



**Yin Style Bagua
Training Intensive
Beijing 2015**



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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, Carrying, Moving and Capturing attack methods. 教推, 带, 搬, 扣本意 以及劲力	
4. Learn, train, and use the 12 foundational Pushing, Carrying, Moving and Capturing strikes 教 12 个基本推, 带, 搬, 扣打法以及用法	
5. Learn, understand and train the Dragon system Pushing, Carrying, Moving, Capturing and Representational strengthening postures. 教龙形推, 带, 搬, 扣, 和本桩 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: Reversing the body Pushing, Lying step Carrying, Turning the back Moving, and Windmill Capturing 教龙形返身推, 卧式带, 背身搬, 风轮扣 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.

3月30日课程时间表 March 30th Class Schedule

推 Pushing

Time 时间	Objective 目标	完成划勾 Complete
6:00-6:45 龙形介绍 单式散手	Introduction to Dragon system / Pushing attacks. Learn meaning, force, and use. Practice Straight, Rotating, and Inside Pushing attacks. 龙形平托掌概括介绍. 龙形推介绍. 介绍推的意思, 劲力, 基本用法. 教 直手推, 内手推, 转手推	
6:45-7:30 组合散手	Practice Pushing attack combinations with various footwork. 练推组合散手. 强调连环劲力. 用龙形4点和3点步法。	
7:30-8:00 组合拆手	Apply combined Pushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教推组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
10:00-11:00 剑基本功	Foundational sword technique practice: Lifting, Stirring, Hooking, Carrying. Single attacks and combinations. 教剑法: 挑, 搅, 挂, 带. 单式, 组合	
11:00-12:00 剑用法	Sword usage partner drills – Lifting, Stirring, Hooking, Carrying. 教剑挑, 搅, 挂, 带组合用法. 对打练习	
2:00-2:30 推, 本桩	Learn and practice Dragon Pushing Strike and Representational strength postures 教龙形推站桩以及龙形本桩功法要求和概念	
2:30-3:20 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 以及一个基本换式法	
3:30-4:00 套路练习	Train the Reversing the body Pushing attack form 介绍返身推, 返身概念. 返身推套路练习	
4:00-5:00 拆手 变化	Learn and practice application of Reversing the body Pushing and these concepts: technique and angle, position, use of force, footwork, body movement 教返身推用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 下按 / 斜推 Press down, Diagonal Pushing attack 2. 撤步 / 斜上步到圆心 / 双手撑手推 Withdraw step, angle advance to center, two hand Opening Push 3. 转身背步 / 双手向外翻手 / 双手推 Turn back and back step, both hands turn out, Double Push 4. 双手推 (手指冲上下) Double Pushing attack (fingers vertical)	
5:00-5:30 复习推掌	Review foundational Pushing attacks and Reversing the body Pushing form 复习基本推掌打法以及返身推套路	

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)

3月31日课程时间表 March 31st Class Schedule

带 Carrying

Time 时间	Objective 目标	完成划勾 Complete
6:00-6:45 单式散手	Introduction to Carrying attacks. Learn meaning, force, and use. Practice Straight, Rotating, and Inside Carrying attacks. 龙形带介绍. 介绍带的意义, 劲力, 基本用法. 教 上手带, 旋手带, 下手带	
6:45-7:30 组合散手	Practice Carrying attack combinations with various footwork. 练带组合散手. 强调连环劲力. 用龙形 4 点和 3 点步法.	
7:30-8:00 组合拆手	Apply combined Carrying attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教带组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
10:00-11:00 剑基本功	Foundational sword technique practice: High Clearing, Slicing, Point Attacking, Stabbing. Single attacks and combinations. 教剑法: 云, 片, 点, 刺. 单式, 组合	
11:00-12:00 剑用法	Sword usage partner drills: High Clearing, Slicing, Point Attacking, Stabbing 教剑云, 片, 点, 刺组合用法, 对打练习	
2:00-2:30 带, 本桩	Learn and practice Dragon Carrying Strike and Representational strength postures 教龙形带站桩功法要求和概念, 复习龙形本桩	
2:30-3:20 龙形转圈	Practice and refine the Dragon system circle turning method 纠正龙形转圈方法, 特点, 和功法要求	
3:30-4:00 套路练习	Train the Lying step Carrying attack form 介绍卧式带, 卧式概念. 卧式带套路练习	
4:00-5:00 拆手 变化	Learn and practice application of Lying step Carrying and these concepts: technique and angle, position, use of force, footwork, body movement 教卧式带用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 从手上翻转手 / 击上卧步 / 擒手下带 Hand turns over from above, advance to lying step, low Seizing Carry 2. 合手式带 (加肘打) Combined Hand Carry (add elbow) 3. 从手下颌 / 背撤卧步 / 旋身式抱式带 Grasp from underneath, back step lying stance, Whirling Enfolding Carry	
5:00-5:30 复习推掌	Review foundational Carrying attacks and Lying step Carrying form 复习基本带手打法以及卧式带套路	

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)

