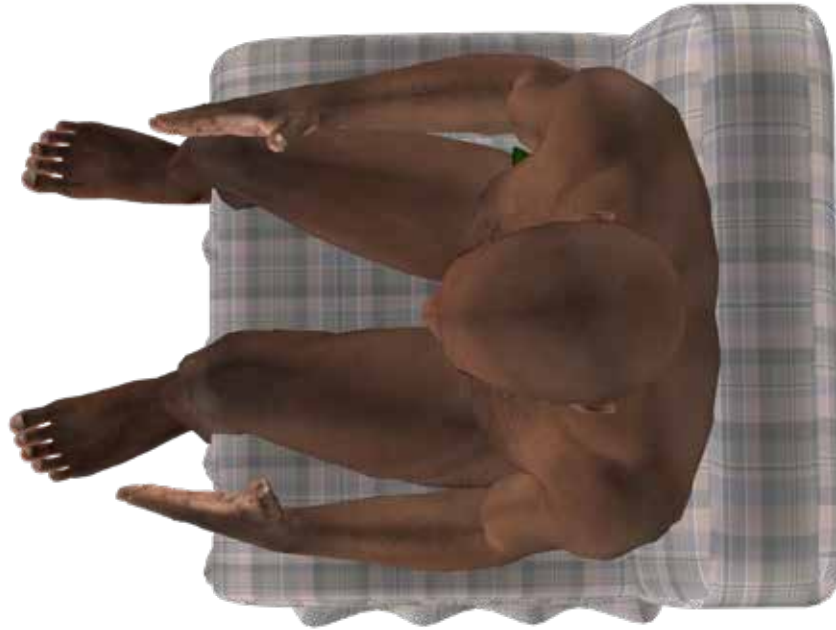


Fig # 2

Fig 2 - The top view of the sitting Qi Gong.

The TMC as taught within the WSJ school can be divided in to four distinct stages of practice:

1. *Sitting Qi Gong.*
2. *San Ti Pi Quan.*
3. *“Light Feather” training of the five elements.*
4. *“Discovering opposition and release of “feathered” Jing” (5 elements).*

Numbers 1 and 2 are usually part of a XYQ students regular curriculum so this is nothing new. These two portions can be trained while #3 and #4 are practiced. However #3 is continued for up to two weeks, then the student moves onto #4. This level, #4 is to be maintained for up to one month. Then you leave levels 3 and 4 for six months. Numbers 3 and 4 are considerably more difficult and number 4 is a very difficult step. This challenging method will become easier every time they are trained. All of the four require constant attention as to what is being practiced. The four levels impart different major skills, and in being adhered to, allow the student to develop previously unknown characteristics. There is a noticeable change in your physique, and your step will be as if you are walking on air, but even though walking, others think you are running. Old injuries may become apparent because of “black Qi” coming to the surface of your skin. There should be no pain, or abnormal discomfort in the methods described above. Anyone can imagine changes as indicated above, however, other people noticing a dramatic change in you, before you do, is fairly conclusive.



Fig # 3

Fig 3 - The top view of the sitting Qi Gong whenever the trainee has no arm rests to place their elbows.

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IBES -	Internally bound, externally stretched.
LH, LF -	Left hand, left foot.
RH, RF -	Right hand, right foot.
STPQ -	San Ti Pi Quan.
SQG -	Sitting Qi Gong.
TJQ -	Tai Ji Quan.
TMC -	Tendon Muscles Changes.
TS -	Triangle Stance (70/30 weighting).
WJ	Wu Ji.
WW -	Wu Wei.
WSJ -	Wang Shujin.
WXZ -	Wang Xiang Zhai.
XYQ -	Xing Yi Quan.
ZZD -	Zhang Zhao Dong.



Fig # 4

Fig 4 - The first position of the physical placement of the hands, and forearms in the sitting Qi Gong. Your hands can rest on the armrests of a chair, or can simply be placed on your thighs.

The sitting Qi Gong may seem simple. It is, in terms of what you do. However, that is where the difficulty begins. You now know what to do, so do it. You can read forever, but training is not reading. You have to relax and concentrate on your breathing. Follow your breath.

This may seem a paradox, to relax and yet concentrate. So, you concentrate on relaxing. Your form, your physical structure is maintained. You try to minimize the outside sounds, smells, visions, in your practice. You concentrate on your breathing, your Qi flow, and your abdomen. So simple, so difficult. It becomes easier with time.

Do not bloat your hands with Qi. That is the warning of the great master Sun Lutang. It is sound advice, because doing this will sap your intrinsic energy and prevent Qi from flowing to your abdomen and your feet. It may cause a loss of flexibility in your legs.

The feeling of Qi may first appear as tingling, trembling, in your hands. Then they will feel warm, to you and then to others when you touch them. There are devices that can provide you with feedback of your mind's activity, distractions and stress. This allows you to advance quickly in this area of self control .

However, when you feel Qi, this will not be a figment of your imagination. No one that I have taught disagrees with this statement. Instead the students continue and are encouraged by simply having a gauge of feeling and measuring their level of controlling the life energy.



Fig # 5

Fig 5 - shows the second stage of the sitting Qi Gong. The hands are now placed in a horizontal pose, with the palms facing downwards.

The SanTi Pi quan Qi Gong / Nei Gong training.

