

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 "TM" symbol. The center of the emblem features a stylized Bagua (Eight Trigrams) design, with each trigram represented by a square with internal lines. The text "Yin Style Bagua" and "Combatives" is overlaid on the upper half of the emblem.

Yin Style Bagua Combatives

**Training Workshop
NH Summer 2023**



三 乾卦獅形學

乾卦者,天之象也。獅子掌者拳之式;乾者健陽之性也,三畫卦之名。乾,乾以形體言謂之天,以性情言謂之乾。其於物也,則為獅形,其物最嚴烈,其性勇猛,能食虎豹之獸,有抖毛之威。以拳術式之用意言,則有金龍合口之式,有獅子張咀之式,有白猿拖刀之法。在腹內則為氣,能資始萬物;在拳中則為獅子掌,能萬法開端。此式以兩手開端,以兩手極力伸出,內外上下一氣,有乾三連之象,又有起手三點之式,故取象為乾卦。

Qian Trigram Lion System Theory

The Qian Trigram is symbolic of the heavens. In martial arts, it is the Lion Palm. Qian is strength, consisting of three solid lines. The form of Qian represents the heavens, which are Qian in nature. As to objects, it is the form of the Lion, the most violently strong and fiercely brave, able to hunt tigers and leopards, having the might of shaking its fur. As applied in martial arts, it has the form of Golden Dragon Closes His Mouth, the shape of Lion Opens His Mouth and the method of White Ape Drags the Saber. The breath is held in the lower abdomen, able to support the start of all things. In martial arts, this is the Lion Palm, with the ability to begin all techniques. This palm begins with both arms, both arms extend out with extreme strength, the entire body, inside and out, acts as one, having the appearance of the three solid lines of Qian and having the form of bringing up hands with three points, this is taken from the Qian Trigram.

☵ 坎卦蛇形學

坎卦者，水之象也；順勢掌者，拳之式也。坎者陷也，坎得乾之中陽，陽陷陰中，陽入而生潮，有坎中滿之象，故居正北水旺之方。其於物也，則為蛇形，其物最毒，其性最玲瓏，最活潑者也。有撥草之能。以拳式之用言，則有白蛇吐信之法，有雙頭蛇纏身之巧；以拳之形式言，謂之順勢掌，此拳外柔順，而內剛健，有丹田氣足之形，內外如水曲曲順流，無隙而不入，故取象為坎卦。

Kan Trigram Snake System Theory

The Kan Trigram is symbolic of water. In martial arts, it is the Moving With the Force Palm. Kan is getting stuck in a trap. Kan obtains the middle Yang from Qian, Yang sunk within Yin, Yang entering and producing a swell, giving the shape of Kan full in the middle, occupying due north, the position of the water element. It is the form of the Snake, the most poisonous, the most nimble and lively of things. It has the ability to part the grass. As applied in martial arts, it has the method of white snake spitting out its tongue, cunning skill that plagues like a two-headed snake. The martial form is called the Moving With the Force Palm. This form is outwardly yielding, while strong within, having the shape of full breath in the lower abdomen, limbs and torso bending and flowing along like water, no crack that won't be entered, this is taken from the Kan Trigram.

Snake fighting method - Emphasis is on moving with the force rather than forcing open

Snake changing - Concealed and sudden in the execution of technique

Snake characteristics - A binding, constricting strength

Snake force Method - Snake borrows force methods of the other seven animals. When exerting force, it is like a tidal wave of water. When using contained strength, it is like a flood of water.

The eight attack methods of Snake System

Emphasis on usage according to the meaning of the attack method

- 肩 Shoulder - Shoulder, Elbow, Knee, Hip are used powerfully
- 肘 Elbow - in close range, in a highly concealed
- 膝 Knee - manner, always available to strike and
- 跨 Hip - supplement as other Snake techniques are executed.
- 探 Shooting - Searching out to test opponent's reaction, point striking or piercing through
- 握 Holding - Tie up opponent so he can't escape, like being bound with rope; can break or choke with holds
- 刁 Entrapping - Like an animal holding something in its mouth without causing harm - a deceptive distraction from the attack that will follow
- 拿 Grasping - Damage connective tissue and dislocate bones

≡ 震卦龍形學

震卦者，雷之象也。平托掌者，拳之式也。震者動也。震得乾之初陽，初陽主生長，居正東木旺之方。其於物也，則為龍形，物為鱗蟲之長，有搜骨之法，有變化不測之功，有飛騰之象。以拳式之用言，則有烏龍盤柱之法，有青龍戲珠之能。以拳之形式言，謂之平托掌。此拳外靜而內動，丹書雲：“靜中求動之象。又壹陽初動之意，故取象為震卦。

