

LIUHEBAFA QUAN COMPILATION of POSTURE LIST COMPARISONS

INTRODUCTION

I have provided a posture list of my own translation for the Liuhebafa Quan form that we are studying. In this more literal translation of each of the 66 postures, in the sequence of each four character posture, my desire is for the student to gain a sense of the Chinese sentence structure and idioms, and, because I also include the pinyin and tone marks the ability to look up these words in Chinese-English dictionaries. Though I believe it to be most helpful, I do understand that many have neither the time nor desire to chase down characters in dictionaries. So, for all students I add here one more resource that may help students gain an appreciation of the Chinese posture list of Liuhebafa movements: a comparison of four differing translations of the Water Boxing form (what I will call Shui Quan).

In addition to my own translation I am offering three other versions from martial artists I know and respect. The sources for these are varied; a DVD, the Internet, and a book. After my entry (LM) ,entries are listed Liu Xiaoling (LXL), Jimmy Wong (JW) and Glenn Newth (GN). It is my wish that even a casual perusal of these translations will enable the student to gain deeper insight and understanding of this unique Internal Chinese Martial Art.

LaoMa
Black Bamboo Pavilion
Autumn, Year of Rabbit.

COMILATION COMPARISONS of LIUHEBAFA QUAN POSTURES

SECTION 1

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| 1. STOP CART ASK ROAD | LaoMa (LM) |
| Opening and stopping the cart to ask directions | Liu Xiao Ling (LXL) |
| stop the car to ask for directions | Jimmy Wong (JW) |
| Stop the Carriage and Inquire the Way | Glenn Newth (GN) |
| 2. REIN IN HORSE CLIFF EDGE | LM |
| Pulling back on the reins at cliff's edge | LXL |
| rein in the horse at the edge of the cliff | JW |
| Stop the Horse at the Cliff (right.) | GN |
| 3. CLOSE GATE PUSH MOON | LM |
| Closing the door and pushing away the moon | LXL |
| closing the door and pushing the moon | JW |
| Close the Door and Push Out the Moon | GN |
| 4. BRUSH CLOUDS SEE SUN | LM |
| Pushing away the clouds to see the sun | LXL |
| brush the clouds to see the sun | JW |
| Scatter the Clouds and See the Sun | GN |
| 5. REIN IN HORSE CLIFF EDGE | LM |
| Pulling back on the reins at cliff's edge | LXL |
| rein in the horse at the edge of the cliff | JW |
| Stop the Horse at the Cliff (left.) | GN |
| 6. PLUCK STAR EXCHANGE DIPPER | LM |
| Plucking the stars out of the sky and replacing the big dipper | LXL |
| rearranging the stars | JW |
| Pluck the Stars and Change the Dipper | GN |
| 7. WILD GEESE & SWAN FLY TOGETHER | LM |
| Wild swans and geese flying in pairs | LXL |
| two wild geese fly together | JW |
| Wild Geese Flying in Pairs | GN |

SECTION 2

- 8. CLOSE GATE PUSH MOON** LM
Closing the door and pushing away the moon LXL
closing the door and pushing the moon JW
Close the Door and Push Out the Moon GN
- 9. LONE GOOSE LEAVES FLOCK** LM
The solitary goose leaves the flock LXL
goose leaves the flock by itself JW
Lone Goose Leaves the Flock GN
- 10. WILD HORSE PARTS WIND** LM
The wild horse chases the wind LXL
wild horse chases wind JW
Wild Horse Chases the Wind GN
- 11. RIVER FLOWS NO END** LM
The river flows endlessly LXL
rivers flow with no ending JW
Streams Flow Incessantly GN

SECTION 3

- 12. HIDDEN TIGER READS WIND** LM
The tiger waits in ambush, listening upon the wind LXL
tamed tiger listens to the wind JW
The Crouching Tiger Listens to the Wind GN
- 13. FEINT EAST ATTACK WEST** LM
Striking to the west while listening to the east LXL
hold off on the east but attack to the west JW
Point East, Attack to the West GN
- 14. GREEN DRAGON STRETCHES CLAWS** LM
The Azure dragon extends it's [sic] claws LXL
green dragon stretches its claws JW
Green Dragon Stretches His Claws GN
- 15. IMMORTALITY PILL FORMS THRU 9 ROTATIONS** LM
The pill of immortality is formed through nine cycles LXL
miracle pill formed after nine circles JW
Complete the Elixir in Nine Turns GN
- 16. BRUSH CLOUDS SEE SUN** LM
Brushing away the clouds to see the sun LXL
brush the clouds to see the sun JW
Scatter the Clouds and See the Sun (different) GN

