

CHEN APPLICATIONS

Buddha Stamp

1. Right punch. Block, Qin Na, Arm Bar, Qin Na.
2. Right punch from the side. Block, grab, and push.
3. Right punch. Block, grab and kick left.
4. [No attack!] Slap left, palm strike to groin with right.

Lazy About

1. Wrist grab* from right. Break and grab, pull across and kick.
2. Wrist grab from left. Trap, arm bar, Qin Na and push.

Six Sealing

Left punch** from right. Block up, sink, push.

White Crane

1. Wrist grab. Break and grab, pull across and strike palm up.
2. Wrist grab. Trap, circle and twist hand.

Oblique

1. Right punch. Block, arm bar, Qin Na and push.
2. Ugi grabs arms. Trap and twist left.

Brush Knee

1. Left punch. Block with left, pull down and push with right.
2. Right punch. Block up with right, strike with shoulder.
3. Wrist grab. Trap and Qin Na.

Draping the Fist

Ugi grabs wrists. Sink and twist.

Blue-green Dragon

[No attacking move.] Six blows of the Dragon!

Fist Under Elbow

Right punch. Block up with left, punch ribs w/ right.

Whirling Wind

Wrist Grab. Trap and twist. Both sides!

Flash the Back

Right punch. Block down right, grab, twist and throw.

Cloud Hands

Right, left punches. Block with same hand.

Cannon Overhead

Right punch, kick.*** Block, kick, block and punch.

*In every case, for the purposes of testing, the ugi grabs the right wrist with the right hand. Most applications have a mirror version if the ugi grabs the left with the left, and there are also variations for grabbing the opposite hand.

**Six Sealing Four Closing and Brush Knee Twist Step (#1) are the only applications that start with a left punch from the ugi. Cloud Hands is practiced on both sides.

Cannon Overhead is the only combination. Ugi punches, defender blocks and kicks, ugi kicks, defender blocks and punches with both fists.