

# THE STRIKING SNAKE MANEUVERS

蛇  
形  
拳



## CONTENTS

1. Introduction
11. Sixty Two postures on Pugilism
  1. The Lad Bowing to Buddha (童子拜佛)..... 1
  2. Pushing and Pulling the Palms.( 拖手撐掌 )..... 2
  3. The Snake Out of the Cave ( 靈蛇出洞 )..... 3
  4. The Snake Lifting up Its Head ( 靈蛇昂頭 )..... 4
  5. The White Snake Turning Its Body Around ( 白蛇轉身 ).. 5
  6. The Snake Elevating Its Head ( 靈蛇昂頭 )..... 6
  7. The Snake Seeking for Food ( 靈蛇尋食 )..... 7
  8. The Snake Returning to Cave ( 靈蛇歸洞 )..... 8
  9. The Snake Sticking Out Its Tongue ( 白蛇吐信 )..... 9
  10. Lowering the Body and Seizing the Hands ( 沉橋擒手 )... 10
  11. The Snake Shaking Its Tail ( 毒蛇擺尾 )..... 11
  12. The Snake Blocking the Road ( 毒蛇攔路 )..... 12
  13. The Snake Poking Out Its Head ( 毒蛇佈陣 )..... 13
  14. The Snake Chasing the Wind.( 毒蛇追風 )..... 14
  15. The Snake Bringing Back Its Head ( 靈蛇回首 )..... 15
  16. The Snake Sticking Out Its Tongue ( 白蛇吐信 )..... 16
  17. The Snake Searching for Road ( 靈蛇探路 )..... 17
  18. The Snake Lifting Up Its Head ( 毒蛇昂首 )..... 18
  19. The Snake Blocking the Way.( 毒蛇攔路 )..... 19
  20. Reversing the Hand and Striking ( 反手陰打 )..... 20
  21. The Snake Chasing the Wind ( 靈蛇追風 )..... 21
  22. The Snake Out of the Cave ( 靈蛇出洞 )..... 22
  23. The Snake Striking the Fog ( 毒蛇打霧 )..... 23
  24. The Snake Chasing the Wind.( 靈蛇追風 )..... 24
  25. Eight Steps of Snake.( 毒蛇伸腰 )..... 25
  26. The Snake Stretching Out Its Waist.( 蛇勢八步 )..... 26
  27. The Snake Returning to Cave.( 靈蛇歸洞 )..... 27
  28. Eight Steps of Snake.( 蛇勢八步 )..... 28
  29. One Leg Standing Alone.( 金雞獨立 )..... 29

30.	The Snake Shaking Its Tail. ( 靈蛇擺尾 ) .....	30
31.	The Snake Extending Its Waist. ( 毒蛇伸腰 ) .....	31
32.	The Snake Striking the Fog. ( 毒蛇打霧 ) .....	32
33.	The Snake Chasing the Wind. ( 毒蛇追風 ) .....	33
34.	The Snake Lifting Up Its Neck. ( 毒蛇昂頭 ) .....	34
35.	Walking with Mouse Step, Posture One. ( 鼠步蛇行 ) .....	35
36.	Walking with Mouse Step, Posture Two. ( 鼠步蛇行 ) .....	36
37.	Striking with Steps. ( 蛇行標步 ) .....	37
38.	The Snake Obstructing the Road. ( 靈蛇阻道 ) .....	38
39.	The Snake Picking Up the Pearl. ( 靈蛇取珠 ) .....	39
40.	The Snake Striking the Fog. ( 毒蛇打霧 ) .....	40
41.	The Snake Lifting Up the Head. ( 毒蛇昂首 ) .....	41
42.	The Snake Striking on the Point. ( 毒蛇打穴 ) .....	42
43.	The Snake Grasping the Leg. ( 毒蛇握腳 ) .....	43
44.	The Snake Revolving the Body. ( 毒蛇旋身 ) .....	44
45.	The Snake Striking the Target. ( 毒蛇打標 ) .....	45
46.	The Snake Seizing the Elbow. ( 毒蛇擒肘 ) .....	46
47.	The Snake Shaking Its Tail, Posture One. ( 靈蛇搖尾 ) .....	47
48.	The Snake Shaking Its Tail, Posture Two. ( 靈蛇搖尾 ) .....	48
49.	The Snake Leaping Upward. ( 靈蛇飛空 ) .....	49
50.	The Snake Seeking For Its Target. ( 靈蛇尋標 ) .....	50
51.	The Snake Seeking For Road. ( 靈蛇問路 ) .....	51
52.	The Snake Bowing to Buddha. ( 靈蛇拜佛 ) .....	52
53.	The Snake Finding the Target. ( 靈蛇尋標 ) .....	53
54.	The Snake Picking up the Eye. ( 毒蛇取目 ) .....	54
55.	The Snake Obstructing the Road. ( 毒蛇攔路 ) .....	55
56.	The Snake Blocking the Throat. ( 毒蛇封喉 ) .....	56
57.	The Snake Holding the Cave. ( 毒蛇守洞 ) .....	57
58.	The Snake Out of the Cave. ( 毒蛇出洞 ) .....	58
59.	The Snake Striking the Temple ( 毒蛇打穴 ) .....	59
60.	The Snake Extending Its Waist. ( 靈蛇伸腰 ) .....	60
61.	The Fairy Loaded with Wood. ( 仙人担柴 ) .....	61
62.	Bowing the Buddha with Respect. ( 拜佛見禮 ) .....	62

## INTRODUCTION

As we have mentioned in other books, Shaolin and Tai Chi are two major branches of the numerous Chinese Kung Fu. Though Shaolin began and had been very prosperous in the Tang Dynasty ( 唐朝 ), no improvements were made in the fighting skills whatsoever until the time of Tsu Yuan Monk in Ming Dynasty ( 覺遠上人 ). He engaged himself in developing and promoting Shaolin which resulted in the invention of the Five Fists of Shaolin, namely the Dragon, the Tiger, the Leopard, Crane and Snake.

The Dragon Fist is intended for training the spirit, emphasizing on flexibility and mobility for change. The Tiger is intended for training the bones emphasizing on the moving and failing steps with force. The Leopard for strength, emphasizing on jumping and furious fighting. The Crane for the sperm, emphasizing on steadiness and accuracy. The Snake for Chi, emphasizing on inhalation and exhalation which should be made as natural as possible.

Besides, the Snake seems powerful when not in touch with the object, but when it is in touch with the object, the Snake is really remarkable. The Snake is also featured in five tactics called Hitting, Winding, Ambushing, Escaping and Leaping. ( 標 · 纏 · 伏 · 閃 · 竄 ).

The tactic of Hitting is featured by hitting your opponent quickly and surprisingly in agile and light steps without your opponent sensing your approach. Winding means that you get as close to your opponent as possible and keep your opponent within your proximity always. Ambushing means to attack your opponent from hiding. Escaping means to get free from him when you cannot match him. Leaping means to jump upward or to the sides when you try to avert his attack.

Mr. Chu Shao Chi, ( 朱紹基 ) is the favorable student of Prof. Du Han Chang ( 白蛇轉身 ), who is well known as the most famous pugilism instructor at the present time. Chu, intelligent and enthusiastic, mastered all the fighting skills, especially the Snake Fist, from his teacher. In view of Chu's

best achievement in pugilism, he was urged by both Prof Du and his friends to set up a fighting school in Hongkong. As a result, Chu's students have existed and spreaded to many parts of Southeast Asia. This book, named the Snake Pugilism was written specifically for those people interested in the Snake.