The SanTi Pi Quan (or San Ti shi - 3 essentials) training is the fundamental, form of core training in the WSJ branch of Xing Yi Quan. Most if not all students in this branch practice this every day for varying amounts of time. This is a practice from the Zhan Zhuang, or standing like a post training. Zhan Zhuang exercises are a method of Qi Gong, but in this case also a method of Nei Gong meaning you are cultivating Qi but are also training for the development of tendons, muscles, and thus are practicing to develop martial abilities. The balance of NG versus QG is completely determined by the trainee.

The alignment, structure, mindset, is directed to acquire combative basics, even though the user is not moving, or at least not moving that can be seen by an observer.

Usually, the student of the XYQ trains in a solitary environment. Thus self discipline is a necessity. There are a galaxy of activities that are distracting, pleasant and do not tax the person engaging in these diversions. However the relative merit of these activities have no reward in terms of physical and mental conditioning. For centuries the practice of the Neijia has exercised and entertained the astute participant. An extra bonus is that the trainee obtains a meditative benefit which relieves stress and calms the spirit. When you as the practitioner can not feel time passing because of enjoying and feeling buoyant in the training, you have arrived.



Fig # 6



Fig # 7

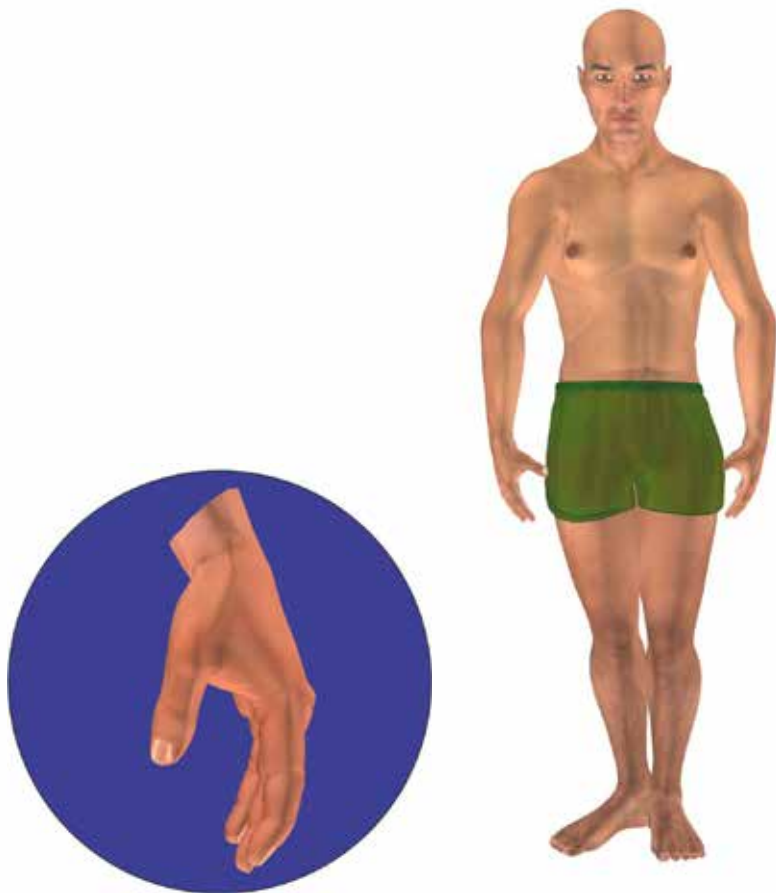


Fig # 8

**NOTE - Flip arms.
See fig. # 21 on Page 16.**

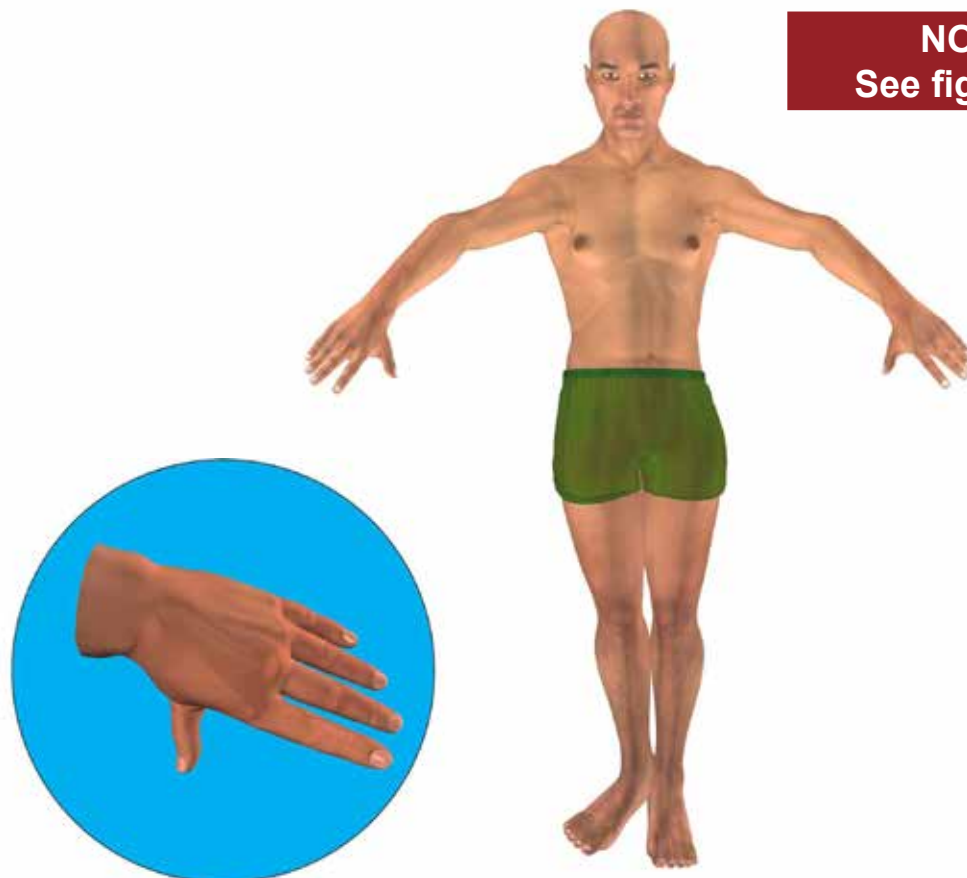


Fig # 9

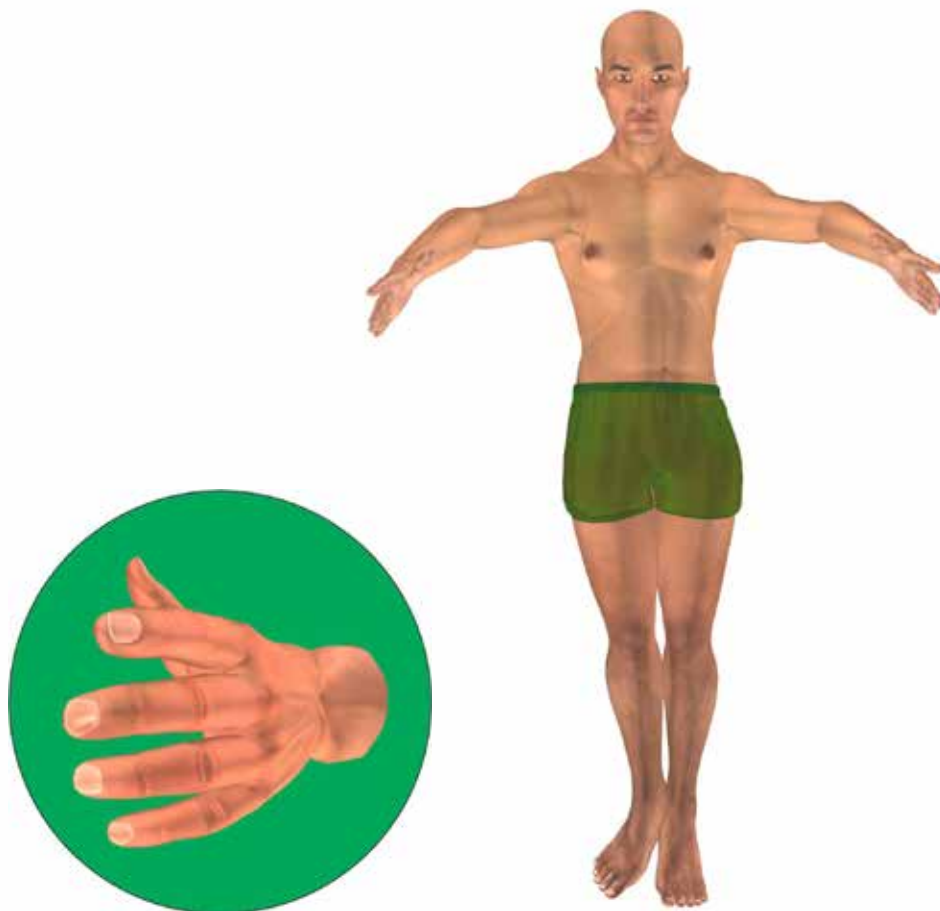


Fig # 10

