



**Yin Style Bagua
Workshop
Ann Arbor
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尹氏八卦掌震卦龙形学习目标

Zhen Trigram Dragon System Objectives

Objective 目标	完成划勾 Complete
1. Understand Dragon system fighting strategy 介绍龙形平托掌技击方法(战备概念, 特点, 变化, 等)	
2. Understand Dragon system force generation body mechanics 教龙形发力方法	
3. Understand the meaning and force of the Dragon System Pushing, Lifting, Carrying, Leading, Moving, Capturing, Chopping and Entering attack methods. 教推, 托, 带, 领, 搬, 扣, 劈, 进本意 以及劲力	
4. Learn, train, and use the 24 foundational Pushing, Lifting, Carrying, Leading, Moving, Capturing, Chopping and Entering strikes 教 24 个基本推, 托, 带, 领, 搬, 扣, 劈, 进打法以及用法	
5. Learn, understand and train the Dragon system Pushing, Lifting, Carrying, Leading, Moving, Capturing, Chopping and Entering strengthening postures. 教龙形推, 托, 带, 领, 搬, 扣, 劈, 进站桩功法要求和概念	
6. Learn, understand and train the developmental methods and special characteristics of Dragon system circle turning training. 教龙形转圈方法, 特点, 和功法要求	
7. Learn, understand, train, and apply the Dragon system forms: Windmill Moving, Lying Step Capturing, Interlocking Chopping, and Turning the back Entering. 教龙形风轮搬, 卧式扣, 连环劈, 背身进套路: 动作, 身法, 步法, 用法与变化。	

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，其物為鱗蟲之長，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.

10月17日课程时间表 October 17th Class Schedule

推，托 Pushing, Lifting

Time 时间	Objective 目标	完成划勾 Complete
9:00-9:45 龙形介绍 和站桩	Dragon system introduction. Representational, Pushing & Lifting strength postures 龙形平托掌概括介绍。教龙形本桩,推桩,托桩功法要求和概念.	
9:45-10:45 推散手	Pushing attacks. Learn meaning, force, and use. Practice Straight, Inside and Rotating Pushing attacks. 介绍推的意思,劲力,用法。教直手推,内手推,转手推	
10:45-11:15 变化 拆手	Learn and practice application of Pushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教推用法:手法与角度,位置,力法,步法,身法以及概念结合 1。直手推 Straight Pushing (zhi shou tui) 2。内手推 Inside Pushing (nei shou tui) 3。转手推 Rotating Pushing (zhuan shou tui)	
11:15-12:15 复习散手	Review Pushing attack meaning, force, and use. Practice Straight, Inside and Rotating Pushing attacks. 复习推的意思,劲力,用法。复习直手推,内手推,转手推 用龙形 4 点和 3 点步法练法。	
12:15-12:45 复习拆手	Review application of Pushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习推用法:手法与角度,位置,力法,步法,身法以及概念结合。	
2:30-3:30 托散手	Introduction to Lifting attacks. Learn meaning, force, and use. Practice Capturing, Rising and Rotating Lifting attacks. 介绍托的意思,劲力,用法。教扣手托,扬手托,转手托	
3:30-4:00 变化 拆手	Learn and practice application of Lifting attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教托用法:手法与角度,位置,力法,步法,身法以及概念结合。 1. 扣手托 Capturing Lifting (kou shou tuo) 2. 扬手托 Rising Lifting (yang shou tuo) 3. 转手托 Rotating Lifting (zhuan shou tuo)	
4:00-5:00 复习散手	Review Lifting attack meaning, force, and use. Practice Capturing, Rising and Rotating Lifting attacks. 复习托的意思,劲力,用法。复习扣手托,扬手托,转手托 用龙形 4 点和 3 点步法练法。	
5:00-5:30 复习拆手	Review application of Lifting attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习托用法:手法与角度,位置,力法,步法,身法以及概念结合。	

推手打法

直手推

内手推

转手推

Pushing Strike Attack Methods

Straight Pushing (zhi shou tui)