4月1日课程时间表 April 1st Class Schedule

搬 Moving

Time 时间	Objective 目标	完成划勾 Complete
6:00-6:45 单式散手	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	
6:45-7:30 组合散手	Practice Moving attack combinations with various footwork. 练搬组合散手。强调连环劲力。用龙形4点和3点步法。	
7:30-8:00 组合拆手	Apply combined Moving attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教搬组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
10:00-11:00 剑基本功	Foundational sword technique practice: Chopping, Clearing, Arcing, and Springing. Single attacks and combinations. 教剑法: 劈, 扫, 撩, 崩。单式, 组合	
11:00-12:00 剑用法	Sword usage partner drills – Chopping, Clearing, Arcing, Springing 教剑劈, 扫, 撩, 崩组合用法, 对打练习	
2:00-2:30 搬, 本桩	Learn and practice Dragon Moving Strike and Representational strength postures 教龙形搬站桩功法要求和概念, 复习龙形本桩	
2:30-3:20 龙形转圈	Practice and refine the Dragon system circle turning method 纠正龙形转圈方法, 特点, 和功法要求	
3:30-4:00 套路练习	Train the Turning the back Moving attack form 介绍背身搬, 背身概念。背身搬套路练习	
4:00-5:00 拆手 变化	Learn and practice application of Turning the back Moving and these concepts: technique and angle, position, use of force, footwork, body movement 教背身搬用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 下按/ 从手上, 别式双手搬 press down Squeezing Double Moving 2. 下按绕手 / 双搬 Hands press down and rotate, Double Hand Moving attack 3. 下按 / 转身 / 分手搬 Press down, rotate the body into a Separating Hand Moving attack	
5:00-5:30 复习搬掌	Review foundational Moving attacks and Turning the back Moving form 复习基本搬手打法以及背身搬套路	

搬手打法

单手搬
双手搬
翻手搬

Moving Strike Attack Methods

Single Hand Moving (dan shou ban)
Double Hand Moving (shuang shou ban)
Reversing Moving (fan shou ban)

4月2日课程时间表 April 2nd Class Schedule

扣 Capturing

Time 时间	Objective 目标	完成划勾 Complete
6:00-6:45 单式散手	Introduction to Capturing attacks. Learn meaning, force, and use. Practice Inside, Outside, and Low Capturing attacks. 龙形扣掌介绍. 介绍扣的意思, 劲力, 用法. 教内手扣, 外手扣, 下手扣	
6:45-7:30 组合散手	Practice Capturing attack combinations with various footwork. 练扣组合散手. 强调连环劲力. 用龙形4点和3点步法。	
7:30-8:00 组合拆手	Apply combined Capturing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教扣组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
10:00-11:00 剑基本功	Foundational sword technique practice: Pushing, Lifting, Hanging, and Pressing. Single attacks and combinations. 教剑法: 推,托,吊,压. 单式, 组合	
11:00-12:00 剑用法	Sword usage partner drills – Pushing, Lifting, Hanging, and Pressing 教剑推,托,吊,压组合用法. 对打练习	
2:00-2:30 扣, 本桩	Learn and practice Dragon Capturing Strike and Representational strength postures 教龙形扣站桩功法要求和概念, 复习龙形本桩	
2:30-3:20 龙形转圈	Practice and refine the Dragon system circle turning method 纠正龙形转圈方法, 特点, 和功法要求	
3:30-4:00 套路练习	Train the Windmill Capturing attack form 介绍风轮扣, 风轮概念. 风轮扣套路练习	
4:00-5:00 拆手 变化	Learn and practice application of Windmill Capturing and these concepts: technique and angle, position, use of force, footwork, body movement 教风轮扣用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 斜上步/向下领手/绕上步/内手扣 Angle adv., Leading hand, advance around, Inside Capturing attack 2. 向下掩挂/上步/外扣/绕上步/内手扣 Downward covering hook, advance step, Outside Capture, advance around, Inside Capturing attack 3. 向外翻转 / 上步 / 双手扣 Hand turns down out, advance step, Double Capturing attack 4. 转身绕上不 / 双手扑手扣 Turn body advance around, Double Pouncing Capturing attack	
5:00-5:40 蛇形基本换式 + 拆手	Learn and practice the three foundational direction change methods of Snake system and basic application 教蛇形三个基本换式法, 换式用法: 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

Capturing Strike Attack Methods

Inside Capturing (nei shou kou)
Outside Capturing (wai shou kou)
Low Capturing (xia shou kou)

蛇形基本换式法

刁探换式
缠手握换式
双探换式

Snake System Foundational Direction Changes

Entrapping Shooting/Seeking Direction Change
Binding Grasping Direction Change
Double Shooting/Seeking

返身推

1. 击上步停手掌
2. 斜上步到圆心 / 下按 / 斜推
3. 撤步 / 斜上步到圆心 / 双手撑手推
4. 捍掩 / 上步 / 直手推
5. 转身背步 / 双手向外翻手 / 双手推
6. 斜上步 / 双手推 (手指冲上下)
7. 摆步 / 劈手式还原

卧式带

1. 击上步停手掌
2. 从手上翻转手 / 击上卧步 / 擒手下带
3. 翻转手 / 上步 / 合手式带 (加肘打)
4. 从手下领 / 背撤卧步 / 旋身式抱式带
5. 上步 / 翻转手 / 下手带
6. 从手下回手 / 绕上步 / 下手带
7. 绕上步推手式还原

背身搬

1. 击上步停手掌
2. 捍掩 / 斜上步到圆心 / 从手上, 别式双手搬
3. 撤步抽手 / 上步下按 / 从手上, 别式双手搬
4. 下按绕手 / 上步 / 双搬
5. 下按 / 转身 / 分手搬
6. 下按 / 上步 / 翻手搬
7. 摆步 / 劈手式还原

风轮扣

1. 击上步停手掌
2. 斜上步 / 向下领手 / 绕上步 / 内手扣
3. 向下掩挂 / 上步 / 外扣 / 绕上步 / 内手扣
4. 向外翻转 / 上步 / 双手扣
5. 转身绕上不 / 双手扑手扣
6. 双手转化 / 上步 / 双手扑手扣
7. 向内捍 / 绕上步搬手式还原

Reversing the Body Pushing

- Half advance step and Stopping push
Angle advance to center, press down, Diagonal Pushing attack
Withdraw step, angle advance to center, two hand Opening Push
Advance step and cover in, Straight Pushing attack
Turn back and back step, both hands turn out, Double Push
Angular advance, Double Pushing attack (fingers vertical)
Swing open step, Chopping attack return to the beginning