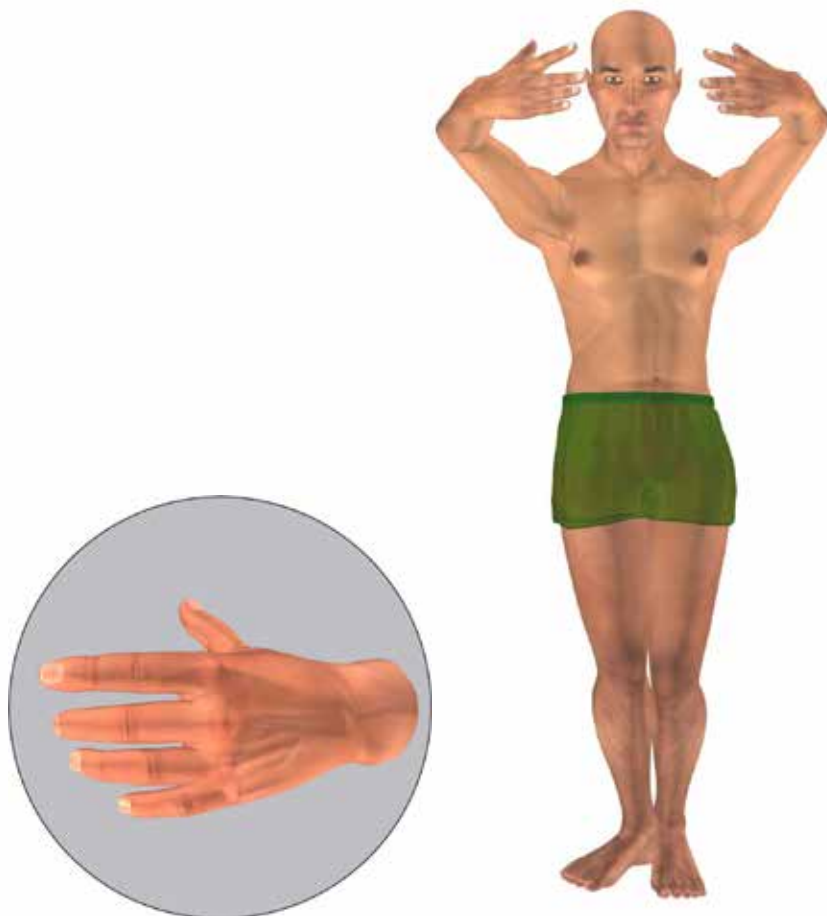


Fig # 11



Fig # 12



Fig # 13



SIDE

Fig # 14



Fig # 15



Fig # 16



Fig # 17

SIDE



Fig # 18



Fig # 19

SIDE



Fig # 20

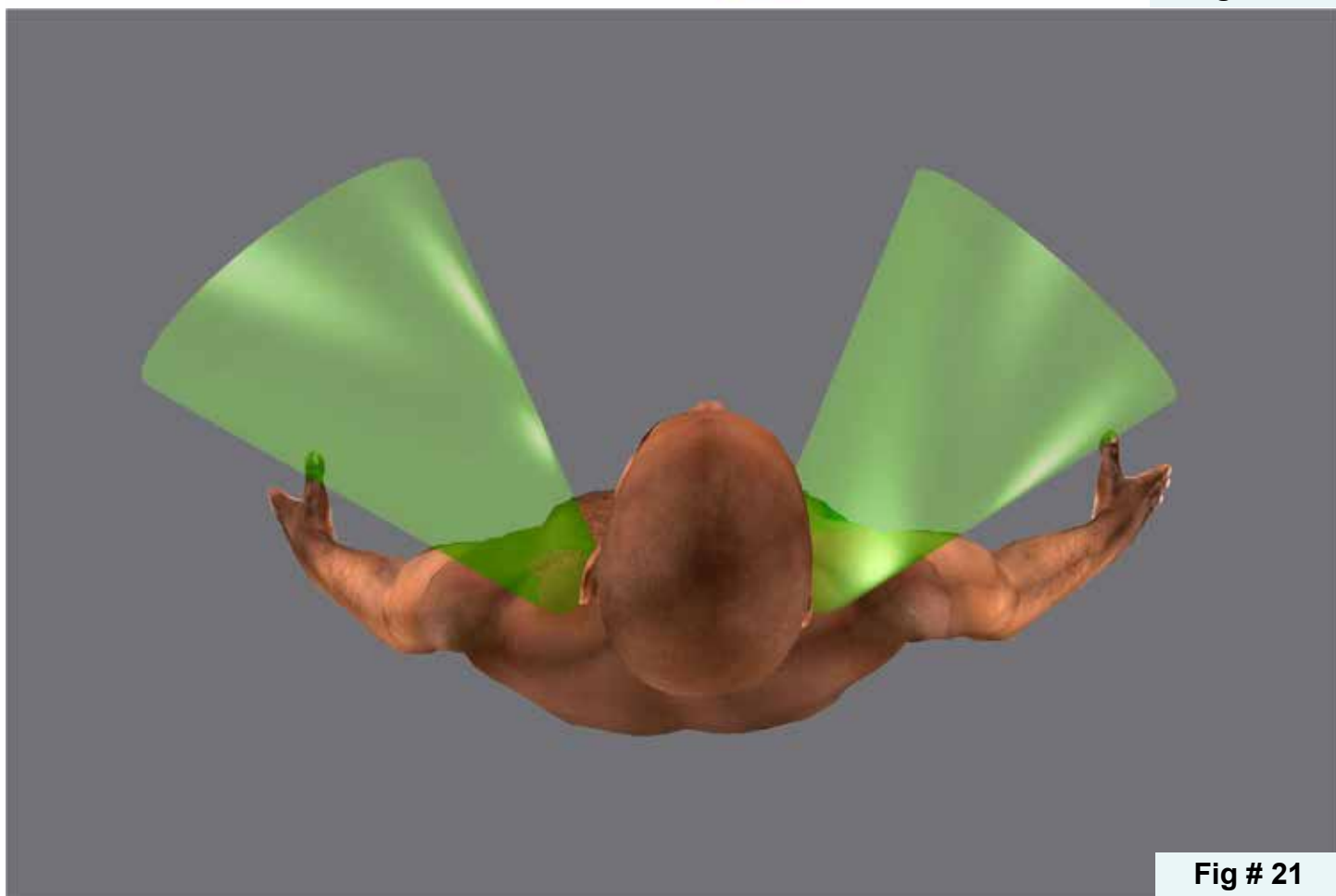


Fig # 21

Reference to diagrams.

Figures 6 and Figure 7 - show the 60/40 Triangle stance. 60% of your weight is on the rear foot. The stance is one fist wide from heel to heel. XYQ uses a 60/40 or 70/30 stance.

Figure 8 - The beginning with your hands held loosely at your sides. Your LF (left foot) is pointed straight ahead. Your RF is angled out at 30-45 degrees. The heels lightly touch.

Figure 9 - Breath in as you slowly raise your open hands and arms, with the thumbs pointing down. Your hands should be approximately 1 foot or more in front of you. Keep this distance. Not at your side, not in front, but at a diagonal.