Inside Pushing (nei shou tui)

Rotating Pushing (zhuan shou tui)

托手打法

扣手托

扬手托

转手托

Lifting Attack Methods

Capturing Lifting (kou shou tuo)

Rising Lifting (yang shou tuo)

Rotating Lifting (zhuan shou tuo)

10月18日课程时间表 October 18th Class Schedule

带, 领 Carrying, Leading

Time 时间	Objective 目标	完成划勾 Complete
9:00-9:45 带, 领站桩	Representational posture review. Learn Carrying & Leading strength postures 复习龙形本桩。 教带桩, 领桩功法要求和概念.	
9:45-10:45 带散手	Introduction to Carrying attacks. Learn meaning, force, and use. Practice Upper, Whirling, and Lower Carrying attacks. 介绍带的意义, 劲力, 用法。教上手带, 旋手带, 下手带	
10:45-11:15 变化 拆手	Learn and practice application of Carrying attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教带用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。 1. 上手带 Upper Carrying (shang shou dai) 2. 旋手带 Whirling Carrying (xuan shou dai) 3. 下手带 Lower Carrying (xia shou dai)	
11:15-12:15 复习散手	Review Carrying attack meaning, force, and use. Practice Upper, Whirling, and Lower Carrying attacks. 复习带的意义, 劲力, 用法。复习上手带, 旋手带, 下手带用龙形 4 点和 3 点步法练法。	
12:15-12:45 复习拆手	Review application of Carrying attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习带用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
2:30-3:30 领散手	Introduction to Leading attacks. Learn meaning, force, and use. Practice Upper, Horizontal, and Lower Leading attacks. 介绍领的意义, 劲力, 用法。教上手领, 横手领, 下手领	
3:30-4:00 变化 拆手	Learn and practice application of Leading attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教领用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。 1. 上手领 Upper Leading (shang shou ling) 2. 横手领 Horizontal Leading (heng shou ling) 3. 下手领 Lower Leading (xia shou ling)	
4:00-5:00 复习散手	Review Leading attack meaning, force, and use. Practice Upper, Horizontal, and Lower Leading attacks. 复习领的意义, 劲力, 用法。复习上手领, 横手领, 下手领 用龙形 4 点和 3 点步法练法。	
5:00-5:30 复习拆手	Review application of Leading attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习领用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	

带手打法

上手带
旋手带
下手带

Carrying Strike Attack Methods

Upper Carrying (shang shou dai)
Whirling Carrying (xuan shou dai)
Lower Carrying (xia shou dai)

领手打法

上手领
横手领
下手领

Leading Strike Attack Methods

Upper Leading (shang shou ling)
Horizontal Leading (heng shou ling)
Lower Leading (xia shou ling)

10月19日课程时间表 October 19th Class Schedule

搬 Moving

Time 时间	Objective 目标	完成划勾 Complete
9:30-10:30 龙形转圈	Learn and practice the Dragon system circle turning method 教龙形转圈方法, 特点, 和功法要求	
10:30-11:30 搬散手	Introduction to Moving attacks. Learn meaning, force, and use. Practice Single, Double and Reversing Moving attacks. 介绍搬的意思, 劲力, 用法。教单手搬, 双手搬, 翻手搬	
11:30-12:30 变化	Learn and practice application of Moving attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教搬用法: 手法与角度, 位置, 力法, 步法, 身法以及概念结合。	
拆手	1. 单手搬 Single Hand Moving 2. 双手搬 Double Hand Moving 3. 翻手搬 Reversing Moving	
12:30-1:00 复习散手	Review Moving attack meaning, force, and use. Practice Single Hand, Double Hand and Reversing Moving attacks. 复习搬的意思, 劲力, 用法。复习直手推, 内手推, 转手推 用龙形4点和3点步法练法。	
2:30-3:00 搬站桩	Review representational posture. Learn Moving attack strength posture 复习龙形本桩。教搬桩功法要求和概念。	
3:00-3:30 套路练习	Train the Windmill Moving attack form 介绍风轮搬, 龙形风轮概念。风轮搬套路练习。	
3:30-4:30 变化	Learn and practice application of Windmill Moving and these concepts: technique and angle, position, use of force, footwork, body movement 教风轮搬用法: 手法与角度, 位置, 力法, 步法, 身法以及概念结合。	
拆手	2. 拿手腕/下按 Angular advance step and grab opponent's wrist 翻抄手式搬 Press down, arm comes over the top then down into Moving attack 4. 叉手/上步/上下式分手搬 cross the arms then execute a Separating Double Moving	
4:30-5:00 复习散手 复习套路	Review foundational Moving attacks and Windmill Moving form 复习基本搬手打法以及风轮搬套路	
5:00-5:30 复习拆手	Review application of Moving attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习搬用法: 手法与角度, 位置, 力法, 步法, 身法以及概念结合	