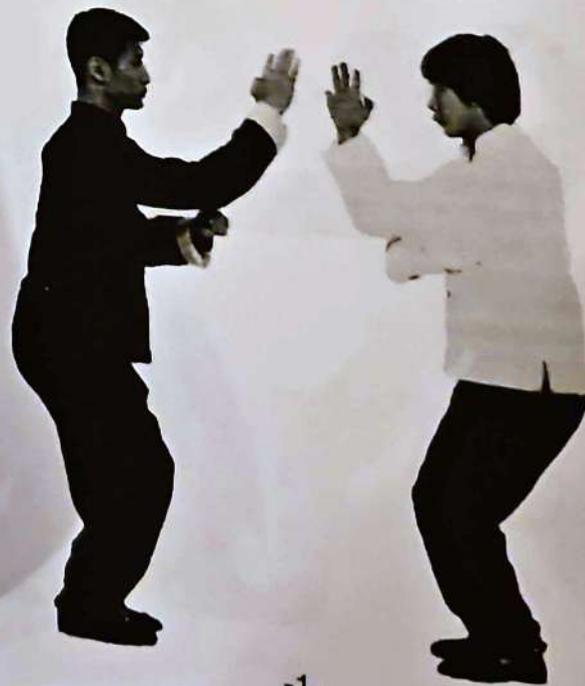
### **Pugilism of Snake, A School of Shaolin**

There are two men shown in the picture. The man with white uniform represents the opponent while the other man with black uniform is yourself. The man standing alone also represents yourself.

## **1. The Lad Bowing to Buddha**

(童子拜佛)

The starting posture for this pugilism is to put down your left hand to the position of your left hip with palm downward and fingers to the front. In the meantime, raise your right hand up to the front of your chest at the level of your fore-head with the palm leftward and the fingers upward. The eyes are looking to the front. You bring your two legs together, bent at the knees and parallel with each other. Straighten up the waist with a fixed breathing and an easy mind and concentrate. (F 1)



## 2. Pushing and Pulling the Palms ( 拖手撑掌 )

Swing the right palm in an arc back over the shoulder at the level of the ear. Place your palm frontward before raising the left palm up. Push it to the front at the level of the shoulder and place palm frontward and fingers rightward. The two legs still remain in the original position. The waist should be kept straightened and the knees bent. This action is primarily directed against the position of the chest or the abdomen of the opponent. (F2)



## 3. The Snake Out of the Cave ( 靈蛇出洞 )

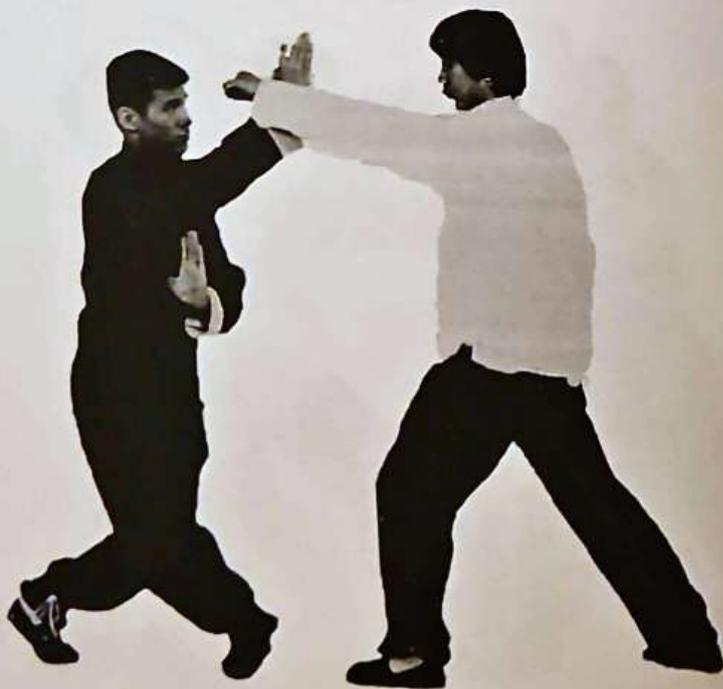
The left hand is pulled back upward in a circle and placed over the head with the palm upward. The right hand is pushed to the front from the shoulder with force with five fingers piercing to the front, palm leftward. In the mean-time, withdraw the right leg to the rear with a big step so that both feet form into a left bow step. In so doing, use the fingers of your right hand to thrust against either his armpit or the ribs when the left hand can be used to carry the opponent's assaulting hand. (F3)



#### 4. The Snake Lifting up Its Head

( 猛蛇昂頭 )

The leg in the rear is dragged to the front the way it is shown in the picture. The right toes are toward the right side while the left foot pivots on the ground with only the front toes in touch with the ground. The toes of both feet are almost at right angle. The right palm is raised with fingers beyond the level of the forehead and the left hand is on the side of the right elbow for support. This action is designed to block or parry the upper punching of the opponent. (F4)



#### 5. The White Snake Turning Its Body Around

( 白蛇轉身 )

To meet the surprise attack from the rear, turn your body to the right side by revolving your waist in a haste manner. The actions of both arms are generally the same as F4 except that the palm is poked to the front with fingers for jabbing purposes. The left hand is placed under the right one for support. Both feet still remain in the original position as F4. The said action can be used either for defensive or offensive. (F5)



## 6. The Snake Elevating Its Head

( 猛蛇昂頭 )

Resume to the original position by switching your waist to the left side so that you can meet the opponent's frontal attack again. Your right forearm is kept upright beside the right ear with palm frontward and fingers upward. The left arm is held abreast to the chest with the fingers near the right elbow for support. In changing the posture from 5 to 6, swing the right arm in a semi-circle leftward with force so that the opponent's assaulting arm can be turned aside without difficulty. Both feet should remain in the original position. (F6)



## 7. The Snake Seeking for Food

( 靈蛇尋食 )

This action is done hastily as if a snake was quickly moving to seek for food. Proceed from posture 6. The right arm should be clung against the opponent's right arm enabling it to move along the front in order to attack the opponent's throat with your jabbing fingers. The left hand moves to the front at that time for support when the right hand is being pushed to the front. (F7)



## 8. The Snake Returning to Cave ( 靈蛇歸洞 )

In case the opponent is attacking violently, and you are unable to dominate the situation to break loose and move one or two steps away from him, place both hands in front of the chest parallel with each other, palms downward and fingers to the front. Wait for the opportunity of another attack. (F8)



## 9. The Snake Sticking out its Tongue ( 白蛇吐信 )

Proceed as above. Make one or two steps forward and push your both hands swiftly and simultaneously to the front to its full length with force. Place palms downward and parallel with each other and fingers to the front against the eyes of the opponent. Usually such attack is too strong for most of the opponents to deal with no matter how strong he is. The right foot is placed in front with only the toes in touch with the ground while the left foot is at the rear as shown in the picture. (F9)



## 10. Lowering the Body and Seizing the Hands ( 沉橋擒手 )

After the previous attack, both hands are dropped down immediately in order to seize the middle part of the forearms of the opponent as shown in figure 10. Your two legs still remain in the original position. Your eyes are looking at the opponent's face. (F10)



## 11. The Snake Shaking Its Tail ( 毒蛇擺尾 )

You have seized the opponent by his two an-ns as a result of the above attack. The opponent usually declines his body to the front on account of your pulling force. Then lift up your left foot high enough to kick it against his genital area. (F 11)