Zhen Trigram Dragon System Theory

The Zhen Trigram is symbolic of thunder. In martial arts, it is the Holding & Lifting Palm. Zhen is movement. Zhen obtains the beginning of Yang from Qian, which signifies growth, and occupies due east, the position of the wood element. As to objects, it is the form of the Dragon, the elder of all scaly creatures, having the skill to search out bone, the ability to change unexpectedly, and the appearance of soaring. As applied in martial arts, it has the skills of black dragon coiling around the column and green dragon playing with the pearl. The martial form is called the Holding & Lifting palm. This form is outwardly still, while inside there is movement. The Danshu states: “Seeking movement within stillness.” Having the meaning of first Yang beginning movement, this is taken from the Zhen Trigram.

Dragon fighting method - Rising up to drop down, from high to low, from left or right to the front. Techniques are tightly knit, attacks fast.

Dragon changing - Single, Combinations: 1+1 (left/right to left right switch of same technique), repeated use of the same technique, change of one technique to another.

Dragon characteristics - Dragon force is straight with fierce strength. The footwork is tight. The force is put out far in order to strike long.

Dragon force Method - Use the legs to issue force, Controlled at the waist, the changes are in the hands (arms).

The eight attack methods of Dragon System

Emphasis on usage according to the meaning of the attack method

- 推 Pushing - Straight force, no differentiation between front and back or left and right, the force must be long and unbroken
- 托 Lifting - Lifting uses force in an upward oblique direction, giving the opponent a feeling of being entered upon and brought up and back
- 帶 Carrying - Carrying is a two-handed technique, the force is long and there must be a change, for example from high to low
- 領 Leading - Leading is a single-handed technique, The force is short but causes the opponent to feel a long strength containing a shocking power
- 搬 Moving - Using the back of the wrist to tie up, throw or strike or the opponent
- 扣 Capturing - Palm and forearm used to tie up or seize up the opponent, not allowing escape
- 劈 Chopping - The heel of the palm used to strike like the blade of an axe
- 進 Entering - Passing through an opponent's defenses to quickly strike

Saturday, June 3 - morning

≡ Cutting / Smashing Combinations

900-910 Lion System Introduction

Understanding Lion System Characteristics

910-915 Strength Posture Training

Lion system posture - 8 attack methods + roll out, wrap in, pull away, drill, twist, whirl

915-940 Foundational Cutting Strikes

Develop full body stopping power in the three foundational Cutting strikes

砸手打法

扬手砸

掏手砸

点手砸

Cutting Strike Attack Methods

Rising Cutting

Inside Cutting

Point Cutting

(yáng shǒu chá)

(tāo shǒu chá)

(diǎn shǒu chá)

940-1010 Cutting Strikes with Footwork

Train the foundational Cutting attacks adding agility with 1-, 2- and 3- step methods

1010-1040 Cutting Strike Combinations

Train combinations of the foundational Cutting strikes

A)

B)

C)

1040-1120 Cutting Strike Combinations

Combinations of the three foundational Cutting strikes with the other 7 Lion system attack methods / other animal system attacks

A)

B)

C)

1120-1155 Cutting Combination Application

Apply Cutting strike combinations

- Turn the circle / take side position
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage

1150-1200 Strength Posture Training

Lion system posture - 8 attack methods + roll out, wrap in, pull away, drill, twist, whirl

Cutting posture - Cutting + roll out, wrap in, pull away, drill, twist, whirl

Saturday, June 3 - afternoon

≡ Chopping Attacks

130-200 Circle Turning Training

Lion System turning and foundational direction change
Requirements and martial application

200-240 Foundational Chopping Attacks

Develop full body stopping power in the three foundational Chopping attacks

劈手打法

砍手劈

正手劈

撩手劈

Chopping Strike Attack Methods

Hacking Chopping (kǎn shǒu pī)

Upright Chopping (zhèng shǒu pī)

Arcing Chopping (liāo shǒu pī)

240-310 Chopping Attacks with Footwork

Train the foundational Chopping attacks adding agility with 1, 2- and 3- step methods

310-340 Chopping Attack Combinations

Train combinations of the foundational Chopping attacks

A)

B)

C)

340-410 Chopping Attack Combinations

Combinations of the three foundational Chopping attacks with the other 7 Lion system attack methods / other animal system attacks

