



Yin Style Bagua Workshop Florida 2015

INTERNATIONAL™

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尹氏八卦掌巽卦凤形学习目标

Xun Trigram Phoenix System Objectives

Objective 目标	完成划勾 Complete
1. Understand Phoenix system fighting strategy 介绍凤形风轮掌技击方法(战备概念, 特点, 变化, 等)	
2. Understand Phoenix system force generation body mechanics 教凤形发力方法	
3. Understand the meaning and force of the Phoenix System Dodging, Extending, Chopping, Stabbing, Curling In and Transforming attack methods. 教闪, 劈, 展, 碴, 化, 拳本意 以及劲力	
4. Learn, train, and use the 18 foundational Dodging, Extending, Chopping, Stabbing, Curling In and Transforming strikes 教 18 个基本闪, 劈, 展, 碴, 化, 拳打法以及用法	
5. Learn, understand and train the Phoenix system strengthening posture. 教凤形本桩站桩功法要求和概念	
6. Learn, understand, train, and apply the foundational Phoenix system direction change methods Arcing Chopping, Forcing Transform, Transforming/Removing 教凤形撩劈, 抢化, 化卸基本换式法: 动作, 身法, 步法, 用法与变化。	
7. Learn, understand and train the developmental methods and special characteristics of Phoenix system circle turning training. 教凤形转圈方法, 特点, 和功法要求	
8. Learn, understand, train, and apply the Phoenix system forms: Holding & Lifting Extending and Reversing the body Curling In. 教凤形平托展, 返身拳套路: 动作, 身法, 步法, 用法与变化。	

巽卦鳳形學

巽卦者，風之象也；風輪掌者，拳之式也。巽者入也，巽得坤之初陰，初陰主潛進，故居東南陽盛之方。其於物也，則為鳳形，其物為羽蟲之長，有展翅之功；以拳式之用言，有點頭之式，有挾人之法，此拳亦為獅子滾球之形；以拳之形式言，謂之風輪掌。此拳上剛健，而下柔順，有風輪之形，故取象為巽卦。

Xun Trigram Phoenix System Theory

The Xun Trigram is symbolic of wind. In martial arts, it is the Windmill Palm. Xun is entering. Xun obtains the beginning of Yin from Kun, which signifies concealed entering, and occupies southeast, the position of abundant Yang. As to objects, it is the form of the Phoenix, the elder of all birds, having the ability to extend its wings. As applied in martial arts, it has the form of nodding the head and the ability to trap under the arm. It also has the form of the lion rolling the ball. The martial form is called the Windmill palm. It is strong above, while smooth below, having the form of a windmill; this is taken from the Xun Trigram.

10月24日课程时间表 October 24th Class Schedule

闪，劈 Dodging, Chopping

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:30 凤形介绍 和站桩	Phoenix system introduction. Representational strengthening posture 凤形凤轮掌概括介绍。教凤形本桩功法要求和概念。	
8:30-9:30 闪基本 散手	Dodging attacks. Learn meaning, force, and use. Practice Opening, Whirling and Arcing Dodging attacks. 介绍闪的意思,劲力,用法。教开手闪,旋手闪,撩手闪	
9:30-10:00 变化 拆手	Learn and practice application of Dodging attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教闪用法:手法与角度,位置,力法,步法,身法以及概念结合 1. 开手闪 Opening Dodging (kai shou shan) 2. 旋手闪 Whirling Dodging (nei shou shan) 3. 撩手闪 Arcing Dodging (liao shou shan)	
10:00-11:00 闪散手 与步法	Review Dodging attack meaning, force, and use. Practice Opening, Whirling and Arcing Dodging attacks with various footwork. 复习闪的意思,劲力,用法。复习开手闪,旋手闪,撩手闪 用凤形4点和3点步法练法。	
11:00-11:30 复习拆手	Review application of Dodging attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习闪用法:手法与角度,位置,力法,步法,身法以及概念结合。	
1:00-2:00 劈基本 散手	Introduction to Chopping attacks. Learn meaning, force, and use. Practice Swinging, Upright, and Arcing Chopping attacks. 凤形劈掌介绍。介绍劈的意思,劲力,用法。教正手劈,撩手劈,掄手劈	
2:00-2:30 变化 拆手	Learn and practice application of Chopping attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教劈用法:手法与角度,位置,力法,步法,身法以及概念结合。 1. 正手劈 Upright Chopping Strike 2. 撩手劈 Arcing Chopping Strike 3. 掄手劈 Swinging Chopping Strike	
2:30-3:30 劈散手 与步法	Review Chopping attack meaning, force, and use. Practice Swinging, Upright, and Arcing Chopping attacks with various footwork. 复习劈的意思,劲力,用法。复习正手劈,撩手劈,掄手劈 用凤形4点和3点步法练法。	
3:30-4:30 复习拆手	Review application of Chopping attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习劈用法:手法与角度,位置,力法,步法,身法以及概念结合	

闪手打法

开手闪

旋手闪

撩手闪

Dodging Strike Attack Methods

Opening Dodging (kai shou shan)