## 12. The Snake Blocking the Road ( 毒蛇攔路 )

In case you are not quite successful with your offensive action, the opponent will cunningly avert your attack and lift up his left leg to kick you. Before he reaches you, stoop down to take a crouching position for defensive purposes. Your right leg is crouching while the left leg is standing with the whole sole on the ground as shown in the picture. With your left hand, seize the ankle of the opponent's left leg and strike him against the calf part of his left leg with the outer edge of your forearm. (F 12)



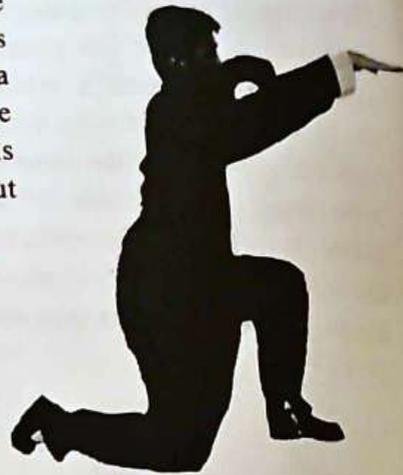
## 13. The Snake Poking Out Its Head ( 蟠蛇佈陣 )

To continue the attack, move forward with a crouching step and push forward with your left palm to jam against the opponent's middle part especially the waist side while your right palm is held in the same manner with fingers at the side of the left elbow. Both legs are formed generally the same as above, but should be mobile enough for quick movement. (F 13)



14. The Snake Chasing the Wind  
( 蝮蛇追風 )

This posture is directed against the middle part with either the left hand or the right hand. Both hands should be switched back and forth for a change so that different parts of the opponent's body can be attacked. This action is done continuously without interruption. (F 14)



15. The Snake Bringing Back It  
( 靈蛇回首 )

The opponent's strength has been reduced considerably after your repeated attack. Then you conduct a new fighting as follows:

Both hands are extended to the sides to its full length, but one of them is used for a real attack when it is pushed to the front against his armpit. In the meantime, move one step to the front with your right leg, but with only the front toes in touch With the ground. (F 15)



## 16. The Snake Sticking Out Its Tongue

( 白蛇吐信 )

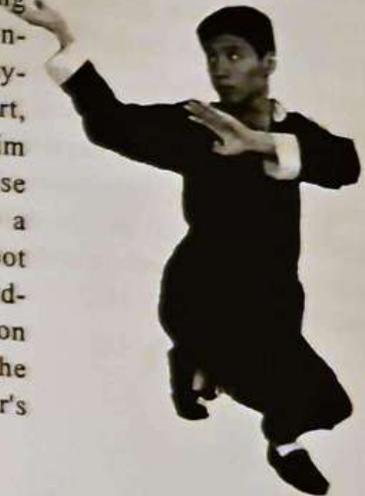
Proceed from the above. Recover the right hand back while swinging the left hand to the front in an arc. The right hand is placed at the elbow part of the left hand for supporting purposes. The left hand is used to make a real attack. Both hands are switched alternately to make a continuous attack against the upper part of the opponent's body. The right foot is still pivoting on the ground with only the toes in touch with the ground while the left foot is at the back, both bent at the knees. The legs can be changed to coordinate with the hand movement. (F 16)



## 17. The Snake Searching for Raod

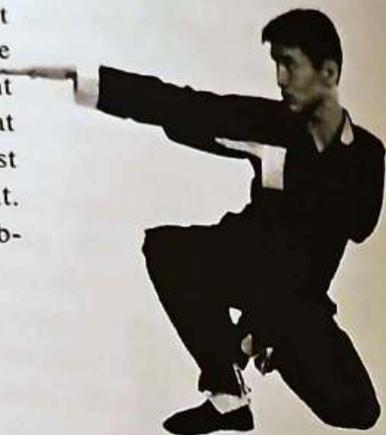
( 靈蛇探路 )

With your continuous attack against his upper or middle part, the opponent is at a loss, losing his striking power and is compelled to take a defensive position. As the opponent is paying much attention to his upper part, you can use the occasion to strike him on the lower part in a surprise attack. Lower your upper body to a kneeling position with one foot kneeling while the other foot is standing on the sole. Strike the opponent on the lower part with one palm while the other hand is held at the shoulder's level to supplement for.



18. The Snake Lifting up Its Head  
( 毒蛇昂首 )

As the attacker, you keep the original position with both legs crouching on the ground. Your right arm is extended straight to the front and the left arm is placed before the breast. Poke the right palm to the front of the attack by turning the wrist so that the fingers of the right hand is thrust against the armpit of the opponent. Continue such attack in order to subdue the opponent. (F18)



19. The Snake Blocking the Way  
( 毒蛇攔路 )

The body is still kept in the original position with both feet crouching on the ground. Shift your right arm back to your body and raise it upright to your front in order to use the right elbow to prevent the right leg of the opponent who is trying to kick on you.

The action seems to be a defensive posture but the fingers poked out as an iron rod can be put to use offensively at any time. (F20)



20. Reversing the Hand and Striking  
( 反手陰打 )

With his right assaulting leg blocked by your right elbow, the opponent steps down forward on the ground with his right leg and pushes his right fist toward you in an attempt to strike your face. You may shift your upper body leftward to avert his attack and, in the meantime, strike on his genitals by reversing your right palm. The right leg stands on the ground while the left leg kneels on the ground. (F20)



21. The Snake Chasing the Wind  
( 靈蛇追風 )

This action is designed to take off from the opponent after a good fight. The retreat is to be made in a crouching movement. The leg movement is to be done very quickly and agilely and to be coordinated with the flexible movement of the waist. Therefore, the moving steps are dependent on good training. (F21)



22. The Snake Out of the Cave  
( 靈蛇出洞 )

Approaching you, the opponent stoops forward and strikes you with his right fist. You strike on his elbow with the outer edge of your right forearm for your defense. Besides, such striking can be used to deal with the key points of the opponent's body also. (F22)



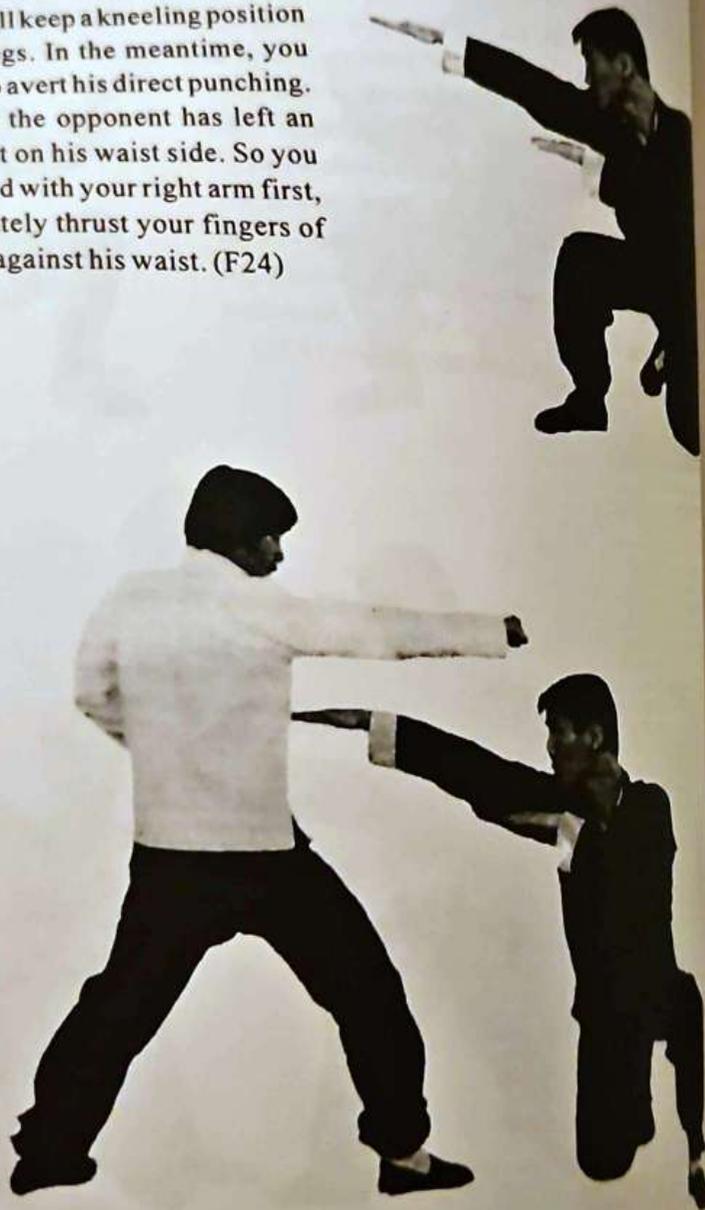
23. The Snake Striking the Fog  
( 毒蛇打霧 )