Figure 10 - With your arms immediately below your shoulders, turn the hands so that your palms face up, index fingers are in line with your arms.

Figure 11 - Your hands face you, thumbs point to ceiling. Try to form your shoulder, to the elbow, to the wrist, to fingertips as round as possible. Keep relaxed in this position. You should practice three full, deep inhalation / exhalation cycles while maintaining this posture. Keep your shoulders pulled downwards.

Figure 12 - Slowly curl the fingers and thumb into fists while lowering the arms to below your navel. The fists point at each other. You form a curve from shoulders to knuckles. Ankles, knees, and thighs touch one another.

Figure 13 - Turn your trunk, knees, hips to the right side. Keep your knees and heels touching, if you can. Your fists remain in place as they were when you were turned to the front, but now you are turned 45 degrees to the side. Turn and bend your head to look at your fists.

Figure 14 - Note this is a side view of figure 13.

Figure 15 - The LH is moved along the waist and to the L hip. Your trunk is also rotating towards the front simultaneously with the LH motion. Simultaneously the RH rubs the waist as it proceeds to your solar plexus. Then the RH moves up to your chin. The RH thrusts forward at chin height. Your RF is inverted with the palm side facing the ceiling. You should not extend the R arm fully, at the end of the punch. It must be slightly bent. The arm is now in line with the R shoulder. The L arm is retracted to your rear, but is not fully pulled back. It is loose and relaxed, perched on your L hip.

Figure 16 - Front view of RH Drilling Punch. Note the height of your R fist, and the bent R arm. The knees are bent and they touch. If you cannot do this don't strain the joints. This is meant to stretch the muscles and sinews from the hips to the toes. As one ages these joints lose flexibility and reduce your capacity to interact with the environment, and balance.

Figure 17 - Side view of the drilling fist. Note the height of the fist, elbows and shoulders. The arm is definitely bent.

Figure 18 - The red disk shows that the LF is off the ground, while you are stepping and weight is totally on the rear RF. Step slowly until you are accustomed to the width and stride of your Triangle stance. Note the L hand and arm move over the R arm. Hands uncurl to open hands as your L hand touches the R elbow. You also move your arms through the centerline of the body. This protects your center from direct attacks.

Figure 19 - The side view of Fig 18. Note the position of the arms in relation teach other. The L hand and arm are above and inside the R outstretched arm. The hips are supported by bent knees. This ensure that you have both balance and an ability to control your weight while moving.

Figure 20 - The terminal position of the Pi Quan, Splitting palm. This posture is the one that you hold for a preset amount of time, be it 5 minutes or 15 breaths. If using a breath system of predetermining the time in stance, do not purposely shorten or hasten your breathing cycle. Ensure deep breathes in and out using the Diaphragm.

Figure 21 - The green zone as shown is where the raising of your arms should occur. This prevents any possible tendon or muscle impingement from happening. If you have shoulder problems, pay attention to this. Be careful.