A)

B)

C)

410-450 Chopping Combination Application

Apply Chopping strike combinations

- Turn the circle / take side position
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage

450-500 Strength Posture Training

Lion system posture - 8 attack methods + roll out, wrap in, pull away, drill, twist, whirl
Chopping posture - Chopping + roll out, wrap in, pull away, drill, twist, whirl

Sunday, June 4 - morning

Lifting Combinations

900-910 Dragon System Introduction

Understanding Dragon System Characteristics

910-920 Strength Posture Training

Dragon system posture - 8 attack methods + roll out, wrap in, pull away, drill, twist, whirl

Lifting posture - Lifting + roll out, wrap in, pull away, drill, twist, whirl

920-940 Foundational Lifting Attacks

Developing full body stopping power in the three foundational Lifting attacks

托手打法

扣手托

扬手托

转手托

Lifting Attack Methods

Capturing Lifting

Rising Lifting

Rotating Lifting

(kòu shǒu tuō)

(yáng shǒu tuō)

(zhuǎn shǒu tuō)

940-1000 Lifting Attacks with Footwork

Train the foundational Lifting attacks adding agility with 1-, 2- and 3- step methods

1000-1030 Lifting Attack Combinations

Train combinations of the foundational Lifting attacks

A)

B)

C)

1030-1100 Lifting Attack Combinations

Combinations of the three foundational Lifting attacks with the other 7 Dragon system attack methods / other animal system attacks

A)

B)

C)

1100-1130 Lifting Attack Combination Application

Apply Lifting attack combinations

- Turn the circle / take side position
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage

1130-1200 Circle Turning Training

Dragon System turning and foundational direction change

Requirements and martial application

Sunday, June 4 - afternoon

≡ Shoulder, Knee Attacks

130-200 Foundational Shoulder Attacks

Develop full body stopping power in the three foundational Shoulder attacks

| 肩打法 | Shoulder Attack Methods | |
|-----|-------------------------|-------------|
| 钉肩 | Nailing Shoulder | (dīng jiān) |
| 扛肩 | Carrying Shoulder | (káng jiān) |
| 压肩 | Pressing Shoulder | (yā jiān) |

240-310 Shoulder Attacks with Footwork

Train the foundational Shoulder attacks adding agility with 1, 2- and 3- step methods

310-340 Shoulder Attack Combinations

Combinations of the three foundational Shoulder attacks with the other 7 Snake system attack methods / other animal system attacks

- A)
- B)
- C)

340-430 Shoulder Attack Combination Application

Apply Shoulder attack combinations

- Turn the circle / take side position
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage; move with opponent's force

430-500 Foundational Knee Attacks

Developing full body stopping power in the three foundational Knee attacks

| 膝打法 | Knee Attack Methods | |
|-----|---------------------|-----------|
| 别膝 | Binding Knee | (bié xī) |
| 钉膝 | Nailing Knee | (dīng xī) |
| 跪膝 | Dropping Knee | (guì xī) |

Monday, June 5 - morning

≡ Pushing Combinations

900-910 Strength Posture Training

Dragon system posture - 8 attack methods + roll out, wrap in, pull away, drill, twist, whirl

Pushing posture - Pushing + roll out, wrap in, pull away, drill, twist, whirl

910-930 Foundational Pushing Attacks

Developing full body stopping power in the three foundational Pushing attacks

推手打法

直手推

内手推

转手推

Pushing Strike Attack Methods

Straight Pushing (zhí shǒu tuī)

Inside Pushing (nèi shǒu tuī)

Rotating Pushing (zhuǎn shǒu tuī)

930-1000 Pushing Attacks with Footwork

Train the foundational Pushing attacks adding agility with 2- and 3- step methods

1000-1030 Pushing Attack Combinations

Train combinations of the foundational Pushing attacks

A)

B)

C)

1030-1100 Pushing Attack Combinations

Combinations of the three foundational Pushing attacks with the other 7 Dragon system attack methods / other animal system attacks

A)

B)

C)

1100-1130 Pushing Combination Application

Apply Pushing attack combinations

- Turn the circle / take side position / dominate center
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage

1130-1200 Circle Turning Training

Dragon System turning and foundational direction change

Requirements and martial application

Notes:

Monday, June 5 - afternoon

≡ Elbow, Hip Attacks

130-200 Foundational Elbow Attacks

Developing full body stopping power in the three foundational Elbow attacks

| 肘打法 | Elbow Attack Methods | |
|-----|----------------------|-------------|
| 抱肘 | Holding Elbow | (bào zhǒu) |
| 钉肘 | Nailing Elbow | (dīng zhǒu) |
| 摇肘 | Swaying Elbow | (yáo zhǒu) |

240-310 Elbow Attacks with Footwork

Train the foundational Elbow attacks adding agility with 1, 2- and 3- step methods

310-340 Elbow Attack Combinations

Combinations of the three foundational Elbow attacks with the other 7 Snake system attack methods / other animal system attacks

- A)
- B)
- C)

340-430 Elbow Attack Combination Application

Apply Shoulder attack combinations

- Turn the circle / take side position
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage; move with opponent's force

430-500 Foundational Hip Attacks

Developing full body stopping power in the three foundational Hip attacks

| 胯手打法 | Hip Attack Methods | |
|------|--------------------|------------|
| 钉胯 | Nailing Hip | (dīng kuà) |
| 砸胯 | Smashing Hip | (zá kuà) |
| 挤胯 | Squeezing Hip | (jǐ kuà) |

Tuesday, June 6 - morning

☰ Grasping Combinations

900-910 Strength Posture Training

Snake system posture - 8 attack methods + roll out, wrap in, pull away, drill, twist, whirl

910-930 Foundational Grasping Attacks

Developing full body stopping power in the in the three foundational Grasping attacks

| 拿手打法 | Grasping Attack Methods | |
|-------------|--------------------------------|----------------|
| 探手拿 | Shooting Grasping | (tàn shǒu ná) |
| 握手拿 | Holding Grasping | (wò shǒu ná) |
| 刁手拿 | Entrapping Grasping | (diāo shǒu ná) |

930-1000 Grasping Attacks with Footwork

Train the foundational Grasping attacks adding agility with 2- and 3- step methods

1000-1030 Grasping Attack Combinations

Train combinations of the foundational Grasping attacks

- A)
- B)
- C)

1030-1100 Grasping Attack Combinations

Combinations of the three foundational Grasping attacks with the other 7 Dragon system attack methods / other animal system attacks

- A)
- B)
- C)

1100-1130 Grasping Attack Combination Application

Apply Grasping attack combinations

- Turn the circle / take side position / dominate the center
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage; move with opponent's force

1130-1200 Circle Turning Training

Snake System turning and foundational direction change
Requirements and martial application

Tuesday, June 6 - afternoon

≡ Snake System Comprehensive Review

Foundational Shoulder Strikes

Developing full body stopping power in the three foundational Shoulder strikes

| 肩打法 | Shoulder Attack Methods | |
|-----|-------------------------|-------------|
| 钉肩 | Nailing Shoulder | (dīng jiān) |
| 扛肩 | Carrying Shoulder | (káng jiān) |
| 压肩 | Pressing Shoulder | (yā jiān) |

Foundational Elbow Attacks

Developing full body stopping power in the three foundational Elbow attacks

| 肘打法 | Elbow Attack Methods | |
|-----|----------------------|-------------|
| 抱肘 | Holding Elbow | (bào zhǒu) |
| 钉肘 | Nailing Elbow | (dīng zhǒu) |
| 摇肘 | Swaying Elbow | (yáo zhǒu) |

Foundational Knee Attacks

Developing full body stopping power in the three foundational Knee attacks

| 膝打法 | Knee Attack Methods | |
|-----|---------------------|-----------|
| 别膝 | Binding Knee | (bié xī) |
| 钉膝 | Nailing Knee | (dīng xī) |
| 跪膝 | Dropping Knee | (guì xī) |

Foundational Hip Attacks

Developing full body stopping power in the three foundational Hip attacks

| 胯手打法 | Hip Attack Methods | |
|------|--------------------|------------|
| 钉胯 | Nailing Hip | (dīng kuà) |
| 砸胯 | Smashing Hip | (zá kuà) |
| 挤胯 | Squeezing Hip | (jǐ kuà) |

Foundational Grasping Attacks

Developing full body stopping power in the in the three foundational Grasping attacks

| 拿手打法 | Grasping Attack Methods | |
|------|-------------------------|----------------|
| 探手拿 | Shooting Grasping | (tàn shǒu ná) |
| 握手拿 | Holding Grasping | (wò shǒu ná) |
| 刁手拿 | Entrapping Grasping | (diāo shǒu ná) |

Snake System Combinations Review

Application of Snake System Combinations

- Turn the circle / move with the opponent's force
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage; move with opponent's force

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