SECTION 4

- 17. PUSH BOAT WITH CURRENT** LM
Pushing the boat in the direction of the current LXL
push the boat with the current JW
Push the Boat with the Current GN
- 18. STARTLED HORSE TURNS HEAD** LM
The powerful horse turns it's [sic] head LXL
angry horse turns around JW
Surround the Horse and Turn It Back GN
- 19. FLOWER IN VASE FALLS ON INKSTONE** LM
The flower falls from it's [sic] vase onto an ink slab LXL
flower falls from the vase onto the inkstone JW
Flowers From the Vase Drop to the Ink Slab GN
- 20. HIGH MOUNTAIN WATER RUNS DOWN** LM
The waters coursing down from the high mountain LXL
water drips from the high mountain JW
High Mountain Flowing Water GN
- 21. YOUNG LAD DELIVERS BOOK** LM
The page boy presents a book LXL
young boy brings book JW
Boy Presents the Book GN

SECTION 5

- 22. WOODCUTTER CARRIES FIREWOOD** LM
The woodcutter carries firewood on his shoulders LXL
woodcutter carries firewood JW
Woodcutter Carries the Firewood GN
- 23. CELESTIAL OFFICIAL POINTS STARS** LM
The celestial official points at the stars LXL
paradise points to the stars JW
The Heavenly Ruler Points to the Sky GN
- 24. FIVE CLOUDS HOLD SUN** LM
The sun complemented by the colorful clouds LXL
five clouds circle the moon JW
The Five Colored Clouds Hold Up the Sun GN
- 25. SUPPORT HEAVEN COVER EARTH** LM
Lifting up the heavens and covering the earth LXL
support the heavens and cover the earth JW
Support the Sky and Cover the Earth GN

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| 26. SWALLOW SHORTCUTS ACROSS WATER | LM |
| Swallow frolicking in the water | LXL |
| swallow skims across the water | JW |
| The Swallow Skims the Water | GN |
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| 27. RISING SUN PIERCES EARS | LM |
| Striking both temples | LXL |
| morning sun pierces the ears | JW |
| Facing the Sun, Strike the Ears with the Fist | GN |

SECTION 6

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| 28. CHECK AND PUSH BOTH HANDS | LM |
| Raising both arms to block and pushing with both hands | LXL |
| intercepting the hands and push out | JW |
| Intercept and Push with Both Hands | GN |
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| 29. FRAGRANT WIND SWEEPS LEAVES | LM |
| The warm and gentle winds sweep away the leaves | LXL |
| breeze sweeps away the leaves | JW |
| Gentle Breeze Sweeps the Lotus Leaves | GN |
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| 30. SWALLOW'S BEAK HOLDS MUD | LM |
| The swallow builds it's [sic] nest | LXL |
| swallow holds clay in its beak | JW |
| Swallow Holds the Mud | GN |
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| 31. CLEVER APE PLUCKS FRUIT | LM |
| The agile gibbon plucks the fruit | LXL |
| wise monkey plucks fruit | JW |
| Nimble Monkey Picks the Fruit | GN |
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| 32. FIERCE TIGER TURNS AROUND | LM |
| The fierce tiger looks back | LXL |
| fierce tiger turns around | JW |
| Fierce Tiger Turns His Head | GN |

SECTION 7

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| 33. SPIN AROUND HEAVEN & EARTH | LM |
| Overturning heaven and earth | LXL |
| turn the universe around and around | JW |
| Circle Heaven and Earth | GN |
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| 34. WIND SWAYS LOTUS LEAVES | LM |
| Wind shakes the lotus leaves | LXL |
| lotus leaves sway in the wind | JW |
| Wind Sweeps the Lotus Leaves | GN |

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| 35. HIDE HAND VIGOROUS FIST | Covering with one hand and striking with opposite fist
conceal the hand and punch out
Press with the Hand and Punch | LM
LXL
JW
GN |
| 36. LUTE SCREENS FACE | Using lute to cover one's face
shield the face with a lute
Guitar Hides the Face | LM
LXL
JW
GN |
| 37. METEOR CHASES MOON | Meteor chasing moon
the shooting star chases away the moon
The Falling Star Chases the Moon | LM
LXL
JW
GN |
| 38. SWALLOW SLANTINGLY FLIES | Swallow banks in flight
the swallow flies obliquely
Swallow Flies on a Slant | LM
LXL
JW
GN |

SECTION 8

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| 39. RED PHOENIX RISING SUN | Scarlet phoenix greets rising sun
the phoenix looks up at the morning sun
The Phoenix Faces the Sun | LM
LXL
JW
GN |
| 40. OVERTURN RIVER STIR UP SEA | Overturning the river and stirring up the sea
overturn the river and stir up the sea
Overturn the River and Pour Out the Sea | LM
LXL
JW
GN |
| 41. RIDE OVERTURNING DRAGON'S BACK | Riding the back of turning dragon
ride backwards on the dragon's back
Facing the Rear, Mount the Dragon | LM
LXL
JW
GN |
| 42. WILDCAT POUNCES ON BUTTERFLY | The wildcat stalks a butterfly
the sly cat pounces on the butterfly
The Wild Cat Catches the Butterfly | LM
LXL
JW
GN |
| 43. TAKE OUT BEAM CHANGE POST | Pulling out the beams changing columns
pull out the beam and exchange the pillar
Take Out the Beam and Replace the Pillar | LM
LXL
JW
GN |