Fig # 22



Fig # 23



Fig # 24



Fig # 25

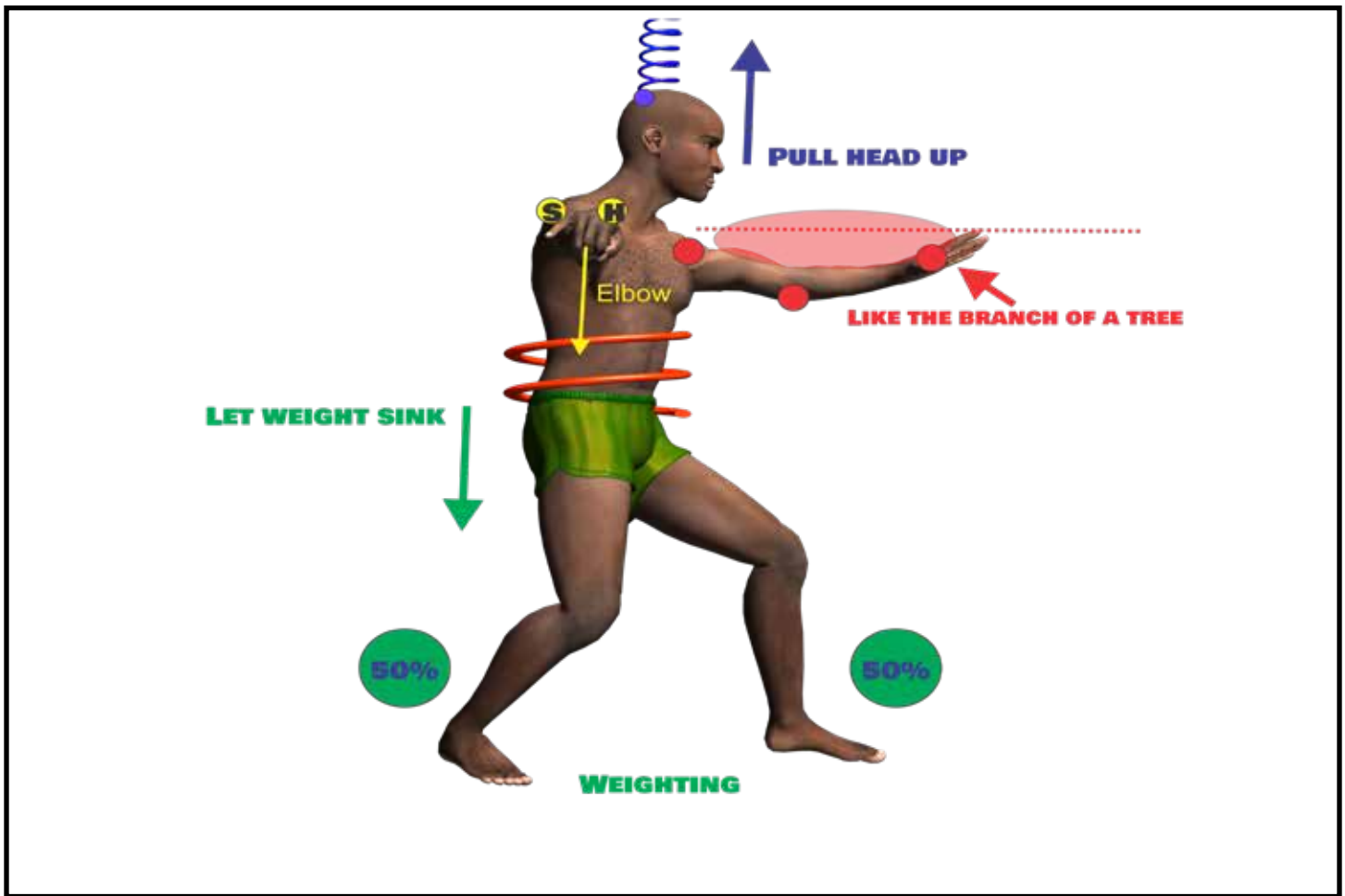


Figure example of the detail used in the book
“Wang Shujin’s Xing Yi Quan Fundamentals,
due for release in “late” 2022..

Figures 22 to 25 detail the various angles of the Pi Quan or “splitting fist”, (palm). Peruse these every once in a while to embed them into your memory. Particular attention should be administered to the height and curvature of the limbs. The stances shown are of the 70/30 rear to front foot weight distribution.

Figures 26 to 29 are of an advanced nature. The rounding of back and shoulders are emphasized here. Look at them and analyze the postures. They will be carefully explained in the upcoming book as mentioned above. The variables shown are of a martial nature, though those using Qi Gong for health benefits will certainly achieve some degree accomplishment and benefits to health.

Any questions relating to this publication can be addressed to:

brunoepenhof@gmail.com

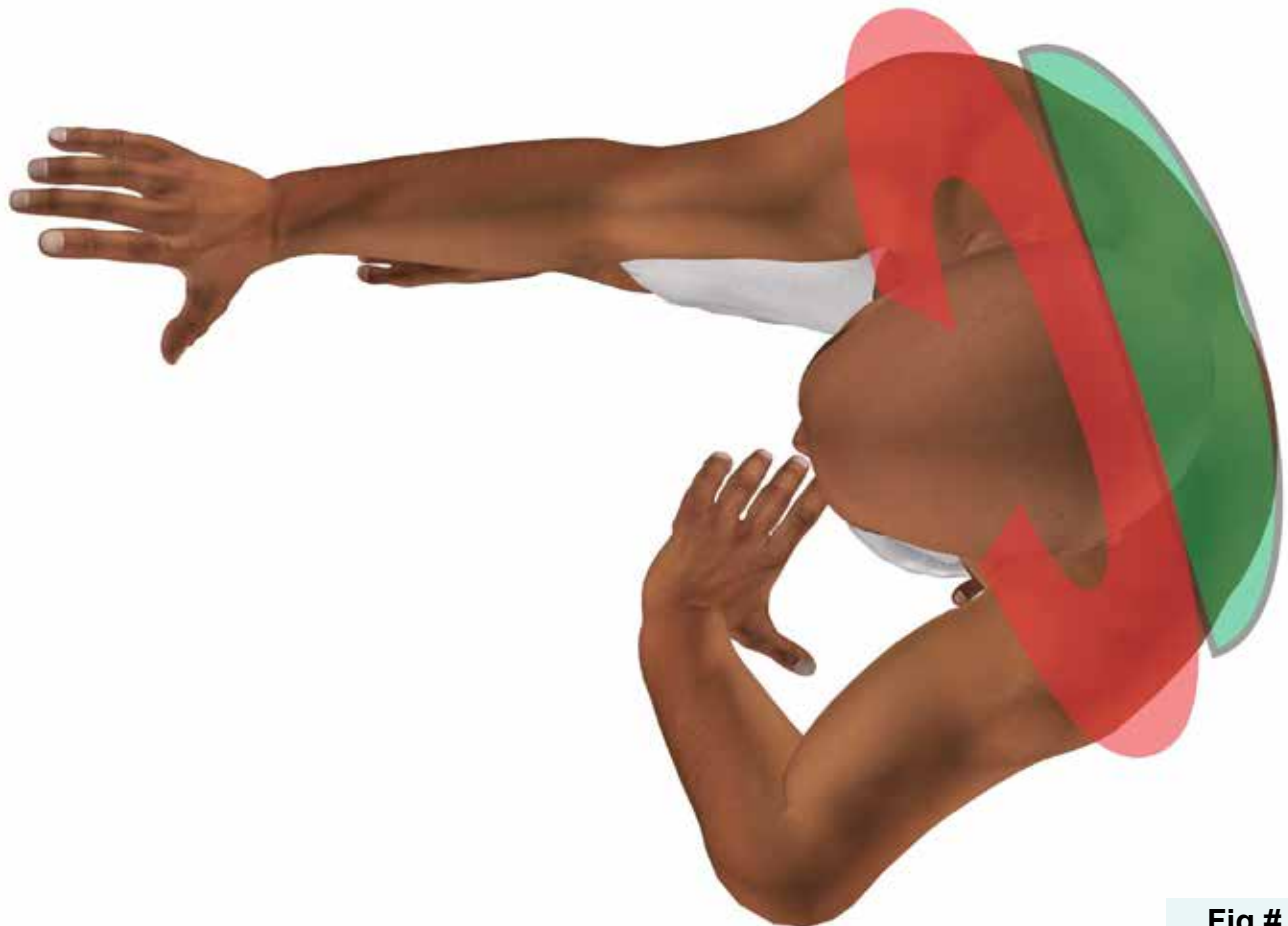


Fig # 26

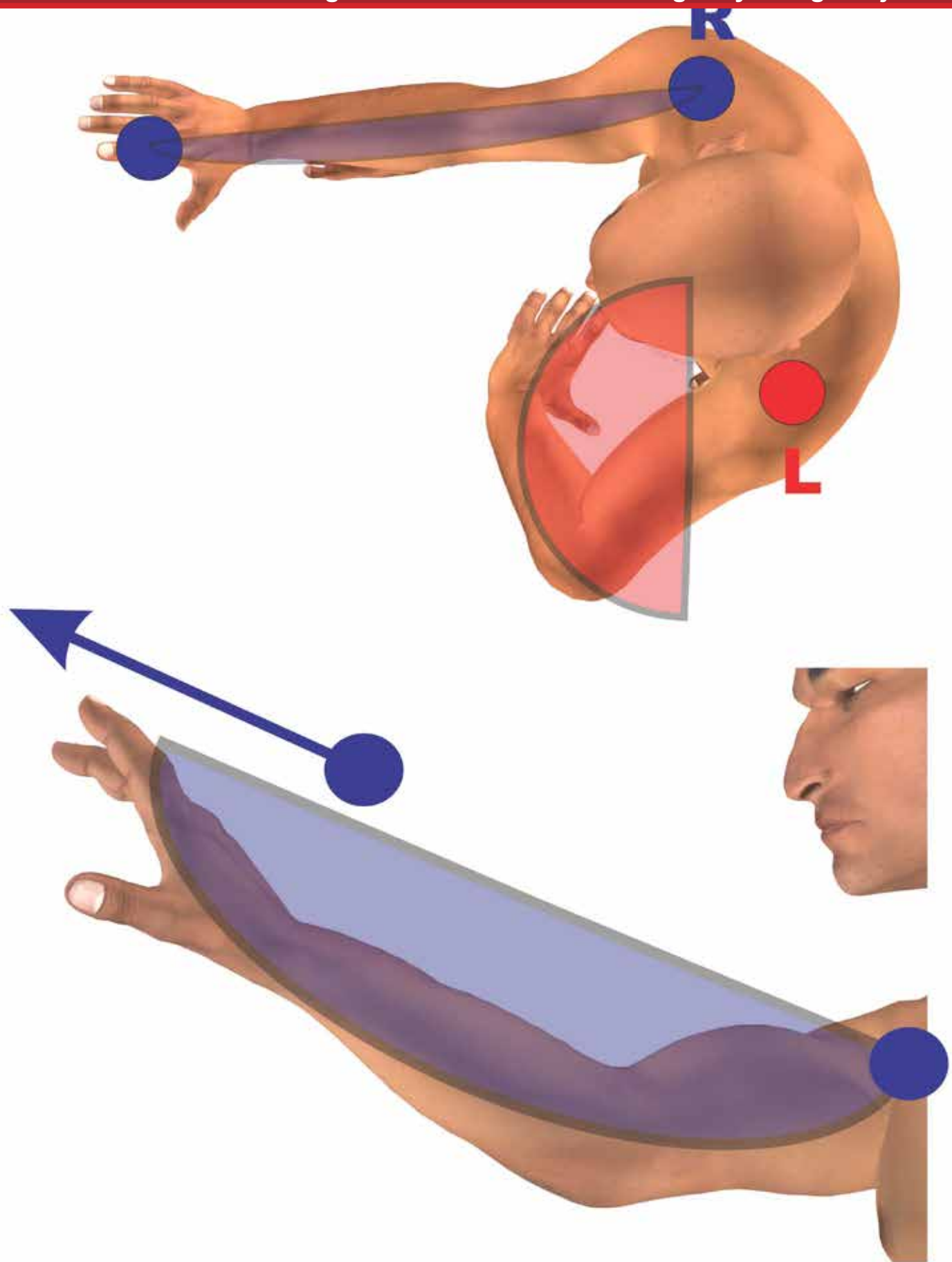


Fig # 27

From the book "The Xing Yi Quan Fundamentals taught by Wang Shujin".