Lying step Carrying

- Half advance step and Stopping push
Hand turns over from above, advance to lying step, low Seizing Carry
Hand turns over, advance step, Combined Hand Carry (add elbow)
Grasp from underneath, back step lying stance, Whirling Enfolding Carry
Advance step, hand turns over, Low Carry attack
Hand comes back from underneath, advance around, Low Carry
Advance step around Push attack return to the beginning

Turning the back Moving

- Half advance step and Stopping push
Cover in, advance to center, from above Squeezing Double Moving
Withdraw step & pull back, advance & press down Squeezing Double Moving
Hands press down and rotate, advance step, Double Hand Moving attack
Press down, rotate the body into a Separating Hand Moving attack
Press down, advance step, Reversing Moving attack
Swing open step, Chopping attack return to the beginning

Windmill Capturing

- Half advance step and Stopping push
Angle adv., Leading hand, advance around, Inside Capturing attack
Downward covering hook, advance step, Outside Capture, advance around, Inside Capturing attack
Hand turns down out, advance step, Double Capturing attack
Turn body advance around, Double Pouncing Capturing attack
Both hands transform around, advance, Double Pouncing Capturing attack
Cover in, advance around Moving attack return to the beginning

尹氏八卦掌艮卦熊形学习目标

Gen Trigram Bear System Objectives

Objective 目标	完成划勾 Complete
1. Understand Bear system fighting strategy 介绍熊形背身掌技击方法(战备概念, 特点, 变化, 等)	
2. Understand Bear system force generation body mechanics 教熊形发力方法	
3. Understand the meaning and force of the Bear System Penetrating, Leaning, Withdrawing, and Following attack methods. 教穿, 靠, 撤, 随 本意 以及劲力	
4. Learn, train, and use the 12 foundational Penetrating, Leaning, Withdrawing, and Following strikes 教 12 个基本穿, 靠, 撤, 随打法以及用法	
5. Learn, understand and train the Bear system Penetrating, Leaning, Withdrawing, and Following strengthening postures. 教熊形穿, 靠, 撤, 随站桩功法要求和概念	
6. Learn, understand and train the developmental methods and special characteristics of Bear system circle turning training. 教熊形转圈方法, 特点, 和功法要求	
7. Learn, understand, train, and apply the Bear system forms: Enfolding Penetrating, Lying step Leaning, Interlocking Withdrawing, and Windmill Following 教熊形抱式穿, 卧式靠, 连环撤, 风轮随 套路: 动作, 身法, 步法, 用法与变化。	

艮卦熊形學

艮卦者，山之象也。背身掌者，拳之式也。艮者止也。艮得乾之末陽，末陽主靜，故居東北陽弱之方。其於物也，則為熊形，其性最鈍，其物最威嚴，有豎項之力。以拳式之用言，則有靠身之勇，有拔樹之能，有抖搜之法。以拳之形式言，謂之背身掌。此拳上剛健，而中下柔順，有靜止之形，故取象為艮卦。

Gen Trigram Bear System Theory

The Gen Trigram is symbolic of mountains. In martial arts, it is the Turning the Back Palm. Gen is stillness. Gen obtains the end of Yang from Qian, which signifies stillness, and occupies the northeast, the direction of weak Yang. As to objects, it is the form of the Bear, having the most blunt nature, yet is the most awe-inspiring, having an upright strength. As applied in martial arts, it has the courage of leaning into the body, the ability to uproot trees, and the skill of shaking the body. The martial form is called the Turning the Back palm. This form is strong above, while smooth in the middle and below. Having the form of stillness, this is taken from the Gen Trigram.

4月3日课程时间表 April 4th Class Schedule

穿 Penetrating

Time 时间	Objective 目标	完成划勾 Complete
6:00-6:45 熊形介绍 单式散手	Introduction to Bear system / Penetrating attacks. Learn meaning, force, and use. Practice Upper, Horizontal, and Low Penetrating attacks. 熊形背身掌概括介绍. 熊形穿掌介绍. 介绍穿的意思, 劲力, 用法. 教上手穿, 横手穿, 下手穿	
6:45-7:30 组合散手	Practice Penetrating attack combinations with various footwork. 练穿组合散手. 强调连环劲力. 用熊形4点和3点步法。	
7:30-8:00 组合拆手	Apply combined Penetrating attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教穿组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
10:00-11:00 剑基本功	Foundational sword technique comprehensive review: All sixteen foundational attacks and combinations. 八卦连环剑基本动作全面复习	
11:00-12:00 剑用法	Sword usage partner drills – Comprehensive review, all 16 attacks 基本剑法组合用法全面复习. 对打练习复习	
2:00-2:30 穿, 本桩	Learn and practice Bear Penetrating Strike and Representational strength postures 教熊形穿站桩以及熊形本桩功法要求和概念	
2:30-3:20 熊形转圈	Learn and practice the Bear system circle turning method 教熊形转圈方法, 特点, 和功法要求 以及一个基本换式法	
3:30-4:00 套路练习	Train the Enfolding Penetrating attack form 介绍抱式穿, 抱式概念. 抱式穿套路练习	
4:00-5:00 拆手 变化	Learn and practice application of Enfolding Penetrating and these concepts: technique and angle, position, use of force, footwork, body movement 教抱式穿用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 踏冲 + 向内捍转并上步 / 下手穿 Stamp Rush + cover in, feet together advance, Low Penetrating attack 2. 上手穿 + 向内捍掩 / 并上步 / 掏手式下手穿 Upper Penetrate + cover in, advance feet together, Scooping Low Penetrating 3. 向下扣领 / 绕上步 / 横手穿 Carry down, advance around, Horizontal Penetrating	
5:00-5:30 复习穿掌	Review foundational Penetrating attacks and Enfolding Penetrating form 复习基本穿手打法以及抱式穿套路	

