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Bajiquan (Chinese: 八极拳; pinyin: Bājíquán) is a Chinese martial art that features explosive, short-range power and is famous for its elbow and shoulder strikes. It originated in the Hebei Province in Northern China, [self-published source] but spread to Taiwan and other places. This article needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. Kochen Sie auf den hinteren Herdplatten. Sichern Sie den Herd mit einem Gitter, damit Ihr Kind nicht auf heiÙe Platten fassen oder Töpfe mit heißem Inhalt auf sich herabziehen kann.