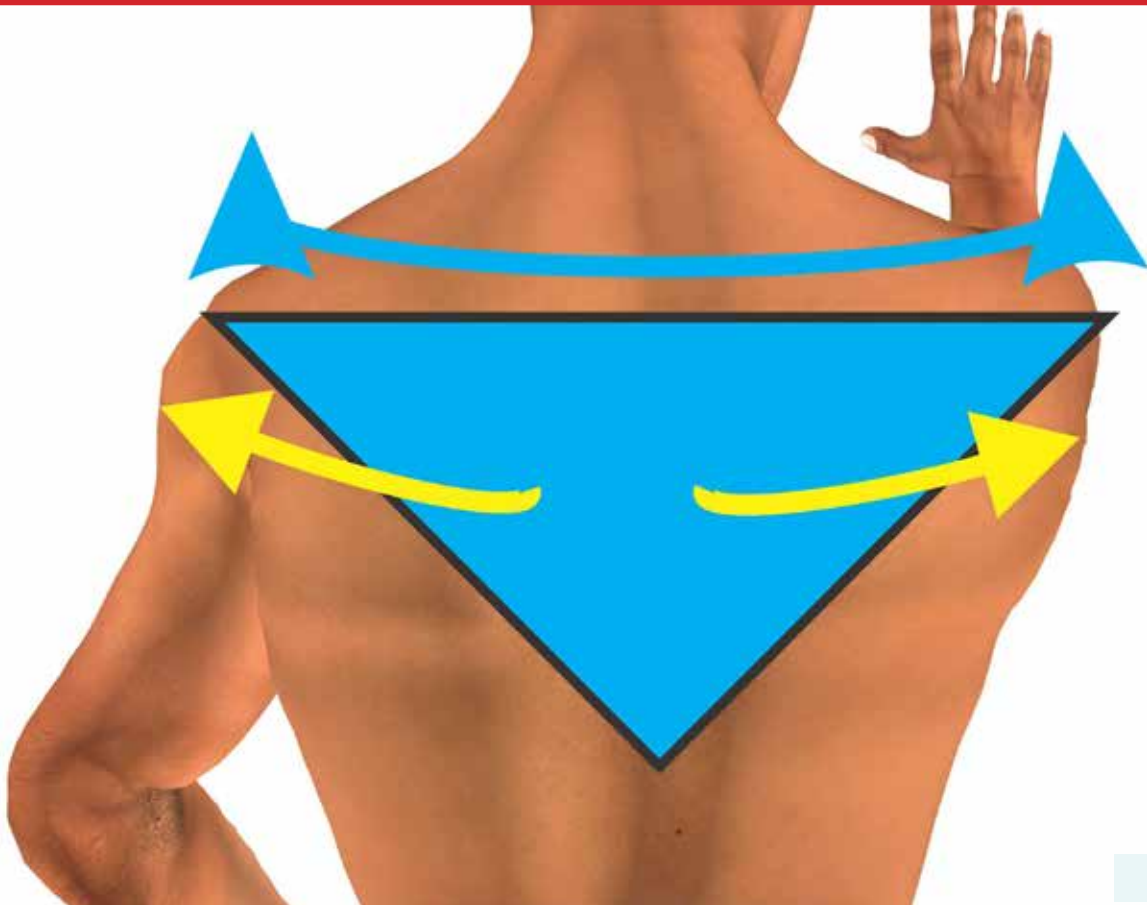


Fig # 28

From the book "The Xing Yi Quan Fundamentals taught by Wang Shujin".



Fig # 29

In Conclusion.

This article only covers the first two sections of the “Tendon Muscle Changes” taught by Grandmaster Wang Shujin. There are two more sections with much greater difficulty to both practice and document. It is hoped readers obtain some benefit from this first section. The methods written out in the article do not require a student waiting for the next two parts to be finished in order to obtain healthful, and other positive returns. Both of these methods are trained by almost all students in WSJ’s following, whether they were taught the TMC in it’s entirety or even know of it’s existence.

Read the article several times and then proceed into practice. The “Sitting Qi Gong” is pleasant and is refreshing. Relax, Breathe, and hold out your relaxed hands. Very simple. The second part, the “Splitting palm standing” is more difficult but if you start with a higher stance for a relatively short time, you can easily succeed. Take small steps, be gentle with yourself, and don’t go to extremes. If you persist, almost anything is possible.

Or you can divide the second standing section into another two parts. Try standing in the Triangle stance with arms at your sides. Aim for one minute, initially, and increase a bit every day. When your legs no longer bother you, with shaking, trembling, burning, then add the arms, positioned as shown in the preceding diagrams. Relaxing your arms, shoulders, back are important. As is the reverse breathing into your abdomen. The breathing can be easily practiced in the “Sitting Qi Gong”. Similarly, you could hold only your arms as pictured, to familiarize yourself with the hand positioning, then, add the lower Triangle stance later. So do the arms only. Then do the legs. Then put them together.

“Good luck in your training”.

To Reiterate Important Remarks

- 1. Relax.**
- 2. Breathe.**
- 3. Follow breath - trying to keep mind empty.**
- 4. Proceed step by step, a little more every day.**
- 5. Don’t go to extremes.**
- 6. Be supple, tender, not forcing anything.**
- 7. You should end your sessions more energized than before.**
- 8. If it is difficult to start, just start with a small amount of time.**



Grandmaster Wang Shujin (Hengsun) in Taizhong, Taiwan on August 25, 1978. He is photographed with his disciple, Manfred Erich Rottmann at the acceptance ceremony.

Publications in the last year include:

1. Tendon Muscle Changes Xing Yi Quan taught by Wang Shujin.
2. The “Four Roundings” Zhan Zhuang taught by Wang Shujin.
3. Ba Gua Zhang Strikes as taught by Wang Shujin.
4. The Xing Yi Quan “Beng Quan” as taught by Wang Shujin.
5. The Tai Ji Quan taught by Wang Shujin.