

Yiquan training



Forgot your password?  
Create a new one [here](#).

*er Yao Zongxun in 2007*

his life and achievements. We will not quote all this here. Today  
his contribution to establishing martial science thought and to  
his work with fellow practitioners.

Teachers: Hong Lianshun and Wang Xiangzhai. I want to say  
that in the old society, that a man teaching wushu for living,  
he would tell them to change teacher. This  
is among the stories from history of yiquan, the one of Hong  
Yao Zongxun would had not start learning from Wang  
his own father and was taking care of him until Hong's last days.

He was mainly influenced by Hong Lianshun's example, while  
martial science. Those two masters had set the best examples of  
struggling against big waves in his life, for moving forward  
in yiquan, inheriting from the past and inspiring

some fixed tracks and it is difficult to make change.

among a herd of sheep. It seemed to be too much different. If you told someone that you practiced wushu, he would ask you for how it is quite difficult for an yiquan practitioner to explain to the outside world. It's something so different from what most people have prevailing ideas about martial arts. At that time it caused a lot

Yiquan actually had a basis in inherited tradition. It was not „a complete break with great benefits, but they moved further, beyond the boundaries of traditional culture movements at the end of empire and beginning of the modern era. When the traditional and the modern met, naturally they merged into the physical culture. He was intelligent, insightful and he was constantly studying new things, absorbing them and synthesizing, creating a new system of wushu. Later Yao Zongxun took over, providing further development and methods.

much about it here. Talking about missing and inadequate knowledge. Only by maintaining scientific attitude in studying and should not listen to the opinions of others, otherwise we will keep

appeared after establishing of yiquan. A martial artist having confidence in the system depends on how good it is. Through many years Yao Zongxun's skill level was very high, his teaching and training method helped many people to resolve.

by Wang Xiangzhai, almost all of his students had martial arts background and others were already known as high level experts in all areas. Under his teaching they were able to achieve still higher levels of achievement. Movements started from learning yiquan. How to improve the whole life. He was leading students to researching the essence of yiquan, then researching again and developing something and he provided us with a lot of wealth, but also left some

visibility, and committed his life to this work, no matter what he inherited, he was further continuing studies. Many yiquan practitioners ask: what actually? This was the inadequacy of the training system, relating the contents of yiquan in such a way that next

Liangzhai's teaching stopped at the stage of using "the mind is true mind", "one side drum, one side swing", "springs are difficult to understand by others, related to personally". I find them in "The central pivot of the way of fist" ("Theory of the central pivot of the way of fist", "Theory of the central pivot of the way of fist", and there is lack of description of actual training methods? Contemporary physical culture demands training methods to be more scientific, more standardized. I think that what was missing was 1 - lack of unified training rules, 2 - lack of unified competition rules. But Yao Zongxun realized this and was working hard to improve the language in teaching, so more students could understand the feeling of distance, training of reaction etc. This helped in making the yiquan training system more scientific and unfortunately he left us too early. He still had a lot of ideas which were just stressing how many opponents he defeated means not the history of Chinese wushu, leaving a big treasure for us.