Whirling Dodging (xuan shou shan)

Arcing Dodging (liao shou shan)

劈手打法

正手劈

撩手劈

掄手劈

Chopping Strike Attack Methods

Upright Chopping Strike

Arcing Chopping Strike

Swinging Chopping Strike

10月25日课程时间表 October 25th Class Schedule

展 Extending

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:30 基本换式	Learn and practice the Forcing Transforming, Transforming/Removing and Chopping direction change methods 教凤形撩劈, 抢化, 化卸基本换式法	
8:30-9:00 换式拆手	Learn and practice application of Forcing Transforming, Chopping and Transforming/Removing direction changes and these concepts: technique and angle, position, use of force, footwork, body movement 教凤形撩劈, 抢化, 化卸换式用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
9:00-10:00 展基本 散手	Introduction to Extending attacks. Learn meaning, force, and use. Practice Horizontal, Dropping and Inside Extending attacks. 介绍展的意思, 劲力, 用法。教平手展, 垂手展, 内手展	
10:00-10:30 变化	Learn and practice application of Extending attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教展用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。	
拆手	1. 平手展 Horizontal Extending (ping shou zhan) 2. 垂手展 Dropping Extending (chui shou zhan) 3. 内手展 Inside Extending (nei shou zhan)	
10:30-11:30 展散手 与步法	Review Extending attack meaning, force, and use. Practice Horizontal, Dropping and Inside Extending attacks with various footwork. 复习展的意思, 劲力, 用法。复习平手展, 垂手展, 内手展 用凤形4点和3点步法练法。	
1:00-1:50 凤形转圈	Learn and practice the Phoenix system circle turning method 教凤形转圈方法, 特点, 和功法要求与技击结合	
2:00-2:30 套路练习	Train the Holding & Lifting Extending attack form 介绍平托展, 凤形平托概念. 平托展套路练习.	
2:30-3:00 变化	Learn and practice application of Holding & Lifting Extending and these concepts: technique and angle, position, use of force, footwork, body movement 教平托展用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。	
拆手	1. 转身向内捍化 / 绕上步旋手展 Turn and transform cover, Whirling Extend attack 2. 转腰成盘跌步 / 旋手展 dropping stance Whirling Extending attack 3. 翻扣上步 / 旋手展 Capture outward, advance step and execute a Whirling Extend attack	
3:00-3:45 复习展套路 复习展散手	Review foundational Extending attacks and Holding & Lifting Extending form 复习平托展套路以及展散手	
3:45-4:30 复习拆手	Review application of Extending attacks, Extending form and these concepts: technique and angle, position, use of force, footwork, body movement 复习展散手以及平托展用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	

展手打法

平手展

垂手展

内手展

平托展

1. 开步 / 开手闪/斜上步下按/内手展
2. 转身向内捍化 / 绕上步旋手展
3. 顺式上步 垂手展
4. 转腰成盘跌步 / 旋手展
5. 绕上步 垂手展
6. 翻扣上步 / 旋手展
7. 顺式转腰成化卸式还原

Extending Attack Methods

Horizontal Extending (ping shou zhan)

Dropping Extending (chui shou zhan)

Inside Extending (nei shou zhan)

Holding & Lifting Extending Attack Form

Open step, Opening Dodging, angle advance, press down Inside Extend attack

Turn and transform cover, advance around and execute a Whirling Extend attack

Advance step and execute a Dropping Extending attack

Turn and drop into a dropping stance and execute a Whirling Extending attack

Advance step around and Dropping Extending attack

Capture outward, advance step and execute a Whirling Extend attack

Turn the waist into the Transforming/Removing direction change return to the beginning

10月26日课程时间表 October 26th Class Schedule

碴，化 **Stabbing, Transforming**

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:30 复习站桩	Review the Phoenix system strength posture. 复习与加深理解凤形本桩功法要求和概念。	
8:30-9:30 碴基本 散手	Introduction to Stabbing attacks. Learn meaning, force, and use. Practice Penetrating, Entering and Hooked Stabbing attacks. 介绍碴的意思，劲力，用法。教穿手碴，入手碴，勾手碴	
9:30-10:00 变化	Learn and practice application of Stabbing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教碴用法: 手法与角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 穿手碴 Penetrating Stabbing Strike (chuan shou cha) 2. 入手碴 Entering Stabbing Strike (ru shou cha) 3. 勾手碴 Hooked Stabbing Strike (gou shou cha)	
10:00-11:00 碴散手 与步法	Review Stabbing attack meaning, force, and use. Practice Penetrating, Entering and Hooked Stabbing attacks with various footwork. 复习碴的意思，劲力，用法。复习穿手碴，入手碴，勾手碴 用凤形4点和3点步法练法。	
11:00-11:30 复习拆手	Review application of Stabbing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习碴用法: 手法与角度，位置，力法，步法，身法以及概念结合。	
1:00-2:00 化基本 散手	Introduction to Transforming attacks. Learn meaning, force, and use. Practice Forcing, Flowing and Rolling Transforming attacks. 介绍化的意思，劲力，用法。教抢手化，顺手化，滚手化	
2:00-2:30 变化	Learn and practice application of Transforming attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教化用法: 手法与角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 抢手化 Forcing Transforming (qiang shou hua) 2. 顺手化 Flowing Transforming (shun shou hua) 3. 滚手化 Rolling Transforming (gun shou hua)	
2:30-3:30 化散手 与步法	Review Transforming attack meaning, force, and use. Practice Forcing, Flowing and Rolling Transforming attacks. 复习化的意思，劲力，用法。复习抢手化，顺手化，滚手化 用凤形4点和3点步法练法。	
3:30-4:30 复习拆手	Review application of Transforming attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习化用法: 手法与角度，位置，力法，步法，身法以及概念结合。	