穿手打法
上手穿
横手穿
下手穿

Penetrating Attack Methods
Upper Penetrating (shang shou chuan)
Horizontal Penetrating (heng shou chuan)
Lower Penetrating (xia shou chuan)

4月4日课程时间表 April 4th Class Schedule

靠 Leaning

Time 时间	Objective 目标	完成划勾 Complete
6:00-6:45 单式散手	Introduction to Leaning attacks. Learn meaning, force, and use. Practice Rushing Shoulder, Popping Ribs, and Penetrating Back Leaning attacks. 熊形靠介绍. 介绍靠的意思, 劲力, 用法. 教崩肋靠, 穿背靠, 冲肩靠	
6:45-7:30 组合散手	Practice Leaning attack combinations with various footwork. 练靠组合散手. 强调连环劲力. 用熊形4点和3点步法。	
7:30-8:00 组合拆手	Apply combined Leaning attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教靠组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
10-11:00 连环剑套路	Swimming Body Bagua Interlocking Sword form: learn and practice techniques 1 to 23. 教游身八卦连环剑套路第1到23动作。	
11-12:00 套路用法	Sword form usage drills – techniques 1-23. 教游身八卦连环剑套路用法: 套路动作1-23, 对打。	
2:00-2:30 穿, 本桩	Learn and practice Bear Leaning Strike and Representational strength postures 教熊形靠站桩功法要求和概念, 复习熊形本桩	
2:30-3:20 熊形转圈	Practice and refine the Bear system circle turning method 纠正熊形转圈方法, 特点, 和功法要求	
3:30-4:00 套路练习	Train the Lying step Leaning attack form 介绍卧式靠, 卧式概念. 卧式靠套路练习	
4:00-5:00 拆手 变化	Learn and practice application of Lying step Leaning and these concepts: technique and angle, position, use of force, footwork, body movement 教卧式靠用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 踏冲 + 并上步 / 横手靠 Stamp Rush + advance to feet together, Horizontal Leaning attack 2. 从手上翻掏 / 击上卧步 / 压肩式靠 Grab from above arm, adv. to lying step, Pressing Shoulder Lean 3. 转手 / 背撤卧步 / 冲肩靠 Turn the arm, back withdraw to lying step, Rushing Shoulder Lean	
5:00-5:30 复习靠	Review foundational Leaning attacks and Lying step Leaning form 复习基本靠打法以及卧式靠套路	

靠手打法

冲肩靠
穿背靠
崩肋靠

Leaning Strike Attack Methods

Rushing Shoulder Leaning (chong jian kao)
Penetrating Back Leaning (chuan bei kao)
Popping Ribs Leaning (beng lei kao)

4月6日课程时间表 April 6th Class Schedule

撤 **Withdrawing**

Time 时间	Objective 目标	完成划勾 Complete
6:00-6:45 单式散手	Introduction to Withdrawing attacks. Learn meaning, force, and use. Practice Removing, Entering, and Back Step Withdrawing attacks. 熊形撤介绍. 介绍撤的意思, 劲力, 用法. 教背步撤, 进步撤, 抽步撤	
6:45-7:30 组合散手	Practice Withdrawing attack combinations with various footwork. 练撤组合散手. 强调连环劲力. 用熊形4点和3点步法。	
7:30-8:00 组合拆手	Apply combined Withdrawing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教撤组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
10-11:00 连环剑套路	Swimming Body Bagua Interlocking Sword form: learn and practice techniques 24 to 44. 教游身八卦连环剑套路第24到44动作。	
11-12:00 套路用法	Sword form usage drills – techniques 24-44. 教游身八卦连环剑套路用法: 套路动作24-44, 对打。	
2:00-2:30 撤, 本桩	Learn and practice Bear Withdrawing Strike and Representational strength postures 教熊形撤站桩功法要求和概念, 复习熊形本桩	
2:30-3:20 熊形转圈	Practice and refine the Bear system circle turning method 纠正熊形转圈方法, 特点, 和功法要求	
3:30-4:00 套路练习	Train the Interlocking Withdrawing attack form 介绍连环撤, 连环概念. 连环撤套路练习	
4:00-5:00 拆手 变化	Learn and practice application of Interlocking Withdrawing and these concepts: technique and angle, position, use of force, footwork, body movement 教连环撤用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 抽步撤 / 下按 / 上冲拳 removing withdraw, press down, high Rushing Fist attack 2. 向内斜掩 / 斜上步 / 背步撤 / 撩手式踏冲 Angled cover, angle advance, back withdraw step, Arcing Rushing 3. 捂手绵式进步撤 Advancing Withdrawing with Covering Soft attack 4. 向内掩 / 掩手随式进步撤 Cover in, Entering Withdrawing with a Covering Follow attack	
5:00-5:30 复习撤	Review foundational Withdrawing attacks and Interlocking Withdrawing form 复习基本撤手打法以及连环撤套路	

撤步打法

抽步撤
进步撤
背步撤

Withdrawing Attack Methods

Removing Withdrawing (chou bu che)
Entering Withdrawing (jin bu che)
Back Step Withdrawing (bei bu che)