The opponent continues his attack with both hands. You still remain in a kneeling position on the ground, but recover your right arm to the front of your breast so that both palms are held almost parallel with each other with palms downward and fingers to the front. Both hands are placed in a defensive position to deal with various attack of the opponent. An attacking position can be launched very easily from such posture. (F23)



24. The Snake Chasing the Wind  
( 靈蛇追風 )

While the opponent intends to punch you with his right fist on your head, you still keep a kneeling position with your legs. In the meantime, you shift aside to avert his direct punching. In this way, the opponent has left an exposed part on his waist side. So you push forward with your right arm first, then alternately thrust your fingers of both hands against his waist. (F24)



25. Eight Steps of Snake  
( 蛇勢八步 )

Take a kneeling position and keep a close contact with the opponent in the beginning. Then stoop up and change your posture and direction by using eight agile and quick steps to engage in the opponent's violent attack. (F25)



## 26. The Snake Stretching Out Its Waist ( 毒蛇伸腰 )

To change to an offensive posture, push your right palm forward to thrust against the armpit of the opponent with jamming fingers. Your lower body still remains in a kneeling position while the left leg stands with the whole sole on the ground and the right leg lies on the ground. The attack is done too quickly and violently for the opponent to ward off. (F26)



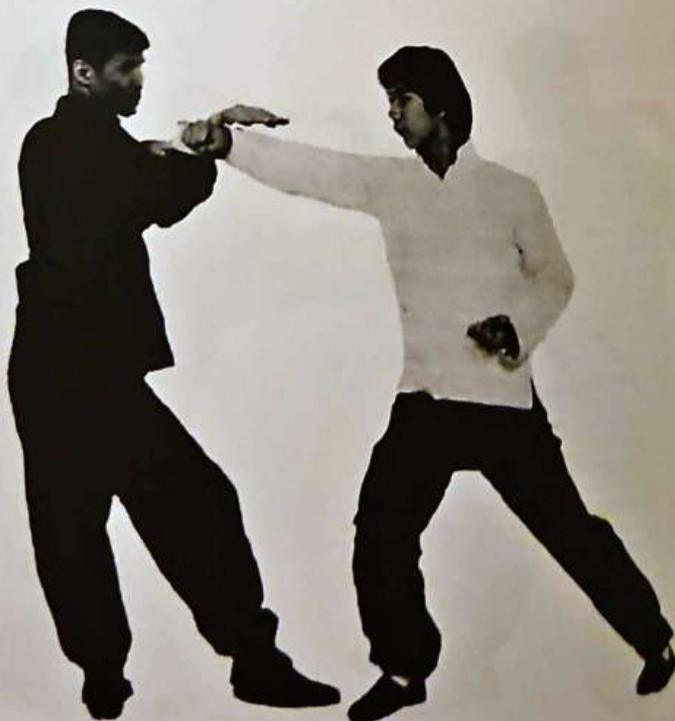
## 27. The Snake Returning to Cave ( 靈蛇歸洞 )

In case the above offensive posture is not quite successful, you may retreat for another opportunity. In this case, you stoop up and slide backward two or more steps and move the left foot to the front with only the front toes in touch with the ground. The forearms are held to the front and raised parallel with each other. Palms face downwards and fingers to the front, assuming a defensive position. The opponent also takes the same posture. (F27)



28. Eight Steps of the Snake  
( 蛇勢八步 )

Before long, the opponent immediately moves forward and launches his attack by punching his right fist against your breast. To meet his attack, you turn your body leftward to avert his strike. In the meantime, move one step forward to the front with your right foot before slashing your right palm against the elbow part of his right arm. Notice that your slashing blow should be coordinated with the strength from your waist. (F28)



29. One Leg Standing Alone  
( 金雞獨立 )

The opponent continues his attack with his right fist, so you turn your body to one side to avert his attack. In the meantime, raise your right arm in order to strike against the outer edge of the opponent's right arm. Simultaneously, you have lifted up your right leg, bent at the knee, so that your right thigh is parallel to the ground and your right foot is directly below the knee. -The principle of defense in the Snake is to shove off the opponent's punches by using his force instead of blocking it directly as with Tai Chi. (F29)



### 30. The Snake Shaking Its Tail ( 靈蛇擺尾 )

The lower body generally remains in the same position as the above with your left foot standing on the ground and your right leg lifted up and the right thigh parallel to the ground. Both palms are held to the front parallel with each other, palms down ward, and the right arm stretched out to block the punching arm of the opponent. (F30)



### 31. The Snake Extending Its Waist ( 毒蛇伸腰 )

Place your right foot forward and stretch your left foot to the rear so that both legs cross each other as shown in the picture. In the mean-time, extend both hands to the sides forcefully with the right hand aiming directly against the armpit of the opponent. If the opponent is hit, he will suffer heavily from such a stroke. (F31)



32. The Snake Striking the Fog  
( 蝮蛇打霧 )

The opponent is repelled back as a result of the above action. You take a defensive posture by putting both palms at the same level of your shoulder, parallel with each other, palms downward, to prepare for another action. Both legs are still bent, crossing each other. (F32)



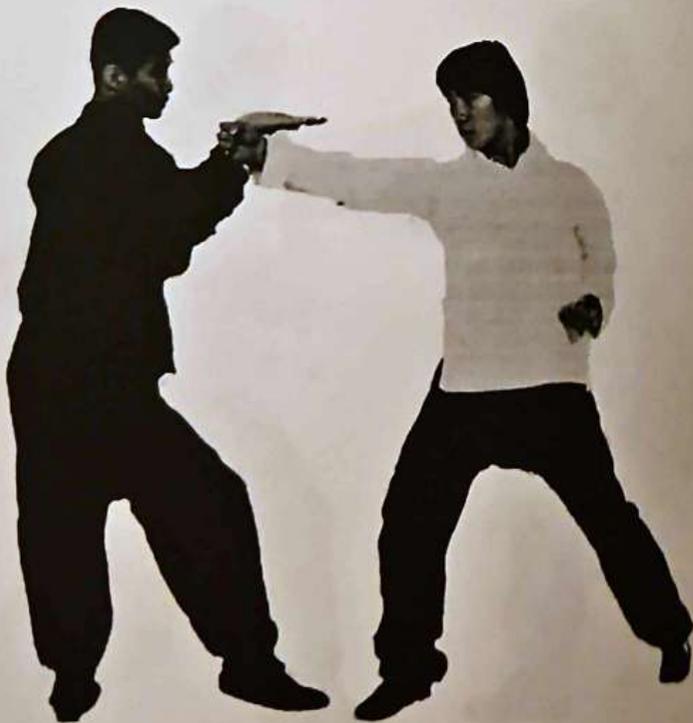
33. The Snake Chasing the Wind  
( 蝮蛇追風 )

