

## **Hsing-I (Mind-Form Boxing) Five Fist Techniques for Fists of FUZION**

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The great general Yueh Fei (1103 - 1141) is often granted the honor of being named the founder of this style, though it is well known that Hsing-I is even older than he. One of the three Internal martial arts of China, Hsing-I harnesses and cultivates the Chi of its dedicated practitioners. It is said that if the three internal martial arts were a storm, Tai-Chi and Bagua would be the wind and the rain, an Hsing-I the thunder. It is the most direct of the three, often relying on a variety of simultaneous block/strike combinations. The techniques of Hsing-I often are delivered using hand and fist, though some foot techniques do exist. The style is composed of a "core" of seventeen basic moves based on five elements and twelve animals. These basic techniques form the foundation of Hsing-I, but have a near-infinite variety of applications. Below, you will see the Five fist techniques based on the five Chinese elements; these are certainly not the only applications for the fists, but are a good rendition of how they are first taught to the novice.

### **Metal (Splitting Fist)**

Cost: 6

Grapple/Strike: -1 IN, +2 AV, +1 ST

The character reaches out and snatches his opponents outstretched (often, attacking) limb, and, controlling the held limb, draws the opponent into his strike.

### **Water (Drilling Fist)**

Cost: 6

Defense (Block)/Strike: -1 IN, +1 AV, + Hold 2

Sidestepping and deflecting an incoming attack, he seizes the limb as he deflects, simultaneously striking his opponent.

### **Wood (Crushing Fist)**

Cost: 6

Strike: +2 AV, -1 EV, +3 ST, + Optional X2 Knock Back

A precise, powerful punch driving straight into the opponent.

### **Fire (Pounding Fist)**

Cost: 7

Defense (Block)/Strike: -1 IN, +1 AV, -1 EV, + Vitals

As an incoming attack is deflected away, the attacker is open and vulnerable to a precision strike delivered to a vital area, often the solar plexus or the groin.

### **Earth (Crossing Fist)**

Cost: 8

Defense (Block)/Strike: -2 IN, +1 EV, -1 ST, + Hold 3, + Killing, - Specific (Arms)

An incoming attack is sidestepped and blocked, the attacking arm grabbed and controlled in the process. Simultaneously, a killing strike is delivered from beneath the opponents arm. This leaves the opponents arm locked (Hold 3), and ready for a followup maneuver (such as breaking lock) the next attack phase.