4月7日课程时间表 April 7th Class Schedule

随 Following

Time 时间	Objective 目标	完成划勾 Complete
6:00-6:45 单式散手	Introduction to Following attacks. Learn meaning, force, and use. Practice Covering, Soft, and Separating Following attacks. 熊形随手介绍。介绍随的意思，劲力, 用法。 教掩手随，绵手随, 分手随	
6:45-7:30 组合散手	Practice Following attack combinations with various footwork. 练随组合散手。强调连环劲力。用熊形4点和3点步法。	
7:30-8:00 组合拆手	Apply combined Following attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教随组合用法: 手法与 角度，位置，力法，步法，身法以及概念结合	
10-11:00 连环剑套路	Swimming Body Bagua Interlocking Sword form: learn and practice techniques 45 to 62. 教游身八卦连环剑套路第45到62动作。	
11-12:00 套路用法	Sword form usage drills – techniques 45-62. 教游身八卦连环剑套路用法：套路动作45-62, 对打。	
2:00-2:30 随，本桩	Learn and practice Bear Following Strike and Representational strength postures 教熊形随站桩功法要求和概念，复习熊形本桩	
2:30-3:20 熊形转圈	Practice and refine the Bear system circle turning method 纠正熊形转圈方法，特点，和功法要求	
3:30-4:00 套路练习	Train the Windmill Following attack form 介绍风轮随，风轮概念, 风轮随套路练习	
4:00-5:00 拆手 变化	Learn and practice application of Windmill Following and these concepts: technique and angle, position, use of force, footwork, body movement 教风轮随用法: 手法与 步法（角度，位置，力法，身法以及概念结合） 1. 踏冲 + 向内捍掩 / 上步 / 绵手随 Stamp Rush + cover in, advance step, Soft Following attack 2. 向内捍转 / 背步 / 背身式分手随 Cover in, back step, turning the back Separating Following attack	
5:00-5:40 蛇形肩	Snake system Shoulder attack introduction 蛇形肩手介绍。介绍肩的意思，劲力, 用法	

随手打法

掩手随

绵手随

分手随

Following Attack Methods

Covering Following Attack (yan shou sui)

Soft Following Attack (mian shou sui)

Separating Following Attack (fen shou sui)

抱式穿

1. 抽/撤进步 踏手冲
2. 向内捍掩 / 并上步 / 下手穿
3. 上步 / 向下扣领 / 绕上步 / 上手穿
4. 向内捍掩 / 并上步 / 掏手式下手穿
5. 上步 / 向下扣领 / 绕上步 / 横手穿
6. 下按 / 上步 / 上手穿
7. 向下捍掩 / 绕上步 / 盖手冲式还原

卧式靠

1. 抽/撤进步 踏手冲
2. 并上步 / 横手靠
3. 从手上翻掏 / 击上卧步 / 压肩式靠
4. 转手 / 背撤卧步 / 冲肩靠
5. 上步 / 搂带 / 绕上步 / 冲肩靠
6. 向上翻掏 / 上步 / 崩肋靠
7. 贯冲 / 下捍 / 绕上步 / 贯手冲式还原

连环撤

1. 抽/撤进步 踏手冲
抽步撤 / 下按 / 上冲拳
2. 向内斜掩 / 斜上步 / 背步撤 / 撩手式踏冲
3. 斜上步 / 横手穿
4. 背撤步 / 反背拳
5. 向内捍掩 / 捂手绵式进步撤
6. 反手 / 绕上步 / 掩手随
向内掩 / 掩手随式进步撤
7. 反手 / 绕上步 / 绵随式还原

风轮随

1. 抽/撤进步 踏手冲
2. 向内捍掩 / 上步 / 绵手随
3. 插掖式捍掩 / 背撤步 / 分手随
4. 向上旋转 / 上步 / 绵手随
5. 向内捍掩 / 背步 / 背身式分手随
6. 向内捍掩 / 上步 / 分手随
7. 向内捍掩 / 绕上步 / 贯冲式还原

Enfolding Penetrating Attack

- Withdrawing advance into a Stamping Rushing attack
Cover in, feet together advance, Low Penetrating attack
Advance and carry down, advance around, Upper Penetrating
Cover in, advance feet together, Scooping Low Penetrating
Advance and carry down, advance around, Horizontal Penetrating
Press down, advance step, Upper Penetrating attack
Cover down, advance around, Covering Rush return to the beginning

Lying step Leaning

- Withdrawing advance into a Stamping Rushing attack
Advance to feet together, Horizontal Leaning attack
Grab from above arm, adv. to lying step, Pressing Shoulder Lean
Turn the arm, back withdraw to lying step, Rushing Shoulder Lean
Adv. step, grab and carry, advance around, Rushing Shoulder Lean
Arm scoops up, advance step, Popping Ribs Lean attack
Pierce Rush, cover down, advance, Piercing Rush return to the beginning

Interlocking Withdrawing attack

- Withdrawing advance into a Stamping Rushing attack,
Removing withdraw, press down, high Rushing Fist attack
Angled cover in, angle advance, back withdraw step, Arcing Rushing
Angled advance, Horizontal Penetrating attack
Back withdraw step, Backfist attack
Cover in, Advancing Withdrawing with Covering Soft attack
Turn hand over, advance around, Covering Following,
Cover in, Entering Withdrawing with a Covering Follow attack
Turn hand over, advance around, Soft/Following return to the beginning

Windmill Following

- Withdrawing advance into a Stamping Rushing attack
Cover in, advance step, Soft Following attack
Cover insert in, back withdraw step, Separating Following attack
Arm rotates up, advance step, Soft Following attack
Cover in, back step, turning the back Separating Follow
Cover in, advance step, Separating Following attack
Cover in, advance around, Piercing Rush return to the beginning

尹氏八卦掌离卦鸡形学习目标

Li Trigram Rooster System Objectives

Objective 目标	完成划勾 Complete
1. Understand Rooster system fighting strategy 介绍鸡形卧式掌技击方法(战备概念, 特点, 变化, 等)	
2. Understand Rooster system force generation body mechanics 教鸡形发力方法	
3. Understand the meaning and force of the Rooster System foundational Dodging, Extending, Whipping, and Rushing attack methods. 教鸡形闪, 展, 捩, 冲 本意 以及劲力	
4. Learn, train, and use the 12 foundational Dodging, Extending, Whipping, and Rushing strikes 教 12 个基本闪, 展, 捩, 冲 打法以及用法	
5. Learn, understand and train the Rooster system Dodging, Extending, Whipping, and Rushing strengthening postures. 教鸡形闪, 展, 捩, 冲站桩功法要求和概念	
6. Learn, understand and train the developmental methods and special characteristics of Rooster system circle turning training. 教鸡形转圈方法, 特点, 和功法要求	
7. Learn, understand, train, and apply the Rooster system forms: Moving with the force Dodging, Enfolding Extending, Windmill Whipping and Holding & Lifting Rushing 教鸡形 顺式闪, 抱式展, 风轮捩, 平托冲 套路: 动作, 身法, 步法, 用法与变化。	

