

The Old Yang Style

Taijiquan



Erle Montaigue

Moontagu Books Australia

The Old Yang Style of Taijiquan

An Instruction Manual

By Erle Montaigne

Moontagu Books Australia



Publisher's Note: This book contains material never before published. The enclosed information can only have come from Erle Montaigue, being the only Westerner to have received this information. It is illegal to copy and portion of this book other than brief extracts for review articles. You must obtain permission directly from the copyright holder ©2000. It is also illegal to plagiarize any part of this book to use in some other publication, paper, electronic, or video and film, by changing it in some way to make out as if it has not come from this source.

This book is provided free of charge in good faith so that all may enjoy the great benefits of this pinnacle of all Taijiquan systems. You may download it free of charge. But please do not plagiarize it. Even though it is free, it is still covered by international copyright laws.

Moontagu Books
POB 792
Murwillumbah, NSW 2484
Australia

Ph.: + 61 2 6679 7145
Fax: + 612 6679 7028
E-mail: info@moontagu.com
<http://www.moontagu.com>

Copyright © 2000
Moontagu Books Australia

First Published in Australia Electronically in 2000

All Rights Reserved

ISBN: 0-949132-07-8

Contents

4 Chapter

Chapter Four70
Form71



Chapter Four:



198

Part Three: Old Yang Style Form



199

We begin this part of the book after the second kick in the 2nd third. So I will include that kick in Photo No. 198.

From here, place your left foot down to the rear so that the toe is in an East/West line with your right toe. Exhale. **Photo No. 199.** This is to insure that when you spin around on your right heel and left toe, (Inhale), you will be in a back sitting Bow stance facing to the East. **Photo No. 200.** Your left forearm makes contact with your right heel palm as in the “Block left and right” postures in the first third. Your eyes are to the East.



200

Left Heel Kick:

This is performed slowly. Slowly raise both palms and out, the right one will be Yin while the left will be Yang shaped. As you do this stand up straight on your right leg and exhale. Now as



201

you inhale, kick your left heel to the East 45 degrees to your right foot. **Photo No. 201.**

Note: In the Yang Cheng-fu form all of the kicks are performed at 90 degrees to the other foot. In Yang Lu-ch'an's form they are performed at 45 degrees. So if your right foot is pointing to the SE, then the kick would be to the East.

You must keep your standing leg straight! This is difficult and everyone usually makes the mistake of bending the standing leg to make it easier. In order to get the stretch necessary for this kick, you can try and lift your leg onto a high ledge, such as a chair back and straighten out your other leg. Slowly raise the height of the ledge until you can get it a little higher than horizontal. Do not worry if you cannot get your kick high enough to begin with. Just do it as high as you can keeping your standing leg straight.

Brush Knee & Twist Step: (Right)



202

NOTE: All Brush Knee & Twist Steps (including those in the first third) in Yang Lu-ch'an's form are performed at half the pace of the rest of the form! This is because medically, this posture works upon the heart.

As you exhale, place your left elbow onto your left knee so that the forearm is horizontal and bend your right leg down again to the normal position. **Photo No. 202.** Continue exhaling as you perform Brush Knee & twist Step as in the first third only to the East. **Photo No. 203.**



203

Brush Knee & Twist Step: (Left)

Now perform exactly as in the first third. Hold the ball on the left and turn your left foot out by 45 degrees as you inhale. **Photo No. 204.** Then step through with your right foot and



204

perform Brush Knee & Twist Step to the East as you exhale. **Photo No. 205.**

Punch to Groin:

Turn your right toes out by 45 degrees to the right weighted as your inhale and hook your left palm clockwise using the 'Single Whip Hook'. Your right palm makes a fist. **Photo No. 206.**



205

Continue hooking your left palm down to your left hip as your left leg makes a sweeping movement clockwise out to the front as if hooking an attacker's leg. This is what is happening in fact. Your left hook is slamming and hooking his oncoming right front kick attack as your right hammer fist attacks to his neck and your left foot is also assisting in tripping him. **Photo No. 207.**



206

Continue that foot circling back to your other foot. **Photo No. 208.** Next, continue the left foot to take a left step to the east. So your left foot has made a circle. As you place your weight onto the left leg, exhale as you punch downward with your right fist (small finger upper) and hook your left palm up as high as it can go. So you have lifted his leg up as high as it can go thus causing him to fall, allowing you to attack to his groin. **Photo No. 209.** For all applications of this form, see my tape MTG21.



207

Cutting Hands:

From here, Perform a weighted turn, turning your left toes 90 degrees to the right causing the toes to point to the South. Inhale as both palms make two clock-wise circles 180 degrees out of sync. So your left palm will move first, followed by your



208



209



210



211

right which will cut in under your left wrist. You are now facing the South but your eyes are on the West.

Photo No. 210.

Continue the hand movements and lift your right foot placing it down to the West, the right palm will move slightly ahead of the left ending up as in

Photo No. 211.



212

Double Leaping Kick:

NOTE: This set of movements is difficult to show in photos, I will do my best however.

