

Training needs during this learning stage can be summed up in five points:

correct	zhèngquè	正确	positions must be right
clean	zhěngqí	整齐	movements must be orderly
smooth	héshùn	和顺	advancing and retreating must flow
stable	wěndìng	稳定	balance must be under control
solid	chōngshí	充实	strength must be full

a. Correct Positions:

When learning *xingyi* you should first practise standing in each stance (such as *santishi* or another posture). “Standing” training helps you to feel and master the positions of each body segment and to develop correct postures. After attaining a good foundation with standing, then you can learn the standing posture of *split* (without the stride forward).

Once you can stand properly in *split*, you can train moving *split*, while maintaining the same rules as the standing posture. You must clearly stop at each position, then move. Practise every single posture of each form in this way. Make sure you follow requirements at all times such that the whole body is as it should be. Allow no carelessness. You should take special care to hold the body upright and straight, to expand to the eight directions, to coordinate the upper and lower body, to line up the hands, feet, and nose, and to keep the whole body under control.