Before the opponent approaches, rush forward with crouching steps and push both palms to the front with force against the belly part of the opponent with spear like fingers. The lower body is still in a crouching position. The left leg stands bent at the knee with the whole sole in touch with the ground while the right leg is in a almost kneeling position. (F33)



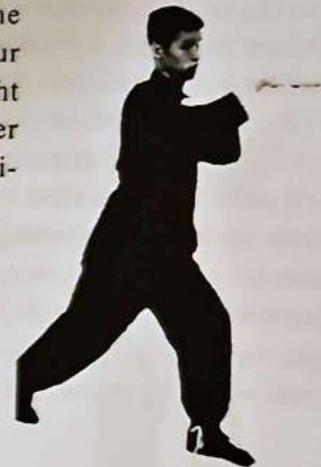
### 34. The Snake Lifting Up Its Neck ( 毒蛇昂頭 )

The continuous attack might involve danger on account of your body being exposed to the opponent, so you stoop up and retreat backward. As the opponent pushes forward with his right fist, you turn aside and block his right arm with your right forearm. The weight of your body is on the right leg while the left foot is standing on the ground with only the left toes in contact, with the ground. (F34)



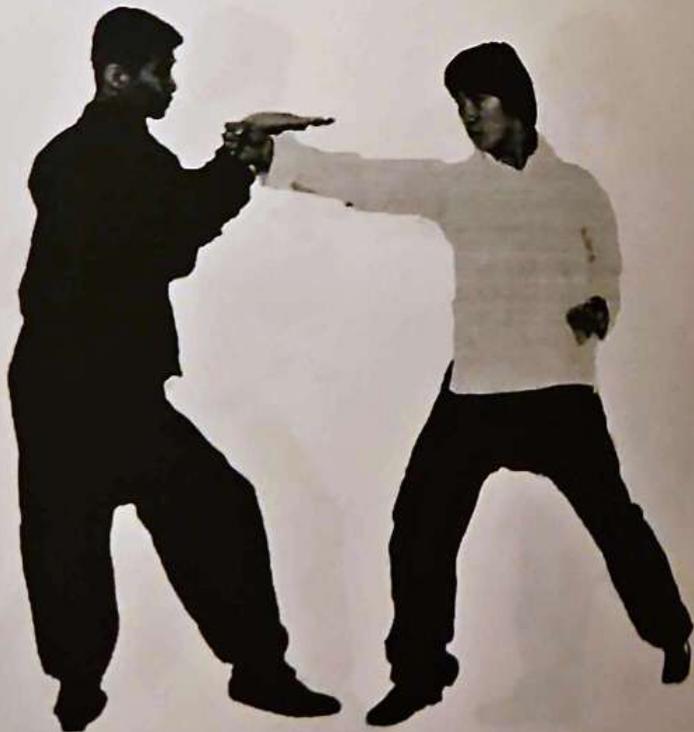
### 35. Walking With Mouse Step, Posture One ( 鼠步蛇行 )

This posture uses the fast and agile steps to act and engage with the opponent. In addition, you use your right forearm to ward off the right punch of the opponent. Your lower body is generally kept in the same position as above. (F35)



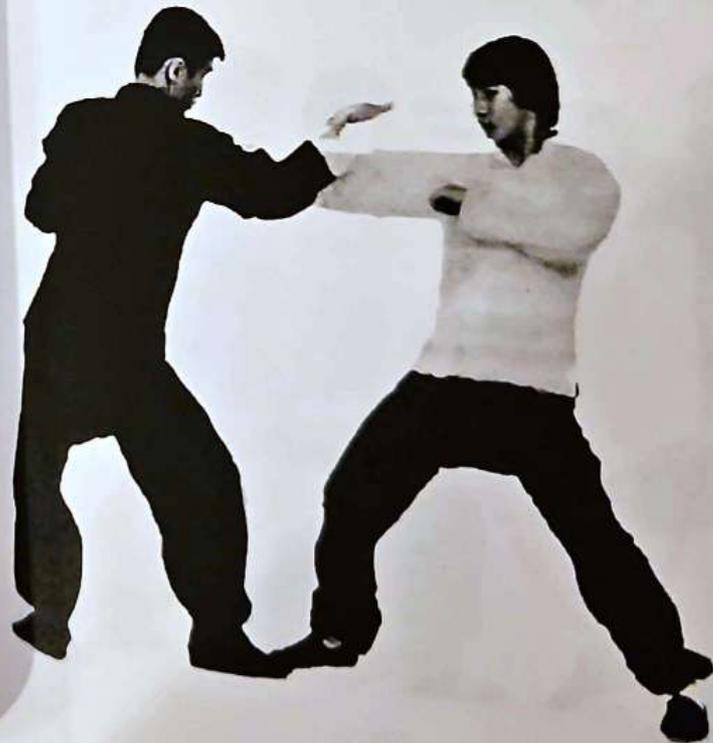
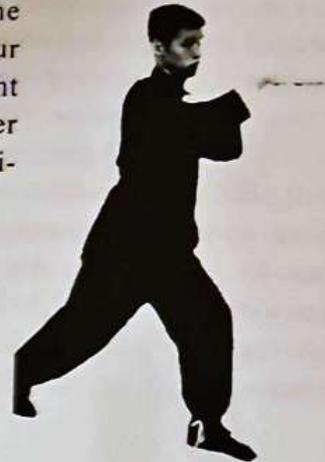
34. The Snake Lifting Up Its Neck  
( 毒蛇昂頭 )

The continuous attack might involve danger on account of your body being exposed to the opponent, so you stoop up and retreat backward. As the opponent pushes forward with his right fist, you turn aside and block his right arm with your right forearm. The weight of your body is on the right leg while the left foot is standing on the ground with only the left toes in contact, with the ground. (F34)



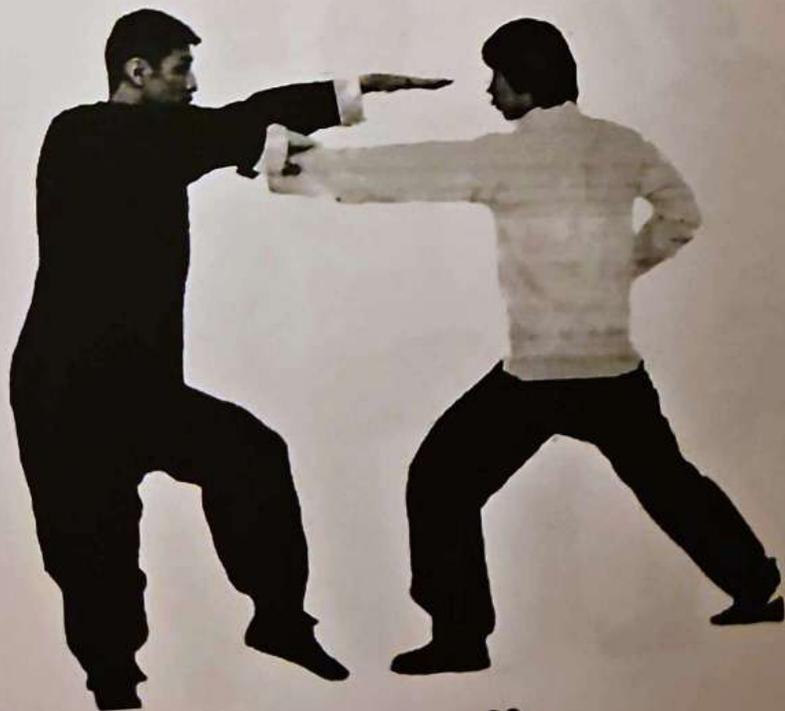
35. Walking With Mouse Step, Posture One  
( 鼠步蛇行 )