搬手打法

单手搬

双手搬

翻手搬

风轮搬

1. 击上半步挺手掌

2. 斜上步/拿手腕/

下按/绕上步/翻抄手式搬

3. 转手/斜上步/抹手拿/下按/绕上步/

翻抄手式搬

4. 叉手/上步/上下式分手搬

5. 抹手拿/绕上步/从手下单手搬

6. 捍掩/上步/上下式分手搬

7. 绕上步搬手式还原

Moving Strike Attack Methods

Single Hand Moving (dan shou ban)

Double Hand Moving (shuang shou ban)

Reversing Moving (fan shou ban)

Windmill Moving

Half advance step and Holding Out palm

Angular advance step and grab opponent's wrist

Press down, advance around, arm comes over the top then down into Moving attack

Angular advance and rotate the hand into a Wiping grasp, press down, advance around

Arm comes over the top then down to knee height into a Moving attack

Advance step and cross the arms then execute a Separating Double Moving attack

Wipe and grab, advance step around and Single Hand Moving attack from underneath

Cover in, advance step, execute a Separating Double Moving attack

Advance around Moving attack return to the beginning

10月20日课程时间表 October 20th Class Schedule

扣 Capturing

Time 时间	Objective 目标	完成划勾 Complete
9:00-9:50 龙形转圈	Practice and review the Dragon system circle turning method 纠正龙形转圈方法,特点和功法要求	
10:00-11:00 扣散手	Introduction to Capturing attacks. Learn meaning, force, and use. Practice Inside, Outside, and Low Capturing attacks. 龙形扣手介绍。介绍扣的意思,劲力,用法。教内手扣,外手扣,下手扣	
11:00-12:00 变化	Learn and practice application of Capturing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教扣用法:手法与角度,位置,力法,步法,身法以及概念结合	
拆手	1. 内手扣 Inside Capturing	
	2. 外手扣 Outside Capturing	
	3. 下手扣 Low Capturing	
12:00-1:00 复习散手	Review Capturing attack meaning, force, and use. Practice Inside, Outside, and Low Capturing attacks. 复习扣的意思,劲力,用法。复习内手扣,外手扣,下手扣 用龙形4点和3点步法练法。	
2:30-3:00 扣站桩	Review representational posture. Learn Capturing attack strength posture 复习龙形本桩。教扣桩功法要求和概念。	
3:00-3:30 套路练习	Train the Lying Step Capturing attack form 介绍卧式扣,龙形卧式概念。卧式扣套路练习。	
3:30-4:30 变化	Learn and practice application of Lying step Capturing and these concepts: technique and angle, position, use of force, footwork, body movement 教卧式扣用法:手法与角度,位置,力法,步法,身法以及概念结合。	
拆手	2. 击上卧步 / 内手扣 / 扎手 Lying step, Inside Capturing attack / Piercing palm	
	4. 背撤步领手 / 卧式内手口 Back withdraw step, Lying step Inside Capturing attack 6 + 7. 外手扣 + 推手掌 Outside Capture + Pushing Attack	
4:30-5:00 复习散手 复习套路	Review foundational Capturing attacks and Lying step Capturing 复习基本扣手打法以及卧式扣套路	
5:00-5:30 复习拆手	Review application of Capturing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习扣用法:手法与角度,位置,力法,步法,身法以及概念结合	

