

Yīng Dǒu Chì (Eagle Trembling Wing)

1. *Qīn Pū Zhàn* (Encroaching, pouncing stance):

- Start by standing straight with left shoulder facing forward (i.e., “north” down the intended path) and arms hanging loose at the sides of the body.
- While stepping back one step, rotate the left hand CW across the face and down the front of the body to the top inside of left thigh so that the left elbow points forwards. At the same time, raise the right hand to the front of the right hip so that the right elbow points backwards.
- The left elbow should be in line with the nose, left knee, and left foot. The legs should be straight with the left foot in front with toes raised and right foot at a 45° angle (pointing “northeast”) to left foot.
- Keep the head high, and look down the nose.

2. Start:

- Step with LLF into *jī bù* stance by crouching deeply while
 - turning the upper body so right shoulder faces forward
 - moving right hand to left hip
 - and placing left hand on right shoulder
- Immediately step with RLF into *gōngbù* while forcefully slapping both arms out horizontally fully extended, with one in front and one behind, both about jaw height.
- Arms are slightly bent (i.e. curve inward) to prevent the chest from protruding.
- Shoulders are loose and not raised.
- Wrists are loose, and slapping makes hands “tremble.”

3. Step with RLF into *jī bù* while digging left hand down to right hip and raising right hand to left shoulder; step immediately with LLF into *gōngbù* and slap the arms out in front and behind the body.

4. Turn: From slapping position with RLF facing north, turn body to left to face south, step with LLF into *jī bù*, dig right hand down to left hip, and place left hand on right shoulder; step with RLF in *gōngbù* and slap with right arm in front and left arm behind.

5. Finish:

- Turn as above.
- *Tā bǎ* (Collapsing grasp): While stepping backwards (south) with the right leg, move the open left hand (with partially curled fingers) over the right forearm and right hand (also with partially curled fingers) directly in front of the body chest high. As the left foot is raised on the heel and dragged backwards a short distance, the left hand is dropped to the front of left upper leg and the right hand is

dropped to above the crotch against the lower stomach. Both legs are straight, and palms face downwards.

Notes:

- During crouch, stomach is drawn in and during the slap it is extended with force.
- Be careful to slap in front and back at same height.
- Breathe in when crouching and breathe out when slapping.
- Take big steps.
- Get very low during crouch, so stomach touches forward leg and the hand of the leading shoulder is near the buttocks.
- Power comes up from the rear leg and uncoiling of the body with exhalation.
- During *hé chì* (“closed wings”), one arm is across the chest and the other is across the stomach to cover the body against attack. Muscles are tense.
- During *dǒu chì* (“trembling wings”), relax.
- Practice can be done “in place,” first doing a series with right arm forward and then a series with left arm forward.
- Sample application (*yòngfǎ*): a stinging and temporarily blinding *dǒu chì* with one hand to the front of the opponent’s face, followed by a big slap with other hand to opponent’s ear.