This posture uses the fast and agile steps to act and engage with the opponent. In addition, you use your right forearm to ward off the right punch of the opponent. Your lower body is generally kept in the same position as above. (F35)



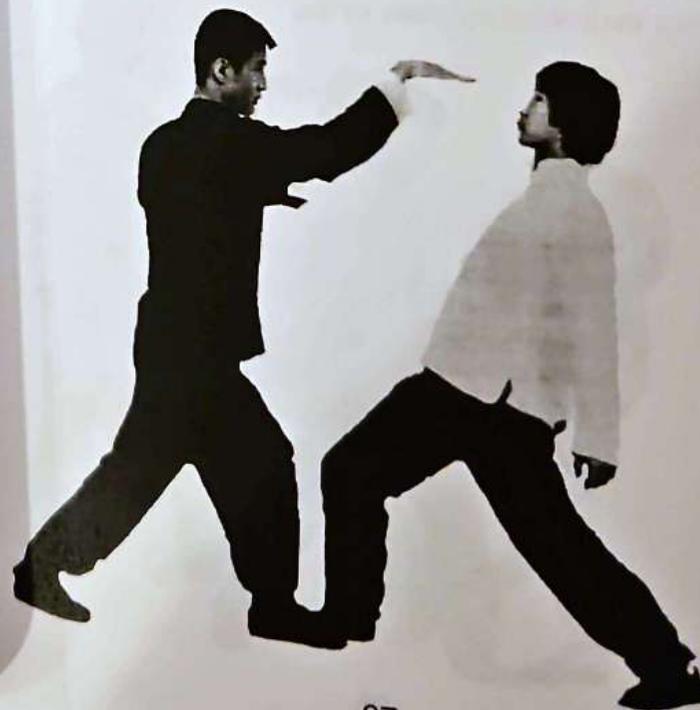
### 36. Walking With Mouse Step, Posture Two ( 鼠步蛇行 )

This posture is generally the same as above. The opponent intends to withdraw from you. But on account of your fast and agile steps, he is still under your control. You use your right arm to ward off his left punches while your left palm is delivered to the front to pierce upon the opponent's eye. Continue to remain in the original leg position with the weight of the body on the right leg while only the left toes are in contact with the ground. (F36)



### 37. Striking with Steps ( 蛇行標步 )

This action is emphasized on the repetition of the stroke against the opponent's face when the first stroke is made successfully. Continuous stroke can place you in a favorable position if the opponent has lost the ability to counterattack. The left leg is in the front while the right leg is in the rear forming a left bow step. But both legs can be shifted to the front to coordinate with the hand movement. (F37)



38. The Snake Obstructing the Road  
( 靈蛇阻道 )

After a successful attack, the opponent is placed in an inactive position. Finally the opponent attempts a reckless punch against you. You keep as close to the opponent's body as possible using your right palm to grasp his right arm and the left hand on his shoulder while lifting your knee high enough to bash against his chin. In a single practice, the right forearm is raised upright, fingers to the left side while the left hand is also in the front to assist with the action. The left foot stands on the ground to support the body, while the right leg is lifted very high, bent at the knee and the right thigh is parallel to the ground. The right foot is directly under the knee as in the Golden cock standing alone of Tai Chi. (F38)



39. The Snake Picking Up the Pearl  
( 靈蛇取珠 )

Since the opponent is under your control, you will not lose the chance in attacking him. Pull the opponent's body to you by seizing one of his arms. In the meantime, push the other palm toward him in an attempt to jam it against his eye. Furthermore, remain in the same leg position as above. (F39)



40. The Snake Striking the Fog  
( 毒蛇打霧 )

After a continuous attack, you recede somewhat by leaping backward with your right leg before you take a crouching position for defensive purposes. Stoop down with your left leg kneeling on the ground while the right leg acts as a support. Both hands are placed in front of the chest on the alert. (F40)



41. The Snake Lifting Up the Head  
( 毒蛇昂首 )

The opponent drops his right leg from a kicking position and punches his right fist against your head before he steps forward with his right leg to his left front to cross the other leg. You stoop down with your body to avert his direct punches. In the meantime, you have stretched your left hand to the front to grasp the opponent's elbow of the right arm while your other hand is ready to push out. You kneel down with one of your legs while the other leg acts as a support. (F41)



42. The Snake Striking on the Point  
( 毒蛇打穴 )

Proceed as above. With your left hand puffed back and placed beyond your head, push your right hand out violently in order to strike him on one of the key points of his chest. Since such a point is very vulnerable to human body people can be seriously hurt if he is hit on the target. (F42)



43. The Snake Grasping the Leg  
( 毒蛇握脚 )

To meet your attack, the opponent immediately changes his bodily position by lifting up his right leg and kicks you on your belly. To avert his direct kicks, you shift your body aside to counter them. In the meantime, use your right hand to grasp the ankle of his right foot and stretch your left hand to the front to prepare for another attack. Simultaneously, cross your right foot to the front of the left one with both knees bent. (F43)



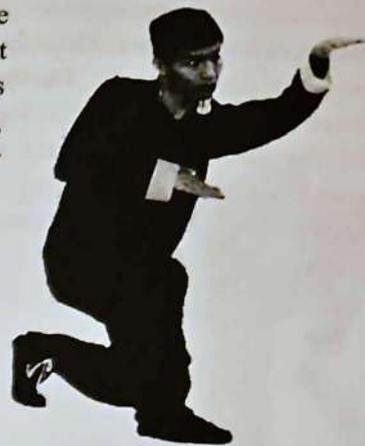
44. The Snake Revolving Its Body  
( 毒蛇旋身 )

Move forward with your left foot and extend your right hand to the front to strike against the opponent's breast. Such actions are made alternately with both hands with the strength stemmed from the waist. However, both hands should not be too apart in order to give support to each other. (F44)



45. The Snake Striking on the Target  
( 毒蛇打標 )

This action is similar to the above except for the target being at high level. The attacker aims at the head or the temple part of the opponent in a continuous action. So both hands push forward alternately to the front, one for attacking and the other for blocking purposes. (F45)



46. The Snake Seizing the Elbow  
( 毒蛇擒肘 )

Having attacked the opponent continuously on the head, you use the occasion to grasp the opponent on both shoulders and elbows. Therefore, he is under your control. Furthermore, stretch your left foot to the front with only the front toes in touch with the ground while your right leg is at the rear with the weight of the body on the same leg. (F46)



47. The Snake Shaking Its Tail, Posture One  
( 靈蛇搖尾 )

To counter the sweeping foot the opponent, you lead upward w your body. As you drop down to t ground, try to get as close to opponent's body as possible so th you can use your left knee to bump against his chest or belly with dash force. (F47)



