

**Cha chuan - Fundamental exercises**  
chā quán jī běn gōng - 查拳 基本功

## Stretches

### 1- Splits ; pī chǎ, 劈叉

- a) Front splits ; shù chǎ, 竖叉
- b) Side splits ; héng chǎ, 横叉

### 2- Leg press ; yā tuǐ, 压腿

- a) Front leg press ; zhèng yā tuǐ, 正压腿
- b) Side leg press ; cè yā tuǐ, 侧压腿

### 3- Squatting stretch ; wò tuǐ, 卧腿

- a) Front stretch ; zhèng wò tuǐ, 正卧腿
- b) Side stretch ; cè wò tuǐ, 侧卧腿

## Hand pattern - shǒu xíng, 手型

### 1-Fist ; quán, 拳

- a) Vertical fist ; lì quán, 立拳
- b) Horizontal fist ; píng quán, 平拳

### 2-Palm ; zhǎng, 掌

### 3-Hook ; gōu, 勾

## Stance pattern - bù xíng, 步型

### 5 basic stances

#### 1- Horse stance ; mǎ bù, 马步

#### 2- Bow stance ; gōng bù, 弓步

#### 3- Empty stance ; xū bù, 虚步

#### 4- Falling stance ; pū bù, 仆步

#### 5- Sitting stance ; xiē bù, 歇步

### Other stances

#### 6- Feet together ; bìng bù, 并步

#### 7-“T” stance ; dīng bù, 丁步

#### 8- Half horse stance ; bàn mǎ bù, 半马步

#### 9- Squatting stance ; xià dūn bù, 下蹲步

#### 10- Single leg stance ; dú lì bù, 独立步

## Leg techniques - tuǐ fǎ, 腿法

### Basic kicks - tī tuǐ, 踢腿

- 1- Springing kick ; tán tuǐ, 弹腿
- 2- Thrusting heel tread kick ; dèng tuǐ, 蹬腿
- 3- Front leg swing ; zhèng tī, 正踢
- 4- Side leg swing ; cè tī, 侧踢
- 5- Outside crescent kick (lotus kick) ; wài bǎi lián, 外摆莲
- 6- Inside crescent kick ; lǐ hé tuǐ, 里合腿
- 7- Side trampling kick ; cè chuài tuǐ, 侧踹腿

### Kicking with hand slaps - pāi jiǎo, 拍脚

- 8- Front slap kick ; pāi jiǎo, 拍脚
- 9- Inside crescent kick ; lǐ hé pāi jiǎo, 里合拍脚
- 10- Outside crescent kick (lotus kick) ; wài bǎi pāi jiǎo, 外摆拍脚

### Jumping kicks - tiào tuǐ, 跳腿

- 11- Front flying kick ; èr qǐ tuǐ, 二起腿
- 12- Tornado kick ; xuán fēng tuǐ, 旋风腿
- 13- Flying outside crescent kick (lotus kick) ; téng kōng wài bǎi lián, 腾空外摆莲
- 14- Butterfly kick ; xuán zǐ, 旋子

### Sweeps - sǎo tuǐ, 扫腿

- 16- Front hook sweep ; gōu bàn, 钩拌
- 17- Front low sweep ; qián sǎo tuǐ, 前扫腿
- 18- Back low sweep ; hòu sǎo tuǐ, 后扫腿

### Footwork

- 1- Sliding step ; cā bù, 擦步
- 2- Back step ; tuì bù, 退步
- 3- Stomping step ; zhèn jiǎo, 震脚
- 4- Skipping step ; jī bù, 击步
- 5- Covering step (cross in front) ; gài bù, 盖步
- 6- Stealing step (cross behind) ; chā bù, 叉步
- 7- Jumping covering step ; gài tiào bù, 盖跳步
- 8- Changing feet jump step ; huàn tiào bù, 换跳步
- 9- Walking step ; xíng bù, 形步
- 10- Arch walking step ; hú xíng bù, 弧形步
- 11- Withdraw step ; chè bù, 撤步

## Hand techniques - shǒu fǎ, 手法

### Fist techniques

- 1- Straight punch ; chōng quán, 冲拳
- 2- Chopping (hammer) fist ; pī quán, 劈拳
- 3- Roundhouse punch ; guàn quán, 贯拳
- 4- Roundhouse chop ; qiē, 切
- 5- Backfist ; fǎn bèi quán, 反背拳
- 6- Planting fist ; zāi quán, 栽拳
- 7- Uppercut punch ; chāo quán, 抄拳

### Palm techniques

- 1- Palm push ; tuī zhǎng, 推掌
- 2- Palm strike ; jī zhǎng, 击掌
- 3- Palm strike (with a flick of the wrist) ; tiāo zhǎng, 挑掌
- 4- Thread palm ; chūan zhǎng, 穿掌
  - a) High thread palm (with knee raised) ; tí xī shàng chūan zhǎng, 提膝上穿掌
  - b) Low thread palm (in falling stance) ; pū bù xià chūan zhǎng, 仆步下穿掌
- 5- Piercing palm ; cì zhǎng, 刺掌

### Blocking techniques

- 1- Overhead block ; jià, 架
- 2- Upward parry ; guà, 掛
- 3- Outside parry ; wài gé, 外格
- 4- Inside elbow block ; guǎi zhǒu, 拐肘
- 5- Push to the side parry ; lǒu, 搂
- 6- Elbow press ; yā zhǒu, 压肘
- 7- Palm press ; àn zhǎng, 按掌
- 8- Holding upwards ; tuō zhǎng, 托掌
- 9- Upward flick of the arm ; tiāo, 挑
- 10- Sweeping hands ; yǐn zhǎng, 引掌
- 11- Flashing palm ; liàng zhǎng, 亮掌

### Common combinations and other techniques

- 1- Palm slap and returning hand ; dǎ fǎn miàn zhǎng, 打反面掌
- 2- Overhead block and punch ; jià dǎ, 架打
- 3- Consecutive hammer fists ; lún pī quán, 抡劈拳
- 4- Upward parry and palm strike ; guà jī zhǎng, 掛击掌
- 5- Split and separate ; pī guà, 劈掛
- 6- Elbow strike ; dǐng zhǒu, 顶肘
- 7- Knee strike ; dǐng xī, 顶膝
- 8- "Arrow" kick (spring kick with a shuffle step) ; jiàn tán tuǐ ; 箭弹腿
- 9- Triple jump kick ; sān bù nuò, 三不诺