

HEBEI XINGYI QUAN



THUNDER
KUNGFU

Teacher: Johan Duquet



YIZONG
BAGUA

Recognised by: Luo Dexiu

INTRODUCTION

Thanks to this programme, you can enjoy the same high-quality training here in Belgium as in Taiwan.

Thunder Kungfu offers you the opportunity to learn the complete 'HEBEI XINGYI QUAN' style as taught by the famous 'YIZONG BAGUA' Master 'LUO DEXIU' in a structured way, without having to travel to Taiwan.

The style of Hebei Xingyi Quan has been carefully passed down from one generation to the next in our 'Yizong Bagua' school and dates back to 'Li CunYi' (1847-1921). This master ran a 'Biaojun' business, which means that he provided transport for money and other valuable items and bodyguard services.

During the training, more information will be provided about the specific details of who passed on the style and how, in order to gain a better understanding of this style.

The training is given by Johan Duquet, the only representative of the Yizong Bagua school in Belgium recognised by Luo Dexiu.

Johan has a wealth of experience in the various aspects of teaching the martial art Xingyi quan, which is reflected in the programme and the training methods used.

Over the years, he has learned how it is possible to use this style to teach both a discipline that contributes to good health and to be very precise in teaching the forms, as well as to prepare fighters for competition.

The course is divided into three levels, each corresponding to a school year. Each level consists of five intensive weekend courses.

Students are, of course, expected to practise sufficiently in between sessions in order to get the most out of this course. If necessary, a formal evaluation/test may be conducted at the end of each level to determine whether it is appropriate to move on to the next level.

You are not obliged to complete all three levels. You can also just follow the first or second level. If you want to join later to complete the second or third level, this will be possible if that level is offered that year.

After completing the three levels, you will be able to enjoy practising Hebei Xingyi Quan for the rest of your life. If you are specifically interested in this and have passed your evaluation, you will be able to initiate new students into this style yourself.



STRUCTURE of the XINGYI QUAN COURSE

Level 1: 5 weekends with 9h training.

Level 2: 5 weekends with 9h training .

Level 3: 5 weekends with 9h training

TOTAL: 15 weekends

XINGYI QUAN is usually presented with this structure:

- standing meditation, Qigong
- 5 elements
- 12 animals
- combined forms
- weapons

Although this is very clear and logical, our training deviates from it somewhat. For example, in level 1 you will already be introduced to the use of weapons instead of having to wait 2, almost 3 years.

Level 1 serves to lay a very solid foundation in the style. The emphasis is therefore on perfectly

understanding and being able to use the fundamentals of the style.

In the case of Xingyi Quan, this means the 5 elements, which represent 5 different orientations of power. Knowing that the open hand techniques of Xingyi quan are based on actions with weapons such as the spear and the combination of shield and sabre, it is simply much more productive to combine open hand and weapon use from the start.

Since every individual, and therefore every group, is different and progresses at a different pace, the end and starting points of levels 1 and 2 are not clearly defined. However, it is certain that you will learn some of the 12 animals in level 1, while others will be covered in level 2.

This way, you will immediately know where Level 2 will start, somewhere around the animal forms and techniques. Previously introduced material will also be revisited regularly.

At level 3, it is expected that the 5 elements and the 12 animals have been sufficiently absorbed to be able to easily absorb the combined forms. These are individual open-hand and weapon forms and a form with a partner. Partner work remains a constant so that at the end of the 3 levels you have a good understanding of both the theoretical and practical aspects of the Hebei Xingyi quan style.

The 5 Elements stage encompasses all of these:

- **“SANTI SHI”** structure and relaxation
- Static exercises for the 5 elements
- **“WU XING” or the 5 ELEMENTS**
 - Pi Quan
 - Zuan Quan
 - Beng Quan
 - Pao Quan
 - Heng Quan

Each one with its respective theory, generation of power, form and partner exercises

- A basic 5 Elements linking form
- **“JIN TUI WU XING LIAN HUAN QUAN”**, The traditional 5 elements linked form
- 2 partner forms based on the 5 elements
- Application of how to use the 5 elements with weapons such as the sword and the stick

These are the 12 animals or “***SHI ER XING***”

HU XING	Tiger (5 forms)
MAXING	Horse (2 forms)
SHE XING	Snake (2 forms)
TUO XING	Crocodile (3 forms)
JI XING	Fighting Rooster
YING XING	Eagle
TAI XING	Vulture
XIONG XING	Bear
YAO XING	Hawk
HOU XING	Monkey
YAN XING	Swallow
LONG XING	Dragon

Each animal is a practical exploration of a particular element, or combination of elements. More than just techniques, each animal provides a specific tactic for a particular combat situation. Consider, for example, tactics against an opponent who is heavier/lighter, agile/static, fierce/cautious, larger/smaller, etc.



The combined forms covered in level 3 are:

- 'XING YI BA SHI' combined form with hawk, horse, fighting cock, etc.
- 'SHI ER FENG CHUI' with emphasis on the concept of 'crossing'
- 'ZA SHI CHUI' with emphasis on the 'smash', the longest form of this style
- 'AN SHEN PAO', the essential partner form, with emphasis on the monkey
- linked 5 elements with the 'jian' or straight sword
- linked 5 elements with the stick

DATES FOR LEVEL 1

2026 - 2027

10-11 October 2026

5-6 December 2026

6-7 February 2027

10-11 April 2027

5-6 June 2027

Saturdays: 9:30 to 12:30 + 14:00 to 17:00

Sundays: 9:30 to 12:30

PRICES

This course offers a unique opportunity to learn the complete Hebei Xingyi Quan style. The fees have been adjusted to make it more attractive for students who want to get the most out of this course.

HEBEI XINGYI QUAN COURSE

per weekend seminar -----> 160€

per Level with 5 weekend seminars -----> 600€

Would you like to combine the courses in Hebei Xingyi Quan and Gao Bagua Zhang?

XINGYI + BAGUA with 10 weekend seminars ----- → 900€