

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, 豎叉
- b) Side splits ; héng chǎ, 橫叉

2- Leg press ; yā tuǐ, 壓腿

- a) Front leg press ; zhèng yā tuǐ, 正壓腿
- b) Side leg press ; cè yā tuǐ, 側壓腿

3- Squatting stretch ; wò tuǐ, 臥腿

- a) Front stretch ; zhèng wò tuǐ, 正臥腿
- b) Side stretch ; cè wò tuǐ, 側臥腿

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, 馬步

2- Bow stance ; gōng bù, 弓步

3- Empty stance ; xū bù, 虛步

4- Falling stance ; pū bù, 仆步

5- Sitting stance ; xiē bù, 歇步

Other stances

6- Feet together ; bìng bù, 並步

7-“T” stance ; dīng bù, 丁步

8- Half horse stance ; bàn mǎ bù, 半馬步

9- Squatting stance ; xià dūn bù, 下蹲步

10- Single leg stance ; dú lì bù, 獨立步

Leg techniques - tuǐ fǎ, 腿法

Basic kicks - tī tuǐ, 踢腿

- 1- Springing kick ; tán tuǐ, 彈腿
- 2- Thrusting heel tread kick ; dèng tuǐ, 蹬腿
- 3- Front leg swing ; zhèng tī, 正踢
- 4- Side leg swing ; cè tī, 側踢
- 5- Outside crescent kick (lotus kick) ; wài bǎi lián, 外擺蓮
- 6- Inside crescent kick ; lǐ hé tuǐ, 裡合腿
- 7- Side trampling kick ; cè chuài tuǐ, 側踹腿

Kicking with hand slaps - pāi jiǎo, 拍腳

- 8- Front slap kick ; pāi jiǎo, 拍腳
- 9- Inside crescent kick ; lǐ hé pāi jiǎo, 裡合拍腳
- 10- Outside crescent kick (lotus kick) ; wài bǎi pāi jiǎo, 外擺拍腳

Jumping kicks - tiào tuǐ, 跳腿

- 11- Front flying kick ; èr qǐ tuǐ, 二起腿
- 12- Tornado kick ; xuán fēng tuǐ, 旋風腿
- 13- Flying outside crescent kick (lotus kick) ; téng kōng wài bǎi lián, 騰空外擺蓮
- 14- Butterfly kick ; xuán zǐ, 旋子

Sweeps - sǎo tuǐ, 掃腿

- 16- Front hook sweep ; gōu bàn, 鉤拌
- 17- Front low sweep ; qián sǎo tuǐ, 前掃腿
- 18- Back low sweep ; hòu sǎo tuǐ, 后掃腿

Footwork

- 1- Sliding step ; cā bù, 擦步
- 2- Back step ; tuì bù, 退步
- 3- Stomping step ; zhèn jiǎo, 震腳
- 4- Skipping step ; jī bù, 擊步
- 5- Covering step (cross in front) ; gài bù, 蓋步
- 6- Stealing step (cross behind) ; chā bù, 叉步
- 7- Jumping covering step ; gài tiào bù, 蓋跳步
- 8- Changing feet jump step ; huàn tiào bù, 換跳步
- 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, 擊掌
- 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, 攆
- 6- Elbow press ; yā zhǒu, 壓肘
- 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, 掄劈拳
- 4- Upward parry and palm strike ; guà jī zhǎng, 掛擊掌
- 5- Split and separate ; pī guà, 劈掛
- 6- Elbow strike ; dǐng zhǒu, 頂肘
- 7- Knee strike ; dǐng xī, 頂膝
- 8- “Arrow” kick (spring kick with a shuffle step) ; jiàn tán tuǐ ; 箭彈腿
- 9- Triple “non-landing” kicks ; sān bù luò, 三不落