48. The Snake Shaking Its Tail, Posture Two  
( 靈蛇搖尾 )

Proceed as above. Lift up your left leg to aim at the opponent's upper limb in a kicking action and then drop it down before the right leg is raised up to launch a similar kicking action. Such leg posture is similar to that called "the golden cock standing on one leg". Such actions should be continued until the rival is thrown down to the ground. But such standing position should be trained in ordinary time in order to maintain the steady balance of the body. (F48)



-48-

49. The Snake Leaping Upward  
( 靈蛇飛空 )

This action is to leap up from the ground as the opponent intends to use either the lying or rolling position to grasp your leg with his hands. Before he reaches you, jump up high enough to avert his grasps. Besides, you can make use of the high jump to attack him, preferably with the foot in the air. (F49)



-49-

**50. The Snake Seeking for Its Target**  
( 靈蛇尋標 )

It doesn't seem easy to drop to the ground from jumping without losing balance. This is what the Snake Fist demands. Besides, immediately after landing, you should seek for another opportunity to attack the opponent on the main target of his body. (F50)



**51. The Snake Seeking For the Road**  
( 靈蛇問路 )

To avert the opponent's direct punches, you stoop downward again and in the meantime, make a sweeping movement of your leg against his lower part. Immediately after that, slash your left arm against the extended arm of your opponent. (F51)



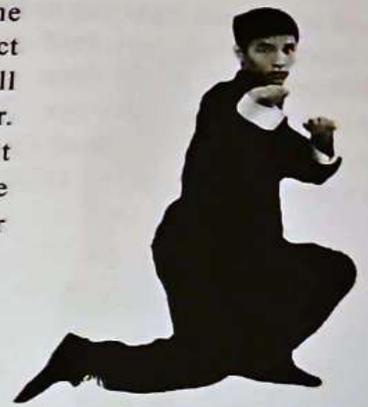
**52. The Snake Bowing To Buddha**  
( 靈蛇拜佛 )

This posture comes from turning your body 360 degrees before resuming to its original position. Divide both palms before closing them together like Buddha did with his hands intending to press or crush against the opponent's both arms with your two palms. The lower limb is still held in a position of "the Golden cock standing in one foot alone". (F52)



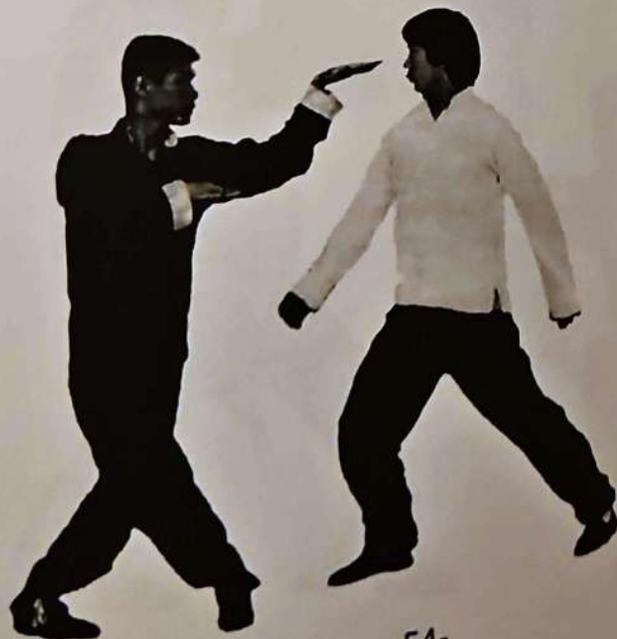
**53. The Snake Finding the Target**  
( 靈蛇尋標 )

When landing on the ground. The right leg kneels while the left one stands with the whole sole in contact with the ground. Both hands are still held to the front supporting each other. Use the pierced fingers of the right palm to aim directly against the Chimen point of the opponent's upper body with force. (F53)



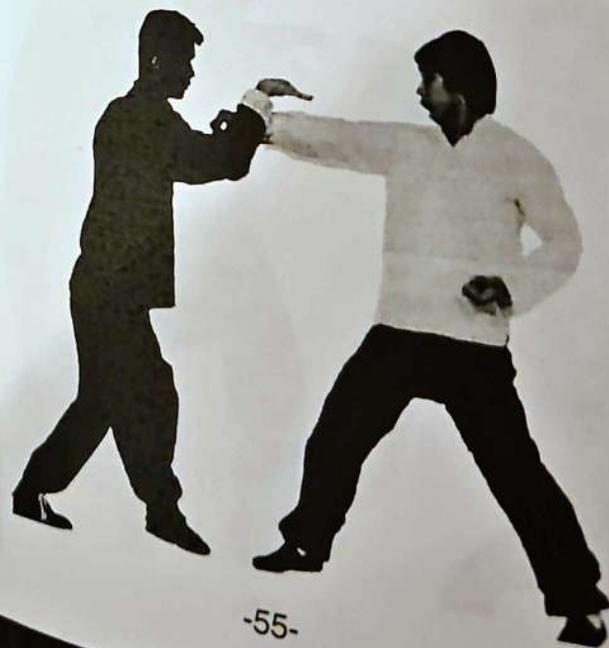
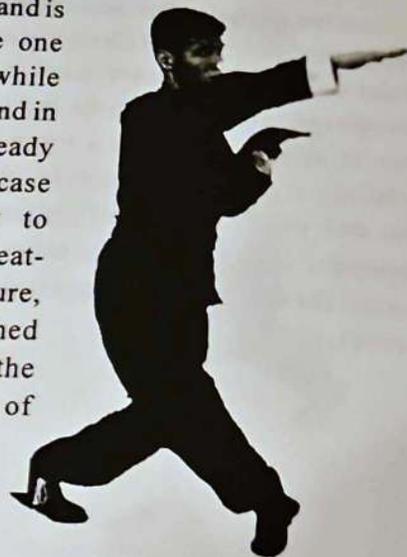
54. The Snake Picking Up the Eye  
( 毒蛇取目 )

Proceed as above. Move forward with your right leg to the front crossing the left foot. Push your left palm upward with force directly against the Opponent's eye. The right hand remains in the rear of the left one for supporting purposes. (F54)



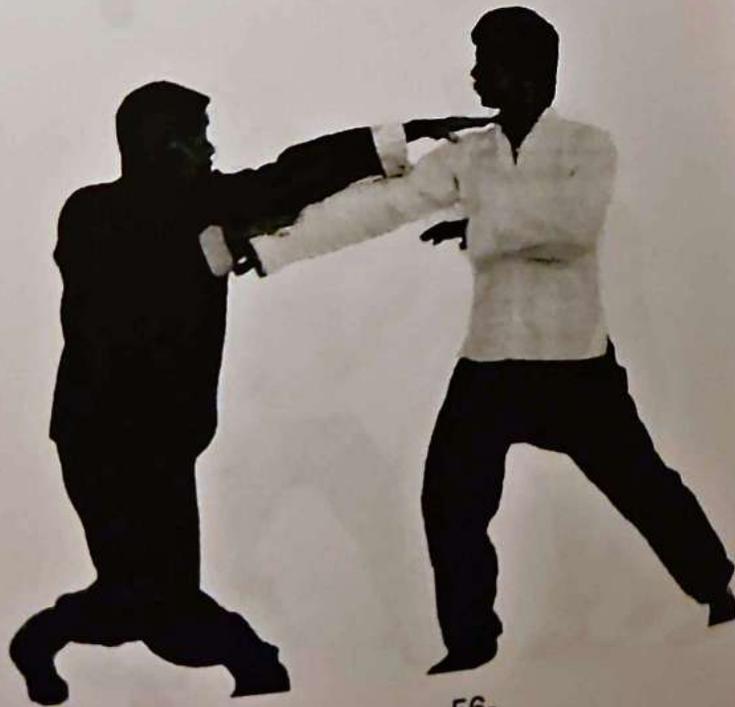
55. The Snake Obstructing the Road  
( 毒蛇攔路 )