離卦雞形學

離卦者，火之象也。臥掌者，拳之式也，離者麗也。離得坤之中陰，陰麗陽中，陰借陽而生明，故正南火旺之方。其於物也，則為雞形，其物有入林之速，有翻身之巧。以拳式之用言，則有按點斫之法。此拳亦為大蟒翻身之式，亦有入洞之能。以拳之形式言，謂之臥掌，此拳則外剛健，而內柔順，心中有空虛之象，故取象為離卦。

Li Trigram Rooster System Theory

The Li Trigram is symbolic of fire. In martial arts, it is the Lying Palm. Li is coming together. Li obtains the middle Yin from Kun, Yin hung within Yang, Yin making use of Yang to produce brightness, and occupies due south, the position of the fire element. As to objects, it is the form of the Rooster, having the speed of entering the forest, the skill of overturning the body. As applied in martial arts, it has the method of pressing hacking. Also having the form of a python overturning its body and the ability to enter holes. The martial form is called the Lying Palm. This form is outwardly strong, while smooth within, the heart having an empty shape, this is taken from the Li Trigram.

4月8日课程时间表 April 8th Class Schedule

闪 Dodging

Time 时间	Objective 目标	完成划勾 Complete
6:00-6:45 鸡形介绍 单式散手	Introduction to Rooster system / Dodging attacks. Learn meaning, force, and use. Practice Wiping, Dodging, and Fist Dodging attacks. 鸡形卧式掌概括介绍。介绍闪的意思，劲力,用法。教旋身闪，顺式闪，卧式闪	
6:45-7:30 组合散手	Practice Dodging attack combinations with various footwork. 练闪组合散手。强调连环劲力。用鸡形4点和3点步法。	
7:30-8:00 组合拆手	Apply combined Dodging attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教闪组合用法:手法与角度,位置,力法,步法,身法以及概念结合	
10-11:00 连环剑套路	Swimming Body Bagua Interlocking Sword form: learn and practice techniques 63 to 74. 教游身八卦连环剑套路第63到74动作。	
11-12:00 套路用法	Sword form usage drills – techniques 63-74. 教游身八卦连环剑套路用法:套路动作63-74,对打。	
2:00-2:30 闪,本桩	Learn and practice Rooster system Dodging Strike and representational strengthening postures 教鸡形闪手站桩和鸡形本桩功法要求和概念。	
2:30-3:20 鸡形转圈	Learn the Rooster system circle turning method 教鸡形转圈方法,特点,和功法要求以及一个基本换式法	
3:30-4:00 套路练习	Train the Moving with the force Dodging attack form 介绍顺式闪,顺式概念.顺式闪套路练习。	
4:00-5:00 拆手 变化	Learn and practice application of Moving with the force Dodging and these concepts: technique and angle, position, use of force, footwork, body movement 教顺式闪用法:手法与步法(角度,位置,力法,身法以及概念结合) 1. 抹打 + 上步 / 旋身闪 Wipe strike across + Whirling Body Dodge 2. 旋身闪 + 绕上步 / 卧式进 Whirling Body Dodge + Advance around and Lying Entering attack 3. 旋身闪 / 抹打 + 上步 / 顺式闪 Whirling Body Dodge, Wipe strike + Advance step, Moving with the force Dodging attack	
5:00-5:30 复习闪	Review foundational Dodging attacks and Moving with the force Dodging 复习基本闪手打法以及顺式闪套路	

闪手打法

旋身闪
顺式闪
卧式闪

Dodging Attack Methods

Whirling Body Dodging (xuan shen shan)
Moving With the Force Dodging (shun shi shan)
Lying Dodging (wo shi shan)

4月9日课程时间表 April 9th Class Schedule

展 Extending

Time 时间	Objective 目标	完成划勾 Complete
6:00-6:45 单式散手	Introduction to Rooster Extending attacks. Learn meaning, force, and use. Practice Covering, Wiping, and Whirling Extending attacks. 介绍鸡形展的意思, 劲力, 用法。教搗手展, 抹手展, 旋手展	
6:45-7:30 组合散手	Practice Extending attack combinations with various footwork. 练展组合散手。强调连环劲力。用鸡形4点和3点步法。	
7:30-8:00 组合拆手	Apply combined Extending attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教展组合用法: 手法与角度, 位置, 力法, 步法, 身法以及概念结合	
10-11:00 连环剑套路	Swimming Body Bagua Interlocking Sword form: learn and practice techniques 75 to 88. 教游身八卦连环剑套路第75到88动作。	
11-12:00 套路用法	Sword form usage drills – techniques 75-88. 教游身八卦连环剑套路用法: 套路动作75-88, 对打。	
2:00-2:30 展, 本桩	Learn and practice Rooster system Extending Strike and representational strengthening postures 教鸡形展手站桩功法要求和概念。复习鸡形本桩	
2:30-3:20 鸡形转圈	Practice and refine the Rooster system circle turning method 纠正鸡形转圈方法, 特点, 和功法要求	
3:30-4:00 套路练习	Train the Enfolding Extending attack form 介绍背身展, 背身概念。背身展套路练习	
4:00-5:00 拆手 变化	Learn and practice application of Enfolding Extending attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教抱式展用法: 手法与步法 (角度, 位置, 力法, 身法以及概念结合) 1. 抹打 + 回撤并步 / 抹手展 + 击上步 / 探打 / 向内旋转 / 上步 / 抹手展 Wipe strike + Withdraw back feet together, Wiping Extend attack + Advance, Shooting Palm, whirl in, advance step, Wiping Extend 2. 旋化 / 撤收并步 / 捂手展 / 进步 / 抹手展 + 向内掩化 / 背步 / 领带 / 旋手展 Whirl transform, withdraw to feet together, Covering Extend, enter step, Wiping Extend + Cover transform in, back step, Carry across, Whirling Extending	
5:00-5:30 复习展	Review foundational Extending attacks and Turing the back Extending form 复习基本展手打法以及抱式展套路	