碴手打法

穿手碴

入手碴

勾手碴

Stabbing Strike Attacks

Penetrating Stabbing Strike

Entering Stabbing Strike

Hooked Stabbing Strike

化手打法

抢手化

顺手化

滚手化

Transforming Attack Methods

Forcing Transforming

Flowing Transforming

Rolling Transforming

10月27日课程时间表 October 27th Class Schedule

拳 Curling In

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:30 复习换式	Review the Phoenix system foundational direction changes 复习凤形基本换式法	
8:30-9:30 拳基本 散手	Introduction to Curling In attacks. Learn meaning, force, and use. Practice Body, Fist and Elbow Curling In attacks. 介绍拳的意思, 劲力, 用法。教身手拳, 螭手拳, 肘手拳	
9:30-10:00 变化 拆手	Learn and practice application of Curling In attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教振用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。 1. 身手拳 Body Curling In Strike (shen shou quan) 2. 螭手拳 Fist Curling In Strike (quan shou quan) 3. 肘手拳 Elbow Curling In Strike (zhou shou quan)	
10:00-11:00 拳散手 与步法	Review Curling In attack meaning, force, and use. Practice Body, Fist and Elbow Curling In attacks with various footwork. 复习拳的意思, 劲力, 用法。复习身手拳, 螭手拳, 肘手拳 用凤形4点和3点步法练法。	
11:00-11:30 复习拆手	Review application of Curling In attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习拳用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。	
1:00-1:50 凤形转圈	Practice and review the Phoenix system circle turning method 纠正与加深理解凤形转圈方法, 特点, 和功法要求与技击结合	
2:00-2:30 套路练习	Train the Reversing the body Curling In attack form 介绍返身拳, 凤形返身概念. 返身拳套路练习.	
2:30-3:00 变化 拆手	Learn and practice application of Reversing the body Curling In and these concepts: technique and angle, position, use of force, footwork, body movement 教返身拳用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。 1. 上步 / 缠绕式拳 Advance step and Wrapping Around Curling In attack 2. 向外翻手绕上步 / 拳肘式打 Turn over the arm and advance around, Elbow Curling In 3. 上步 / 扣手拳 Advance step and Capturing Curling In attack	
3:00-3:45 复习套路 复习散手	Review foundational Curling In strikes and Reversing the body Curling In form 复习返身拳套路以及基本拳手打法	
3:45-4:30 复习拆手	Review application of Curling In attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习拳用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	

拳手打法

肘手拳
螭手拳
身手拳

Curling In Strike Attacks

Elbow Curling In Strike
Fist Curling In Strike
Body Curling In Strike

返身拳

1. 开步 / 开手闪/化手磕
2. 上步 / 缠绕式拳
3. 向外翻手绕上步 / 拳肘式打
4. 向外扣手 / 上步肘手拳
5. 转身 / 撤背步 / 摔掌 / 弹拳
6. 上步 / 扣手拳
7. 绕上步 / 撩劈式还原

Reversing the body Curling In attack

Open step and Opening Dodging, Transforming Stabbing attack
Advance step and Wrapping Around Curling In attack
Turn over the arm and advance around, executing an Elbow Curling In attack
Cover out, advance step and Elbow Curling In attack
Turn the body, withdraw back step, Flinging Palm / Shooting Fist attack
Advance step and Capturing Curling In attack
Advance around and Chopping Strike direction change returning to the beginning

尹氏八卦十二字令
Twelve Guiding Principles of Yin Style Bagua

滚	roll out
裹	wrap in
争	pull away
钻	drill
拧	twist
旋	whirl
走	move
转	turn
起	lift
落	drop
摆	swing open
扣	hook closed

尹氏八卦九功法
Nine Special Skills of Yin Style Bagua

蹭	scrape
锉	file
滚	roll
翻	turn over
缩	contract
小	small
软	supple
绵	soft
巧	artful/cunning

尹氏八卦八纲要
Eight Principles of Yin Style Bagua

一顶	One Top
二正	Two Uprights
三尖	Three Tips
四稍	Four Extremities
五绝	Five Uniques
六合	Six Harmonies
七星	Seven Stars
八卦	Eight Trigrams