The Snake Fist is characterized by the form of "one hand in the front, the other in the rear". The hand is formed in this manner because one hand can be used for attacking while the other for defense. Also, the hand in the rear can be used as a reserve, ready to launch an attack at any time. In case the opponent has any attempt to retreat, go ahead and block his retreating passage. As shown in this picture, your right hand is immediately pushed out to seize the shoulder part of the opponent, who has the intention of making a retreat. (F55)



**56. The Snake Blocking the Throat**  
( 毒蛇封喉 )

The snake fist is featured with the eye, nose and throat as a target in a successive actions. The actions are so continuous that it is not likely for most of the opponents to parry it off. Even though the Snake Fist looks light and easy in appearance, it is a force with twisting energy. The picture shows that one palm is directed against the opponent's throat while the other hand is used for support. Both legs form into a cross. (F56)



**57. The Snake Holding the Cave**  
( 毒蛇守洞 )

The Snake Fist, though in most occasions, is used for assault. But sometimes it can be used for defensive also. This posture in picture 57 is used completely for self-defense. You can put both of your arms to the front of your breast to form a cross since such a posture is especially good to guard against a surprise from the enemy. (F57)



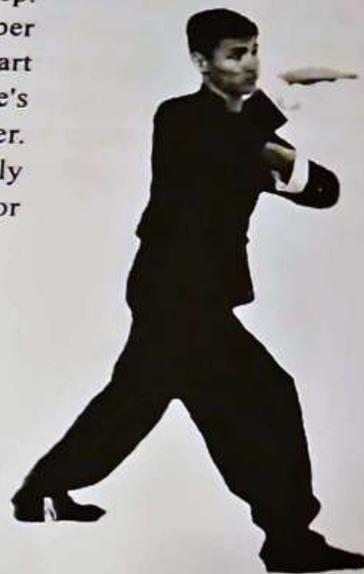
58. The Snake Out of the Cave  
( 毒蛇出洞 )

In spite of the opponent's attack, you immediately change your position from defense to offense. Preparation for such an attack has been made already during the time when you take a defensive position. Swift and agile offensive actions are made continuously and alternately with both hands against the middle part of the opponent's body. It is hard for most of the opponents to deal with such posture. In addition to a standing position, you can take a kneeling position to attack his middle part with both your palms. (F58)



59. The Snake Striking the Temple  
( 毒蛇打穴 )

Rush forward with your body and move to the front with your right foot forming into a right bow step. Punch against the opponent's upper body, especially on his temple part with your hands forming into a crane's beak with five fingers joined together. Such posture can be shifted alternately with both hands and can be used for both offensive and defensive. (F59)



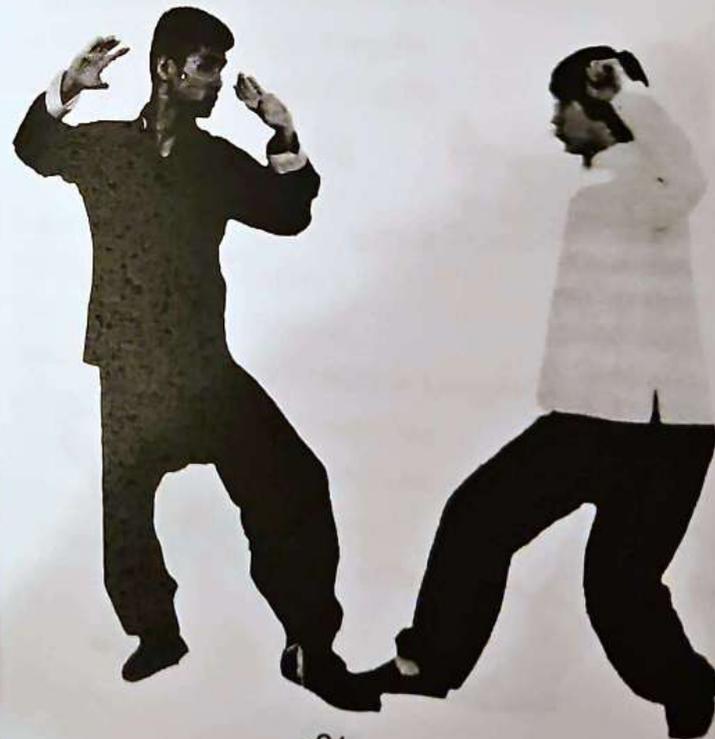
60. The Snake Extending Its Waist  
( 靈蛇伸腰 )

Both hands are extended in both directions. One in the front and the other in the rear, in order to jam against the vulnerable part of the opponent. Such action is made at a time when a vulnerable gap is exposed to you. Both hands should be coordinated with the agile and changed steps of the feet. (F60)



61. The Fairy Loaded with Wood  
( 仙人担柴 )

Receding with two steps, raise your two palms and place them over the shoulders beside the ears with your eyes focusing to the front. The left foot is in the front with only the front toes in contact with the ground while the right foot support the body, and is bent at the knees. The upper body is kept upright. (F61)



## 62. Bowing the Buddha with Respect

( 拜佛見禮 )

Both hands are slowly extended from the shoulder part to the front until they are joined together. Both feet still remain in the original position. Then both feet and hands should resume to the normal position of attention. (F62)



McLISA ENTERPRISES Inc.  
P.O. BOX 3177  
SHAWNEE, KANSAS 66203

1. Kung Fu - Advanced Staff Fighting Techniques in Pictures
2. Kung Fu - Tai Chi Sabre for Self-Defense
3. Chinese Ching Kung for Physical & Mental Health
4. Dim Mak (Dim Hsueh) The Poison Hand Touch of Death
5. Chinese Praying Mantis Boxing - Book I
6. Chinese Praying Mantis Boxing - Book II
7. Advanced Chinese Leg Maneuvers in Action
8. The Secrets of Shaolin Internal Kung Fu
9. Nunchaku for Self-Defense
10. Tai Chi Chuan - Its Effects & Practical Applications
11. Complete Iron Palm Training for Self-Defense
12. The Unseen Mind Force of Kung Fu
13. Shaolin Internal & External Kung Fu
14. Hsing-I Chuan
15. Advanced Dim Mak
16. The Combat Swords of the Dragon & Phoenix
17. The Striking Snake Maneuvers
18. Pa Kua Chuan for Self-Defense
19. Chinese Internal Kung for Health & Longevity
20. The Dragon Walking Swordsmanship
21. The Simplified Chinese Sabre in Action
22. The Essence of the Northern Fists
23. The Combined Snake, Cat, Crane Maneuvers

24. The Illustrated Chinese Sabre for Self-Defense
25. Simplified Tai Chi Chuan Fundamental Volume 1
26. Combat Tai Chi Chuan-Joint Hands and Self-Defense Techniques Volume 11
27. Tai Chi Weapon in Action Volume 111
28. Chinese Crane Chi Kung for Life-Extension
29. Secrets of Shaolin Tigerclaw Kung Fu
30. Arnis: The Up and Down Method
31. TangLang: The Praying Mantis System

**Write for a Free Book Listing at:**

McLisa Books  
P.O. Box 3177  
Shawnee, Kansas 66203

