

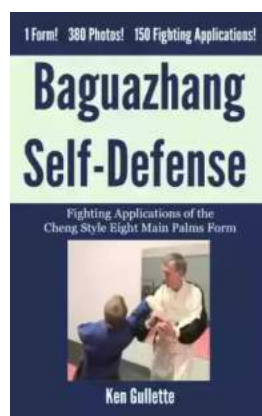
Fighting Applications Of The Cheng Style Eight Main Palms Form

The Cheng Style Eight Main Palms Form is a powerful and dynamic style of martial arts that originated in China. This article will explore the various fighting applications of this form, providing an in-depth analysis of its techniques and strategies.

Understanding the Cheng Style Eight Main Palms Form

The Cheng Style Eight Main Palms Form is renowned for its unique structure and movements. It consists of eight different palm techniques, each with its own specific purpose and application. These eight palms are known as Peng, Lu, Ji, An, Cai, Lie, Zhou, and Kao.

Peng is the foundation palm and is used for warding off incoming attacks. Lu is the rolling back palm, which redirects the opponent's force. Ji is the pressing palm, used for striking and pushing the opponent away. An is the pushing palm, used to unbalance and control the opponent.



Baguazhang Self-Defense: Fighting Applications of the Cheng Style Eight Main Palms Form

by Ken Gullette (Kindle Edition)

★★★★★ 5 out of 5



Cai is the plucking palm, used for grabbing and controlling the opponent's limbs. Lie is the splitting palm, which aims at striking the opponent's vital points. Zhou is the elbow strike palm, used to deliver powerful strikes. Lastly, Kao is the shoulder strike palm, which utilizes the shoulder to knock down the opponent.

Fighting Applications

Each of the eight palms in the Cheng Style Eight Main Palms Form has its own unique fighting applications. Let's explore some of these applications:

1. Peng (Warding Off) Palm

The Peng palm is used to deflect and neutralize incoming attacks. Its circular and outwardly expanding motion allows practitioners to redirect the opponent's force while maintaining a strong defense. In a real fight scenario, this palm can be applied to block strikes and create openings for counterattacks.

2. Ji (Pressing) Palm

The Ji palm focuses on pressing and pushing the opponent away. This technique can be used to control the distance between the practitioners, keeping the opponent at bay and preventing them from launching effective attacks. It can also be applied to push the opponent off balance, creating opportunities for further attacks.

3. Lie (Splitting) Palm

The Lie palm is designed to strike the opponent's vital points. Its splitting motion allows for precise targeting of vulnerable areas, such as the throat, ribs, or groin. This palm can cause significant damage and can quickly incapacitate an opponent if executed with accuracy and proper force.

4. Zhou (Elbow Strike) Palm

The Zhou palm utilizes the elbow to deliver powerful strikes. Elbows are known for their devastating impact, capable of inflicting serious damage to the opponent's body. This palm can be used to launch close-range attacks, aiming at vulnerable areas such as the face, jaw, or solar plexus.

5. Kao (Shoulder Strike) Palm

The Kao palm relies on a powerful shoulder strike to knock down the opponent. By using forward momentum and utilizing the strength of the shoulder muscles, this palm can deliver a significant impact. It can be especially effective when executed against the opponent's chest or abdomen region, targeting their center of balance.

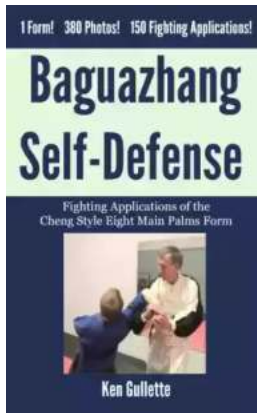
The Cheng Style Eight Main Palms Form offers a comprehensive system of fighting techniques, emphasizing both defensive and offensive strategies. Each of the eight palms has its own specific purpose and application, allowing practitioners to adapt their techniques depending on the situation and the opponent's movements.

By understanding the fighting applications of the Cheng Style Eight Main Palms Form, martial artists can develop a well-rounded skill set and enhance their combat effectiveness. However, it is essential to remember that mastering these applications requires dedicated training, guidance from experienced instructors, and continuous practice.

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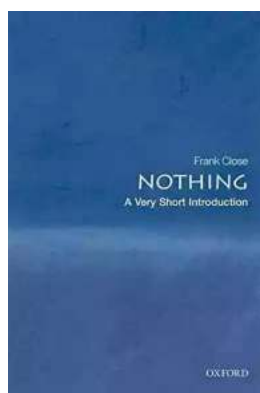
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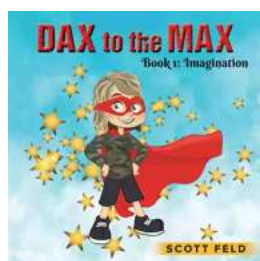
With 380 photos and detailed descriptions of internal body mechanics, Sifu Ken Gullette guides you through 150 self-defense techniques hidden within the Cheng style Baguazhang form known as the "Eight Main Palms." Bagua (also spelled "Pa Kua") is one of the three internal arts of Chinese Kung-Fu. It is a powerful self-defense art designed to be used against multiple opponents. A Bagua fighter sometimes seems to disappear in front of his opponent, ending up behind the opponent, who suddenly finds himself in a vulnerable position. Three key goals for Bagua self-defense are to uproot, unbalance, and control your opponent's center. From there, a variety of techniques are used, including palm strikes, punches, elbow and shoulder strikes, kicks, knee strokes, joint locks, sweeps, throws and takedowns. These goals and techniques are achieved by using internal body mechanics that give you relaxed power, using the ground path, peng jin, silk-reeling energy, whole-body movement, Dan T'ien rotation, and proper use of the kua. In the pages of this book, with clear photos and descriptions, Ken takes you through all types of applications based on the movements in the eight sections of the form. The eight sections are: Single Change Palm, Double Change Palm, Following Posture Palm, Back Body Palm, Turning Body Palm, Grinding Body Palm, Overturning Body Palm, and Returning Body Palm. Ken has more than 40 years experience in martial arts and has

studied the internal arts (Taiji, Xingyi and Bagua) since 1987. He is a tournament champion and instructor with some of the most popular instructional DVDs and ebooks created for the internal arts. Ken also has a membership instructional website with members around the world who study nearly 700 video lessons and other material he has created. Ken breaks down complex, often abstract internal concepts to show that real internal skill is physical, not mystical or metaphysical. There are no supernatural powers -- just skill that comes through hard work, practice, and following proper internal body mechanics. This book will take your understanding of Bagua self-defense to a higher level, giving you insights into the application of movements that will spark your own creativity and help you take one more step on your own personal journey through the amazing art of Baguazhang.



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