扣手打法

内手扣

外手扣

下手扣

卧式扣

1. 击上半步挺手掌

2. 击上卧步 / 内手扣 / 扎手

3. 斜上步 / 外手扣

4. 扎手 / 背撤步领手 / 卧式内手口

5. 上步外手扣

6. 内捍掩 / 绕上步外手扣

7 扎手 / 上步 / 推手还原

Capturing Strike Attack Methods

Inside Capturing (nei shou kou)

Outside Capturing (wai shou kou)

Low Capturing (xia shou kou)

Lying Step Capturing

Half advance step and Holding Out palm

Advance into lying step, Inside Capturing attack / Piercing palm

Angle advance, Outside Capturing attack

Piercing palm, back withdraw step Leading attack, Lying step Inside Capturing attack

Advance step, Outside Capturing

Cover in, advance around and Outside Capturing attack

Piercing palm, advance step and Pushing attack direction change, return to the beginning

10月21日课程时间表 October 21st Class Schedule

劈 Chopping

Time 时间	Objective 目标	完成划勾 Complete
9:00-10:00 龙形转圈	Practice and review the Dragon system circle turning method 纠正龙形转圈方法,特点和功法要求	
10:00-11:00 劈散手	Introduction to Chopping attacks. Learn meaning, force, and use. Practice Upright, Hacking, and Reversing Chopping attacks. 龙形劈手介绍。介绍劈的意思,劲力,用法。教正手劈,砍手劈,翻手劈	
11:00-12:00 变化	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。	
拆手	1. 正手劈 Upright Chopping 2. 砍手劈 Hacking Chopping 3. 翻手劈 Reversing Chopping	
12:00-1:00 复习散手	Review Chopping attack meaning, force, and use. Practice Upright, Hacking, and Reversing Chopping attacks. 复习劈的意思,劲力,用法。复习正手劈,砍手劈,翻手劈 用龙形 4 点和 3 点步法练法。	
2:30-3:00 劈站桩	Review representational posture. Learn Chopping attack strength posture 复习龙形本桩。教劈桩功法要求和概念。	
3:00-3:30 套路练习	Train the Interlocking Chopping attack form 介绍连环劈,龙形连环概念。连环劈套路练习。	
3:30-4:30 变化	Learn and practice application of Interlocking Chopping and these concepts: technique and angle, position, use of force, footwork, body movement 教连环劈用法:手法与角度,位置,力法,步法,身法以及概念结合。	
拆手	2 + 3. 斜上步 / 正手劈 + 绕上步 / 砍手劈 Upright Chop + Hacking Chop 5 + 6. 绕上步 / 翻手劈 + 上步 / 翻手劈 Advance around Hack Chop + Advance Reverse Chop	
4:30-5:00 复习散手 复习套路	Review foundational Chopping attacks and Interlocking Chopping form 复习基本劈手打法以及连环劈套路	
5:00-5:30 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	

劈手打法

正手劈

砍手劈

翻手劈

连环劈

1. 击上半步挺手掌
2. 斜上步 / 下按 / 正手劈
3. 绕上步 / 下按 / 砍手劈
4. 斜上步 / 正手劈 (举副手)
5. 绕上步 / 砍手劈
6. 向内捍掩 / 上步 / 翻手劈
7. 绕上步下按劈手式还原

Chopping Strike Attack Methods

Upright Chopping (zheng shou pi)

Hacking Chopping (kan shou pi)

Reversing Chopping (fan shou pi)

Interlocking Chopping

Half advance step and Holding Out palm

Angular advance, press down and Upright Chop attack

Advance around, press down and Hacking Chop attack

Angular advance, Upright Chop (raise support arm)

Advance around and Hacking Chop attack

Cover in, advance step and Reversing Chopping attack

Advance around, press down and Chop attack return to the beginning.

