

The logo is a circular emblem. The outer ring contains the text "YIN STYLE BAGUAZHANG" at the top and "INTERNATIONAL" at the bottom, separated by a small trademark symbol. The center of the emblem features a stylized Bagua (Eight Trigrams) pattern, with each trigram represented by a different geometric shape (triangles, squares, circles) arranged in a circular fashion.

Yin Style Bagua Combatives

**Training Workshop
Florida 2016**

**尹氏八卦掌技击功法培训
佛罗里达 2016年**



三 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.

October 22 - 25 Objectives

10月22日－25日 目标

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 foundational Chopping, Extending, Dodging, Shocking, Removing, and Curling In attack methods.

教凤形劈, 展, 闪, 振, 卸, 拳 本意 以及劲力

4. Learn, train, and use the 18 foundational Chopping, Extending, Dodging, Shocking, Removing, and Curling In attacks

教18个基本 劈, 展, 闪, 振, 卸, 拳 打法以及用法

5. 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

6. Learn, understand, train, and apply the Phoenix system forms: Interlocking Dodging and Moving With the Force Curling In.

教凤形套路: 连环闪, 顺式拳: 动作, 身法, 步法, 用法与变化。

10月22日- 上午 Saturday, October 22 - morning

三 劈 组合散手 Chopping combinations

800-810 巽卦凤形概括介绍 Phoenix System Introduction

介绍巽卦凤形风轮掌风格特点 Understanding Phoenix System Characteristics

目标：介绍凤形技击战略特点，发力方法，以及功法

810-830 凤形站桩 Strength Posture Training

教凤形本桩 Phoenix System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含闪展劈振化卸拳磕的劲力

830-900 劈基本散手 Foundational Chopping Strikes

教正手劈，撩手劈，掄手劈 Introduction to three foundational Chopping strikes

目标：教劈的劲力特点，凤形发力方法特点，三个基本劈散手的区别

900-930 劈基本散手加步法 Chopping Strikes with Footwork

三个基本劈加3点，4点步法 (上 / 背)

目标：练习手与脚合，巽卦凤形的肩，腰 协调

930-1000 劈拆手 Foundational Chopping Strike Application

拆三个基本劈 Apply the three foundational Chopping strikes

目标：手法与 概念，角度，位置，力法变化，身法 结合

1000-1100 劈组合散手 Chopping Strike Combinations

三个基本劈组合散手 Combinations of the three foundational Chopping strikes

目标：组合散手劲力的转换

1100-1130 拆劈组合散手 Chopping Combination Application

拆劈组合散手 Apply Chopping strike combinations

目标：组合散手劲力的转换

劈手打法

正手劈

撩手劈

掄手劈

Chopping Strike Attack Methods

Upright Chopping Strike (zhèng shǒu pī)

Arcing Chopping Strike (liāo shǒu pī)

Swinging Chopping Strike (lūn shǒu pī)

备注 Notes:

10月22日- 下午 Saturday, October 22 - afternoon

三 展 + 劈 组合散手 Extending + Chopping

100-130 展基本散手 Foundational Extending Attacks

教平手展，垂手展，内手展 Introduction to three foundational Extending attacks

目标：教展的劲力特点，凤形发力方法特点，三个基本展散手的区别

130-200 展基本散手加步法 Extending Attacks with Footwork

三个基本展加3点，4点步法 (上 / 背)

目标：练习手与脚合，巽卦凤形的肩，腰 协调

200-230 展拆手 Foundational Extending Attack Application

拆三个基本展 Apply the three foundational Extending attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

230-330 劈 + 展组合散手 Chopping + Extending Combinations

劈与展组合散手 Chopping and Extending strikes in combination

目标：组合散手劲力的转换

330-430 劈 + 展组合拆手 Chopping + Extending Application

拆劈与展组合散手 Apply Chopping and Extending strike combinations

目标：组合散手劲力的转换

展手打法

平手展

垂手展

内手展

Extending Attack Methods

Horizontal Extending (píng shǒu zhǎn)

Dropping Extending (chuí shǒu zhǎn)

Inside Extending (nèi shǒu zhǎn)

备注 Notes:

10月23日- 上午 Sunday, October 23 - morning

三 闪 组合散手 Dodging combinations

800-850 凤形转圈 Circle Turning Training

教凤形转圈方法以及基本换式 Phoenix System turning and foundational direction change

目标：转圈功法要求包括：12字领，转圈技击作用 Requirements and martial application

900-930 闪基本散手 Foundational Dodging Attacks

教开手闪，旋手闪，撩手闪 Introduction to three foundational Dodging attacks

目标：教闪的劲力特点，凤形发力方法特点，三个基本闪散手的区别

930-1000 闪基本散手加步法 Dodging Attacks with Footwork

三个基本闪加3点，4点步法(上 / 背)