- 44. WIND ROLLS UP REMAINING CLOUD** LM
Like wind sweeps away the cloud LXL
the wind rolls up and scatters the clouds JW
The Wind Rolls Away the Scattered Clouds GN

SECTION 9

- 45. HIBERNATING DRAGON APPEARS** LM
Dragon comes out of hibernation LXL
hibernating dragon reappears JW
The Hibernating Dragon Reveals Itself GN

- 46. DARK DRAGON WAVES TAIL** LM
The dark dragon swings it's [sic] tail LXL
the black dragon swings its tail JW
The Black Dragon Flaps Its Tail GN

- 47. DIVIDE EQUALLY AUTUMN SCENERY** LM
Equally sharing the colors of Autumn LXL
split evenly the autumn colors JW
Equally, Observe the Autumn Beauty GN

- 48. AMBLING HORSE LOOK AT FLOWERS** LM
Viewing flowers from galloping horse LXL
look at flowers while riding on horseback JW
While Passing on Horseback, Look at the Flowers GN

- 49. CHIEF STAR PRESENTS BIG DIPPER** LM
Kuei Xing appears amidst the constellations LXL
Kui-Xing presents the constellation JW
The Angle of Literature Offers the Dipper GN

SECTION 10 LM

- 50. SWALLOWS PASS THRU CLOUDS** LXL
The swallow pierces the clouds JW
swallow flies through the clouds GN

- 51. LIFT HANDS SEVEN STARS** LM

- Raise the hands to the seven stars LXL
lift the hands in the form of the seven stars JW
Raise Your Hand to the Seven Stars GN

- 52. WILD GEESE TRAVERSE OBLIQUELY** LM
 Wild geese crossing and banking LXL
 line of wild geese fly obliquely JW
 Wild Geese Flying in Formation GN
- 53. YELLOW DRAGON TURNS BODY** LM
 The yellow dragon turns about LXL
 yellow dragon turns around JW
 The Yellow Dragon Turns Its Body GN
- 54. FIVE SAGES EARLY MORNING SKY** LM
 The five sages look up to the sky LXL
 five saints salute the heavens JW
 Five Saints Visit the Kingdom of Heaven GN

SECTION 11

- 55. LEAF BED HIDES LOTUS** LM
 The lotus flower hidden beneath the leaves LXL
 Lotus flower is concealed underneath leaves JW
 The Lotus is Concealed Under the Leaves GN
- 56. FEMALE PHOENIX UNFOLDS WINGS** LM
 The phoenix spreads it's [sic] wings LXL
 Phoenix stretches its wings JW
 The Phoenix Spreads its Wings GN
- 57. WHITE STORK PECKS FOOD** LM
 The white crane pecks at it's [sic] food LXL
 white stork pecks at its food JW
 The White Crane pecks the Food GN
- 58. MOON HANGS LOOSE PINE TREE TOP** LM
 The moon appearing to hang upon the tips of the pines LXL
 moon hangs at the end of the pine JW
 The Moon Hangs On Top of the Pine Tree GN
- 59. TOPPLE DOWN OX TAIL** LM
 Pull back on the ox's tail LXL
 topple the ox by its tail JW
 Lift the Ox Tail Upward GN
- 60. CHILD HUGS ZITHER** LM
 The little boy embraces a lute LXL
 boy embraces a zither JW
 The Boy Carries the Lute GN

61. RHINOCEROS LOOKS AT MOON	LM
Rhinoceros gazing at the moon	LXL
rhinoceros looks at the moon	JW
The Rhinoceros Watches the Moon	GN

SECTION 12

62. SPARROW HAWK PASSES THRU FOREST	LM
The hawk darts into the woods	LXL
hawk darts into the woods	JW
The Sparrow Hawk Flies Through the Forest	GN

63. RED DRAGON DISTURBS WATER	LM
The red dragon churns the water	LXL
red dragon stirs the water	JW
The Red Dragon Disturbs the Water	GN

64. WIND MOVES FLOATING DUCKWEED	LM
The wind moves the duckweed	LXL
drifting duckweed is blown by the wind	JW
The Wind Moves the Duckweed	GN

65. STEAM RISES KUN LUN MOUNTAINS	LM
The mists rise above the Kun Lun Mountains	LXL
Qi rises to the Kun-Lun mountains	JW
The Chi [sic] Rises to the Koul Kun Mountains	GN

66. STORE BREATH OPEN & CLOSE	LM
Sink the qi, open and close	LXL
keep the qi ready	JW
Sink your Chi [sic] and Conclude Hwa Yu T'ai Chi	GN