

TRADITIONAL SHAOLIN CULTURE

Shaolin Large Flood Boxing

Dahongquan 大洪拳

By Le Fujun and Shi Xing Mi (Walter Gjergja) (images by Shi Xing Mi, photos by Letitia Huston)

Among the various traditional Shaolin boxing sets practiced today, Shaolin Large Flood Boxing (herein referred to as *Dahongquan*) is one of the most famous, practiced in most Shaolin schools as a fundamental advanced set of Shaolin *Wugong*.

Despite being relatively well-known as a boxing set, *Dahongquan* remains a very complex element of Shaolin culture, requiring prolonged in-depth study to truly appreciate its cultural, historical, martial and physical characteristics.

Firstly, *Dahongquan* is actually the name of several boxing sets, each with its own background. Moreover, these sets are referred to by various names, adding to the confusion of what constitutes the *Dahongquan* sets.

In Shaolin Small Flood Boxing (*Xiaohongquan* 小洪拳), there are a pair of matching boxing sets, commonly referred to as the Small and Large Flood Boxing sets. Dating from the late Yuan/early Ming dynasties, they are usually attributed to Master Li Sou (李叟). In this case the two sets are of the same style, where *Xiaohongquan* is the "road one" (*yilu* 一路), or first routine, and *Dahongquan* is the matching "road two" (*erlu* 二路), or second routine. This *Dahongquan* is simply an elaboration on the first *Xiaohongquan* set and visually very similar, unrelated to the *Dahongquan* sets discussed in this article.

The boxing set most commonly referred to as *Dahongquan* is (even visually) largely unrelated to the boxing sets of Li Sou; it does not have one single creator and has in fact an interesting and very unique story, part legend part history.



Shaolin Large Flood Boxing (road one) Dahongquan (yilu)

少林大洪拳 (一路)

(5 sections, 40 postures)

First Section - *diyi duan* - 第一段

1. White cloud covering peak (*baiyun gaiding* - 白云盖顶)
2. Arrow step with a single fork (*jianbu dancha* - 箭步单叉)
3. Raise up leveling the elbow (*qishen panzhou* - 起身盘肘)
4. Double clouds over the peak, double stomping feet (*shuang yunding, shuang henjiao* - 双云顶, 双恨脚)
5. Large seven-star (*da qixing* - 大七星)
6. Bow step with a single whip (*gongbu danbian* - 弓步单鞭)
7. Holding the moon in the arms (*huaizhong baoyue* - 怀中抱月)

Second Section - *dier duan* - 第二段

8. Three charging cannons, large shrinking body (*san chongpao, da suoshen* - 三冲炮, 大缩身)
9. Three smashing fists, double snapping hands (*san zaquan, shuang jueshou* - 三砸拳, 双撒手)
10. Double clouds over the peak, double stomping feet (*shuang yunding, shuang henjiao* - 双云顶, 双恨脚)
11. Large seven-star (*da qixing* - 大七星)
12. Bow step with a single whip (*gongbu danbian* - 弓步单鞭)
13. Empty step holding the moon in the arms (*xubu huaizhong baoyue* - 虚步怀中抱月)
14. Advance step drawing hand (*shangbu banshou* - 上步扳手)
15. Turning back with three spear hands, turning the head toward the full moon (*huishen san qiangshou, huitou wangyue* - 回身三枪手, 回头望月)

Third Section - *di sanduan* - 第三段

16. Hand-held cannon (*tishoupao* - 提手炮)
17. Three raking hands (*san bashou* - 三扒手)
18. Double stomping feet (*shuang henjiao* - 双恨脚)
19. Large tiger holding the head (*dahu baotou* - 大虎抱头)
20. Hand-held cannon (*tishoupao* - 提手炮)
21. Arrow step with a single fork (*jianbu dancha* - 箭步单叉)
22. Raise up leveling the elbow (*qishen panzhou* - 起身盘肘)
23. Sand in the face (*yingmian sha* - 迎面沙)
24. Double snapping hands (*shuang jueshou* - 双撒手)
25. Left-right leveling elbow (*zuoyou panzhou* - 左右盘肘)

Fourth Section - *disi duan* - 第四段

26. Hand-held cannon (*tishoupao* - 提手炮)
27. Spear hand slap kick, vajra pounding pestle (*qiangshou caijiao, jingang daodui* - 枪手踩脚, 金刚捣碓)
28. Hand-held cannon (*tishoupao* - 提手炮)
29. Ancient tree's coiled roots (*gushu panggen* - 古树盘根)
30. Three shaking hands (*san yaoshou* - 三摇手)
31. Sparrow turning over (*yaozi fanshen* - 鸽子翻身)
32. Ramming the earth with a hammer (*hangdichui* - 夯地锤)
33. Right bow step with three spear hands (*you gongbu san qiangshou* - 右弓步三枪手)

Fifth Section - *diwu duan* - 第五段

34. Sparrow threading through the woods (*yaozi zuanlin* - 鸽子钻林)
35. Raise up pointing the elbow (*qishen dingzhou* - 起身顶肘)
36. Snap kick, outward swinging lotus, double snapping hands (*tantui, waibailian, shuang jueshou* - 弹腿, 外摆莲, 双撒手)
37. Cloud over the peak, large tiger holding the head (*yunding dahu baotou* - 云顶大虎抱头)
38. Hand-held cannon (*tishoupao* - 提手炮)
39. Arrow step with a single fork (*jianbu dancha* - 箭步单叉)
40. Double rising slap kick, five flowers sitting on the mountain (*erqi caijiao, wuhua zuoshan* - 二起踩脚, 五花坐山)

Shi Xing Mi (Walter Gjergja) was born in Italy in 1972 and has studied Kung Fu Wushu since age 13 and Chan philosophy since age 18. He is a disciple of Grand Master Shi De Yang, with a traditional ceremony in the Shaolin Temple, and has been nominated a secular monk of the 32nd generation, monastic name Shi Xing Mi. He has trained at Shaolin on many occasions and been the subject of numerous articles, books and documentaries on Shaolin culture. Shi Xing Mi is the founder and head master of the leading Shaolin cultural center in Italy, Shaolin Wuseng Houbeidui Italy, and conducts Shaolin culture seminars and demonstrations throughout Europe. For more information: www.shaolinwuseng.com. Le Fujun, born in the USA in 1985, is a young Shaolin instructor, historian and author, fluent in Mandarin, who has conducted extensive research in conjunction with his personal study and practice of traditional Shaolin culture, under the guidance of Grand Master Shi De Yang, whom he follows as a direct student and visits frequently in China. Le Fujun is the founder and director of Shaolin Chan City, in St. Louis Missouri, a school focused on the study of traditional Shaolin culture. For more information: ShaolinChanCity.com.