展手打法

搗手展
抹手展
旋手展

Extending Strike Attack Methods

Covering Extending Strike (wu shou zhan)
Wiping Extending Strike (ma shou zhan)
Whirling Extending Strike (xuan shou zhan)

4月10日课程时间表 April 10th Class Schedule

撻 Whipping

Time 时间	Objective 目标	完成划勾 Complete
6:00-6:45 单式散手	Introduction to Rooster Whipping attacks. Learn meaning, force, and use. Practice Whisking, Wiping, and Thrashing Whipping attacks. 介绍鸡形撻的意思, 劲力, 用法。教撻手撻, 抹手撻, 抽手撻	
6:45-7:30 组合散手	Practice Whipping attack combinations with various footwork. 练撻组合散手。强调连环劲力。用鸡形4点和3点步法。	
7:30-8:00 组合拆手	Apply combined Whipping attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教撻组合用法: 手法与角度, 位置, 力法, 步法, 身法以及概念结合	
10-11:00 连环剑套路	Swimming Body Bagua Interlocking Sword form comprehensive review I: techniques 1 to 44. 游身八卦连环剑套路全面复习第一部分: 第1到44动作。	
11-12:00 套路用法	Sword form usage drills review I – techniques 1-44. 游身八卦连环剑套路用法全面复习第一部分: 用套路动作1-44对打	
2:00-2:30 撻, 本桩	Learn and practice Rooster system Whipping Strike and representational strengthening postures 教鸡形撻手站桩功法要求和概念。复习鸡形本桩	
2:30-3:20 鸡形转圈	Learn the Rooster system circle turning method 纠正鸡形转圈方法, 特点, 和功法要求	
3:30-4:00 套路练习	Train the Windmill Whipping attack form 介绍风轮撻, 背身概念。背身撻套路练习。	
4:00-5:00 拆手 变化	Learn and practice application of Windmill Whipping attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教风轮撻用法: 手法与步法 (角度, 位置, 力法, 身法以及概念结合) 1. 抹打/ 顺式向前挺手掌 + 上步 / 从手下抽手撻 Wipe strike across then extend forward with a Stopping Palm + Advance step, Thrashing Whipping attack from under the arm 2. 斜上步 / 抹手撻 + 向内掩化 / 撤步 / 斜上步 / 抹手撻 Angular advance, Wiping Whip attack + Cover transform in, withdraw step, angle advance, Wiping Whip 3. 领带 / 绕上步 / 内手闪式撻 + 向内捍掩 / 斜上步 / 撻手撻 Carry, advance around, Inside Dodging Whip attack + Cover in, angular advance, Whisking Whip attack	
5:00-5:30 复习撻	Review foundational Whipping attacks and Turning the back Whipping 复习基本撻手打法以及风轮撻套路	

撻手打法

撻手撻

抹手撻

抽手撻

Whipping Strike Attack Methods

Whisking Whipping attack (dan shou ta)

Wiping Whipping attack (ma shou ta)

Thrashing Whipping attack (chou shou ta)

4月11日课程时间表 April 11th Class Schedule

冲 Rushing

Time 时间	Objective 目标	完成划勾 Complete
6:00-6:45 单式散手	Introduction to Rooster Rushing attacks. Learn meaning, force, and use. Practice Shifting, Rising, and Lying Rushing attacks. 介绍鸡形冲的意思, 劲力, 用法。教挪手冲, 腾手冲, 卧式冲	
6:45-7:30 组合散手	Practice Rushing attack combinations with various footwork. 练冲组合散手。强调连环劲力。用鸡形4点和3点步法。	
7:30-8:00 组合拆手	Apply combined Rushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教冲组合用法: 手法与角度, 位置, 力法, 步法, 身法以及概念结合	
10-11:00 连环剑套路	Swimming Body Bagua Interlocking Sword form comprehensive review II: techniques 45 to 88. 游身八卦连环剑套路全面复习第二部分: 第45到88动作。	
11-12:00 套路用法	Sword form usage drills review II- techniques 45-88. 游身八卦连环剑套路用法全面复习第二部分: 用套路动作45-88对打	
2:00-2:30 冲, 本桩	Learn and practice Rooster system Rushing Strike and representational strengthening postures 教鸡形冲手站桩功法要求和概念。复习鸡形本桩	
2:30-3:20 鸡形转圈	Learn the Rooster system circle turning method 纠正鸡形转圈方法, 特点, 和功法要求	
3:30-4:00 套路练习	Train the Holding & Lifting Rushing attack form 介绍平托冲, 背身概念。背身冲套路练习。	
4:00-5:00 拆手 变化	Learn and practice application of Holding & Lifting Rushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教平托冲用法: 手法与步法 (角度, 位置, 力法, 身法以及概念结合) 1. 抹打 / 下按 / 直上步 / 探拳 + 向内掩化 / 撤拉步 / 斜上步 / 卧式冲 Wipe strike across, press down, straight advance, Shooting Punch + Cover transform in, pull withdraw step, angle adv., Lying Rushing 2. 双手旋转 / 绕上步 / 挪手冲 + 直上步 / 向内捍掩 / 上勾挂 / 卧式进 Both arms whirl, advance around, Shifting Rushing + Straight advance, cover in, support arm hooks up, Lying Entering	
5:00-5:40 蛇形肘	Snake system Elbow attack introduction 蛇形肘手介绍。介绍肘的意思, 劲力, 用法	