I will show the two kicks statically with an interim photo showing that you are actually off the ground before the second kick!

Turn your right toes out by 45 degrees. These kicks are done explosively! Kick your left foot upward turning the foot so that the big toe side of the foot is upper. This is the only way to perform a groin kick! **Photo No. 212.** The momentum of this kick lifts you off the ground for the next kick. As your right foot



213

is kicked up using the instep, the left foot is still coming down. **Photo No. 213.** So as soon as the left one makes contact, the other foot kicks up so that both feet are off the ground for a brief moment. Inhale as both your palms slap the instep of the right foot as your left foot makes contact with the ground. **Photo No. 214.**



214

Carry the Bread on Arms: (Right)

From the last kick, place your right foot down to the rear so that you end up in a bow stance. Your eyes are looking to the rear to your right fist which has attacked to the groin to the rear. Your left palm is Yang ready to block upward. Your waist has turned slightly to the rear at this point. **Photo No. 215.** Begin to exhale. Turning your waist back to the West, strike with your right fist to the rear (all done slowly again) and at the same time block upward with your left hooked palm. Exhale. **Photo No. 216.**



215

Hitting Tiger: (Left)

A weighted turn on your left heel, 90 degrees right so that your left toes are now pointing to the North as your left palm slams downward and your right hammer-fist moves upward between your left palm and your body. Inhale. Your eyes look to the NE slightly. **Photo No. 217.** Turn your waist back to the left (NW) as your left palm turns uppermost in a grabbing type of motion and your right hammer-fist attacks to the NE. (Slowly). Still inhaling. **Photo No. 218.** Still inhaling or holding, your left palm hooks over the top of your right fist which has come back as your waist again turns back to the NE corner. **NOTE:** I am putting in



216



217



218



219

some of the more advanced moves here as I believe people are able to grasp this. **Photo No. 219.** Again turn your waist back to the NW corner as your right fist also loads ready to strike.

Photo No. 220.



220

These next movements are all done explosively (fa-jing). The whole thing happens in a matter of about one second! Step to the NE corner with your right foot and strike with your right hammer-fist. All of the next strikes happen on the one exhalation. Only that you must expel a little air for each attacking movement on the one exhalation. This is difficult to explain. Come see me! **Photo No.**



221

221. As your left foot steps up one step toward your right foot, you sit back onto it and attack with your left fist (palm downward). **Photo No. 222.** Notice that the feet are parallel pointing to the NW., although the action is to the NE!

Change your weight to your right foot and turning your waist to the NW, attack with your left back-fist to the West using the power of your waist turning. **Photo No. 223.** Notice that the feet have not changed. Cut your left fist under your right axilla as your right hammer fist attacks to the West across in a



222



223



224

centrifugal movement from right to left. **Photo No. 224.** You have just attacked with a back-fist to his GV26 point, grabbed his left wrist as he tries to attack you and hammered into his GB 3 point on the side of his head (temple). Now, you will finish by attacking to the temple again with your right penetration punch. Now is the time to move your left foot by pushing the heel back into a more normal back-sitting bow stance.

Photo No. 225. To the West. *Well that was difficult! Now I have to do it all again on the other side!*



225

Carry the Bread on Arms: (Left)

So from here, take a left step backward so that you end up with a bow stance to the rear and as before only on the opposite side, strike backward with your left palm and upward blocking with your right. Inhale and exhale. **Photo No. 226.**



226

Hitting Tiger: (Right)



227

Again slap down with your right palm as your left fist moves upward and turning your waist to the SE. **Photo No. 227.** Inhale. Pull your right palm (up) to the right as your left hammer-fist attacks to the SE. **Photo No. 228.** The waist turns back to the right. Turn your waist to the left as your right palm again hooks over the left fist. **Photo No. 229.** Step into the SE corner and attack with your left hammer-fist. **Photo No. 230.** All of these are one explosive exhalation with one small exhalation for each attack as before. Drag your right foot up and sit back onto it as you attack with your right fist. **Photo No. 231.** Also to the SE. Turn your waist to the SW and attack with your right back-fist. **Photo No. 232.** Bring your right back-fist under your left axilla as you attack with your left hammer-fist, to the East. **Photo No. 233.** Pushing your right heel back, attack with your left penetration punch to the East. **Photo No. 234.**



228



229



230



231



232



233



234



235

Right Heel Kick:



236

Place your left heel-palm onto your right forearm and make a clockwise circle using both arms down, over to your left, **Photo No. 235**, then up and out ready for the kick. Inhale and exhale. **Photo No. 236**. Standing up straight onto your left leg, kick your right heel out to the West. Inhale. **Photo No. 237**.



237

Phoenix Punch:

Lower your standing leg back to normal as both palms make fists and are moved to both sides of your knees. You turn your waist into the NW corner. **Photo No. 238**. Begin exhaling as you continue by taking a step into the NW corner and placing your weight onto the right leg, both palms will arc upward to strike both sides of the temple. **Photo No. 239**. In the advanced method, you would use a soft fa-jing waist shake and strike with the right fist first.