目标：练习手与脚合，巽卦凤形的肩，腰 协调

1000-1100 闪组合散手 Dodging Attack Combinations

三个基本闪组合散手 Combinations of the three foundational Dodging attacks

目标：组合散手劲力的转换

1100-1130 拆闪组合散手 Dodging Combination Application

拆闪组合散手 Apply Dodging attack combinations

目标：组合散手劲力的转换

闪手打法

开手闪

旋手闪

撩手闪

Dodging Strike Attack Methods

Opening Dodging (kāi shǒu shǎn)

Whirling Dodging (xuán shǒu shǎn)

Arcing Dodging (liāo shǒu shǎn)

备注 Notes:

10月23日- 下午 Sunday, October 23 - afternoon

三 闪套路, 闪加腿法 Dodging Form, Kicks

100-145 复习闪散手 Review Foundational Dodging Attacks

复习开手闪, 旋手闪, 撩手闪 Review the three foundational Dodging attacks

目标: 加深理解闪的劲力特点, 龙形发力方法特点

145-230 连环闪套路 Interlocking Dodging form

教连环闪套路, 解释连环的风格 Learn form and Interlocking characteristics

目标: 教套路内的身法以及步法作用

230-315 连环闪拆手 Application of Dodging Form

拆连环闪套路 Apply the Interlocking Dodging form

目标: 拆闪手法与连环身法以及步法的击技应用

315-345 复习套路 Review Dodging Form

复习连环闪套路 Review the Interlocking Dodging form

目标: 加深理解套路内的身法以及步法作用

345-430 闪 + 猴形连环腿法 Dodging Attacks + Kicks

凤形闪与猴形 屈, 踹, 蹦, 跨, 劈, 摆, 结, 蹲 任意组合

强调尹氏八卦“使腿不显腿, 用腿不见腿”和连环腿组合使用

连环闪套路

1. 开手闪
2. 上步 砸手闪
3. 转手闪打面门 绕上步 领手 内手闪
4. 向内捍掩 上步 内手闪
5. 向内捍掩 蜷身背步 开手闪
6. 向内化, 上裂步 开手闪
7. 开步转身化卸式还原

Interlocking Dodging Form

Opening Dodging
Advance and Smashing Dodging strike
Turn arm & strike head, advance around carry & Inside Dodge
Cover in, advance and Inside Dodging strike
Cover in, curl in & turn the body, back step & Opening Dodging
Transform in, advance with a scissor step & Opening Dodging
Open step, turn the body and Transforming / Removing
direction change, stab and return to the beginning.

备注 Notes:

10月24日- 上午 Monday, October 24 - morning

三 振 组合散手 Shocking combinations

800-830 凤形站桩 Strength Posture Training

复习以及加深理解凤形本桩 Phoenix System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含闪展劈振化卸拳磕的劲力

830-900 振基本散手 Foundational Shocking Strikes

教拉手振，掸手振，正手振 Introduction to three foundational Shocking strikes

目标：教振的劲力特点，凤形发力方法特点，三个基本振散手的区别

900-930 振基本散手加步法 Shocking Strikes with Footwork

三个基本振加3点，4点步法 (上 / 背)

目标：练习手与脚合，巽卦凤形的肩，腰 协调

930-1000 振拆手 Foundational Shocking Strike Application

拆三个基本振 Apply the three foundational Shocking strikes

目标：手法与 概念，角度，位置，力法变化，身法 结合

1000-1100 振组合散手 Shocking Strike Combinations

三个基本振组合散手 Combinations of the three foundational Shocking strikes

目标：组合散手劲力的转换

1100-1130 拆振组合散手 Shocking Combination Application

拆振组合散手 Apply Shocking strike combinations

目标：组合散手劲力的转换

振手打法 Shocking Attack Methods

拉手振 Pulling Shocking (lā shǒu zhèn)

掸手振 Whipping Shocking (dǎn shǒu zhèn)

正手振 Upright Shocking (zhèng shǒu zhèn)

备注 Notes:

10月24日- 下午 Monday, October 24 - afternoon

三 振 + 卸 组合散手 Shocking + Removing

100-130 卸基本散手 Foundational Removing Attacks

教垂手卸, 顺手卸, 按手卸 Introduction to three foundational Removing attacks

目标: 教卸的力法特点, 凤形卸力方法特点, 三个基本卸散手的区别

130-200 卸基本散手加步法 Removing Attacks with Footwork

三个基本卸加3点, 4点步法 (上 / 背)

目标: 练习手与脚合, 巽卦凤形的肩, 腰 协调

200-230 卸拆手 Foundational Removing Attack Application

拆三个基本卸 Apply the three foundational Removing attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

230-300 振 + 卸组合散手 Shocking + Removing Combinations

振与卸组合散手 Shocking and Removing attacks in combination

目标: 组合散手劲力的转换

300-430 振 + 卸组合拆手 Shocking + Removing Application

拆振与卸组合散手 Apply Shocking and Removing attack combinations

目标: 组合散手劲力的转换

卸手打法

Removing Attack Methods

垂手卸 Dropping Removing (chuí shǒu xiè)

顺手卸 Flowing Removing (shùn shǒu xiè)

按手卸 Pressing Removing (àn shǒu xiè)

备注 Notes:

10月25日- 上午 Tuesday, October 25 - morning

三 拳 组合散手 Curling In combinations

800-850 凤形转圈 Circle Turning Training

加深凤形转圈方法以及基本换式 Phoenix System turning and foundational direction change

目标：转圈功法要求包括：12字领，转圈技击作用 Requirements and martial application

900-930 拳基本散手 Foundational Curling In Attacks

教肘手拳，螭手拳，身手拳 Introduction to three foundational Curling In attacks

目标：教拳的劲力特点，凤形发力方法特点，三个基本拳散手的区别

900-930 拳基本散手加步法 Curling In Attacks with Footwork

三个基本拳加3点，4点步法 (上 / 背)

目标：练习手与脚合，巽卦凤形的肩，腰 协调

930-1000 拳拆手 Foundational Curling In Attack Application

拆三个基本拳 Apply the three foundational Curling In attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

1000-1100 拳组合散手 Curling In Attack Combinations

三个基本拳组合散手 Combinations of the three foundational Curling In strikes

目标：组合散手劲力的转换

1100-1130 拆拳组合散手 Curling In Combination Application

拆拳组合散手 Apply Curling In attack combinations

目标：组合散手劲力的转换

拳手打法

Curling In Attack Methods

肘手拳	Elbow Curling In Strike	(zhǒu shǒu quán)
螭手拳	Fist Curling In Strike	(quán shǒu quán)
身手拳	Body Curling In Strike	(shēn shǒu quán)

备注 Notes:

10月25日- 下午 Tuesday, October 25 - afternoon

三 拳套路, 拳加腿法 Curling In Form, Kicks

100-145 复习拳散手 Review Foundational Curling In Attacks

复习肘手拳, 螭手拳, 身手拳 Review the three foundational Curling In attacks

目标: 加深理解拳的劲力特点, 凤形发力方法特点

145-230 顺式拳套路 Moving with the Force Curling In form

教顺式拳套路, 解释顺式的风格 Learn form and Moving with the Force characteristics

目标: 教套路内的身法以及步法作用

230-315 顺式拳拆手 Application of Curling In Form

拆顺式拳套路 Apply the Moving with the Force Curling In form

目标: 拆拳手法与顺式身法以及步法的击技应用

315-345 复习套路 Review Curling In Form

复习顺式拳套路 Moving with the Force Curling In form

目标: 加深理解套路内的身法以及步法作用

345-430 拳 + 猴形连环腿法 Curling In Attacks + Kicks

凤形拳与猴形 屈, 踹, 蹦, 跨, 劈, 摆, 结, 蹲 任意组合

强调尹氏八卦“使腿不显腿, 用腿不见腿”和连环腿组合使用

顺式拳套路

1. 开步 向外开手
2. 上步肘手拳
3. 向下旋转, 绕上步 弹拳
4. 向内捍掩 上步 钩挂式肩打
5. 顺式转身 绕上步 螭手腕打
6. 上步 扇手拳
7. 绕上步 抢化式还原

Moving With the Force Curling In Form

Open step and Opening Dodging strike
Advance step and Elbow Curling In attack
Rotate down, advance around and Shooting Punch
Cover in, advance step and Hooked Hand Shoulder strike
Turn body, advance around, Curling In Wrist strike
Advance step and Fanning Curling In strike
Advance around and Forcing Transforming attack, return to the beginning

备注 Notes:

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 place down
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