10月22日课程时间表 October 22nd Class Schedule

进 Entering

Time 时间	Objective 目标	完成划勾 Complete
9:00-10:00 龙形转圈	Practice and review the Dragon system circle turning method 纠正龙形转圈方法,特点和功法要求	
10:00-11:00 进散手	Introduction to Entering attacks. Learn meaning, force, and use. Practice Blocking, Stealing, and Borrowing Entering attacks. 龙形进手介绍。介绍进的意思,劲力,用法。教挡手进,抢手进,借手进	
11:00-12:00 变化	Learn and practice application of Entering attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教进用法:手法与角度,位置,力法,步法,身法以及概念结合。	
拆手	1. 领手进 Leading Entering 2. 抢手进 Stealing Entering 3. 借手进 Borrowing Entering	
12:00-11:00 复习散手	Review Entering attack meaning, force, and use. Practice Leading, Stealing, and Borrowing Entering attacks. 复习进的意思,劲力,用法。复习领手进,抢手进,借手进 用龙形 4 点和 3 点步法练法。	
2:30-3:00 进站桩	Review representational posture. Learn Entering attack strength posture 复习龙形本桩。教进桩功法要求和概念。	
3:00-3:30 套路练习	Train the Turning the back Entering attack form 介绍背身进,龙形背身概念。背身进套路练习。	
3:30-4:30 变化	Learn and practice application of Turning the back Entering and these concepts: technique and angle, position, use of force, footwork, body movement 教背身进用法:手法与角度,位置,力法,步法,身法以及概念结合。	
拆手	2. 内手推 / 腕打进 Angular step, Inside Pushing attack / Wrist Strike Entering attack 3. 内手推 / 转手托式进 Inside Push / Rotating Lifting Entering attack 5. 转身 / 向内捍掩 / 勾挂式背打 Turn the body, cover in, Back Strike Entering	
4:30-5:00 复习散手 复习套路	Review foundational Entering attacks and Turning the back Entering form 复习基本进手打法以及背身进套路	
5:00-5:30 复习拆手	Review application of Entering attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习进用法:手法与角度,位置,力法,步法,身法以及概念结合	

进手打法

领手进
抢手进
借手进
背身进

1. 击上半步挺手掌

2. 斜上步 / 内手推 / 腕打进

3. 撤步勾挂 / 内手推 / 转手托式进

4. 向下扣 / 上步扣手托式进

5. 转身 / 向内捍掩 / 勾挂式背打

6. 上步挺手式抢手进

7. 摆步 / 下按 / 劈手还原

Entering Attack Methods

Leading Entering (ling shou jin)

Stealing Entering (qiang shou jin)

Borrowing Entering (jie shou jin)

Turning the Back Entering

Half advance step and Holding Out palm

Angular step, Inside Pushing attack / Wrist Strike Entering attack

Withdraw step, hook down, Inside Push / Rotating Lifting Entering attack

Capture down, advance step and Capturing Lifting Entering attack

Turn the body, cover in, Hooked hand Back Strike Entering

Advance step and Holding Out Forcing Entering

Open step, press down, Chopping attack, return to the beginning

尹氏八卦十二字令

Twelve Guiding Principles of Yin Style Bagua

- | | | |
|-----|---|-------------|
| 1. | 滚 | roll out |
| 2. | 裹 | wrap in |
| 3. | 争 | pull away |
| 4. | 钻 | drill |
| 5. | 拧 | twist |
| 6. | 旋 | whirl |
| 7. | 走 | move |
| 8. | 转 | turn |
| 9. | 起 | lift |
| 10. | 落 | drop |
| 11. | 摆 | swing open |
| 12. | 扣 | hook closed |

尹氏八卦九功法

Nine Special Skills of Yin Style Bagua

- | | | |
|----|---|----------------|
| 1. | 蹭 | scrape |
| 2. | 锉 | file |
| 3. | 滚 | roll |
| 4. | 翻 | turn over |
| 5. | 缩 | contract |
| 6. | 小 | small |
| 7. | 软 | supple |
| 8. | 绵 | soft |
| 9. | 巧 | artful/cunning |