Note: Make sure that there is a N/S straight line between your front heel and rear toe. Also be sure that your elbows are below your wrists.



238



239



240



241

Spear Hands With Sit:



242

From here, lower both palms down and out. This is a no breath. Turn your right toes to the North or just past the North slightly to the NNE. **Photo No. 240.** Continue the palms circling up and over making full circles until the left one crosses the right on the outside as you begin to sit down to eventually place your left knee onto the ground. **Photo No. 241.** Inhale. Continue moving down until your left knee is on the ground and your gaze is to the left. Exhale. **Photo No. 242.**



243

Back Kick:

Standing up again, begin to open both palms and load your left palm, (yin) ready to strike. The gaze is to the left. **Photo No. 243.** Continue standing up picking up your left foot, loading it ready to kick. **Photo No. 244.** The breathing has begun to inhale. Kick your left heel out to the West in a downward strike as both palms open out. **Photo No. 245.**



244



245



246



247

Taking a Walk:



248

Turn your waist to the right as your left foot is placed down across your body, knees touching to the East. Your left palm has fallen lower. Exhale. **Photo No. 246**. Spin around on your right heel and left ball of the foot so that you are now facing to the SW corner. Your right palm has struck something over to your left. **Photo No. 247**.



249

Cross Kick:

Note: This is the only kick where we do not straighten the standing leg.

Turn your waist further to your left causing your right arm to join with your left heel-palm (as before most of the kicks). Exhale. Continue the exhalation as you stand up onto your left leg and open both palms ready for the kick into the SW corner. **Photo No. 248**. Finish the kick as you inhale. **Photo No. 249**. NOTE: When this is done correctly, you should feel some tension in the way of a good stretch. **Photo No. 250**.



250

Knife & Spear Fingers:

Place your right foot down exactly where it is with the toes pointing 45 degrees to the NW. Squat down slightly as both palms cut across to your right to be in your centre-line. Your left heel will come slightly off the ground. **Photo No. 251.** Exhale. Draw both palms into your chest loading them. Drop down a little more but not so far as to join your knees. Inhale.



251

Photo No. 252. As you drop down further so that you are locked into position by your knees touching, thrust your both finger tips out in a spearing type of motion. **Photo No. 253.** Exhale.



252

Lift Hands:

This next part is difficult as you have to keep your weight right down there at that same level for the last move. Lift your left foot and bring it forward placing it down so that you are into a normal back-sitting bow stance, your palms are the same. **Photo No. 254.** Inhale. Your left palm now rises upward and your right one is pushed down near the left elbow as



253

you raise your body to the normal standing bent knee position. You are breaking an elbow here. Exhale. **Photo No. 255.**



254



255



256



257

Lift Hands: (2)



258

Step up with your right foot to near your left foot as you inhale raising both palms in Yin shapes. As you drop both palms into position for the normal 'Lift Hands' posture, exhale. **Photo No. 256.**

Penetration Punch:

We now finish off this 2nd third in almost the same way that the first third ended.

Begin taking a left step forward as you load your left palm. Inhale.

Photo No. 257. Take the left step

and perform the penetration punch as you exhale. **Photo No.**

258. Roll the fist over to your left as before. **Photo No. 259.**

Then bring it down to your right. **Photo No. 260.** End up as shown in **Photo No. 261.** You have inhaled and exhaled. You have made a figure of '8' with your left fist.



259



261



262



263



264

Wind Up & Punch:



265

Now perform the 'winding up movements' the same as at the end of the first third. And after you are ready, take the left step forward blocking to your left as you do this. **Photos No. 262, 263, 264**. Remember, you can do these winding up movements any amount of times that you like. You should just feel when it is ready to strike.

Do the fa-jing punch to the West as you exhale. **Photo No. 265.**



266

Sit Back:

Slide your left palm under your right forearm. Inhale. **Photo No. 266.** Sit back onto your left leg as you pull both palms back to your hips. **Photo No. 267.**



267



268



269



270

Arn: (Press)

Raise both palms up to chest height and turn them outward. Your waist has turned full to the West and your weight is fully back onto your rear leg. **Photo No. 268.** Squeezing both elbows down and rotating both palms, attack to the West. Exhale. **Photo No. 269.**



271



272



273

Sit back and Apparent Close Up:

Sit back onto your rear leg as both palms again return to that previous position. Inhale. **Photo No. 270.** Turn your left foot by 90 degrees to the North along with your waist then sit onto your left leg. **Photo No. 271.** Begin moving both your palms out to either side and lowering your body onto your left leg keeping your back vertical. **Photo No. 272.** Stand up crossing your palms as shown (exactly the same as in the first third) placing your weight onto your right foot and lifting your left leg placing it down one shoulder's width from your right foot and parallel to it. **Photo No. 273.**

This brings you to the end of the 2nd third. I will be doing a fourth part to finish off the third 3rd. It has become much larger than I had originally thought! I have not gone into as great detail as at the end of the first third because you have already (hopefully) done that and the movement is exactly the same in ending each third.