冲手打法

挪手冲

腾手冲

卧式冲

Rushing Attack Methods

Shifting Rushing Attack (nuo shou chong)

Rising Rushing Attack (teng shou chong)

Lying Rushing Attack (wo shi chong)

顺式闪

1. 抹打
2. 上步 / 旋身闪
3. 绕上步 / 卧式进
4. 向内掩化 / 上步 / 抹打
5. 顺式回收 / 绕上步 / 旋身闪 / 抹打
6. 上步 / 顺式闪
7. 双手旋转 / 绕上步/娜手冲式还原

抱式展

1. 抹打
2. 回撤并步 / 抹手展
3. 击上步/ 探打/ 向内旋转/ 上步/ 抹手展
4. 旋化/ 撤收并步/ 捂手展/ 进步/ 抹手展
5. 向内掩化 / 背步 / 领带 / 旋手展
6. 斜上步 / 捂手展
7. 绕上步 / 卧式冲,还原

风轮撻

1. 抹打/ 顺式向前挺手掌
2. 上步 / 从手下抽手撻
3. 向内捍掩成搂抱 / 绕上步 / 撩手撻
4. 斜上步 / 抹手撻
向内掩化 / 撤步 / 斜上步 / 抹手撻
5. 领带 / 绕上步 / 内手闪式撻
6. 向内捍掩 / 斜上步 / 捍手撻
7. 双手旋转 / 绕上步/娜手冲式还原

平托冲

1. 抹打 / 下按 / 直上步 / 探拳
2. 向内掩化 / 撤拉步 / 斜上步 / 卧式冲
3. 双手旋转 / 绕上步 / 娜手冲
4. 直上步 / 向内捍掩 / 上勾挂 / 卧式进
5. 撤拉步 / 转身双手旋转 / 娜手冲
6. 向内旋转 / 转身闪 / 进步 / 抹打
7. 斜上步/旋身闪式还原

Moving with the force Dodging Attack

- Wipe strike across
Advance step and Whirling Body Dodge
Advance around and Lying Entering attack
Cover in, advance step, Wipe strike
Pull in, advance around, Whirling Body Dodge, Wipe strike
Advance step, Moving with the force Dodging attack
Adv. around, arms whirl, Shifting Rushing return to the beginning

Enfolding Extending

- Wipe strike across
Withdraw back feet together, Wiping Extend attack
Advance, Shooting Palm, whirl in, advance step, Wiping Extend
Whirl transform, withdraw to feet together, Covering Extend, enter step, Wiping Extend
Cover transform in, back step, Carry across, Whirling Extending
Angular advance, Covering Extending attack
Advance around, Lying Rushing, return to the beginning

Windmill Whipping

- Wipe strike across then extend forward with a Stopping Palm
Advance step, Thrashing Whipping attack from under the arm
Cover / scoop in, advance around, Arcing Whipping
Angular advance, Wiping Whip attack
Cover transform in, withdraw step, angle advance, Wiping Whip
Carry, advance around, Inside Dodging Whip attack
Cover in, angular advance, Whisking Whip attack
Adv. around, arms whirl, Shifting Rushing return to the beginning

Holding & Lifting Rushing

- Wipe strike across, press down, straight advance, Shooting Punch
Cover transform in, pull withdraw step, angle adv., Lying Rushing
Both arms whirl, advance around, Shifting Rushing
Straight advance, cover in, support arm hooks up, Lying Entering
Pull withdraw step, whirl body, both hands whirl, Shifting Rushing
Whirl in, Turning Body Dodging, enter step and Wiping attack
Angular advance, Whirling body Dodging, return 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

游身八卦連環劍基本動作

Swimming Body Bagua

Interlocking Sword Basics

劈 Chopping	截劈 Severing Chopping	挂劈 Hooking Chopping	掄劈 Swinging Chopping
掃 Clearing	旋掃 Whirling Clearing	雲掃 High Clearing	吊掃 Hanging Clearing
撩 Arcing	片撩 Slicing Arcing	劈撩 Chopping Arcing	攪撩 Stirring Arcing
崩 Springing	推崩 Pushing Springing	挑崩 Rising Up Springing	掃崩 Clearing Springing
推 Pushing	立推 Upright Pushing	斬推 Slaying Pushing	吊推 Hoisting Pushing
托 Lifting	架托 Supported Lifting	推托 Pushing Lifting	撩托 Arcing Lifting
吊 Hanging	提吊 Lifting Hanging	攪吊 Stirring Hanging	垂吊 Dropping Hanging
壓 Pressing	劈壓 Chopping Pressing	按壓 Hand Pressing	下壓 Downward Pressing
挑 Rising Up	挂挑 Hooking Rising	崩挑 Springing Rising	撩挑 Arcing Rising
攪 Stirring	顫攪 Shaking Stirring	搖攪 Swaying Stirring	研攪 Grinding Stirring
挂 Hooking	鈎挂 Scraping Hooking	豁挂 Breaking Hooking	挑挂 Rising Hooking
帶 Carrying	抹帶 Wiping Carrying	壓帶 Pressing Carrying	雲帶 High Clearing Carrying
雲 High Clearing	托雲 Lifting High Clearing	撥雲 Pushing Aside High Clearing	攪雲 Stirring High Clearing
片 Slicing	削片 Sweeping Slicing	旋片 Whirling Slicing	雲片 High Clearing Slicing
點 Point Attacking	掃點 Clearing Point Attack	拿點 Grasping Point Attack	攪點 Stirring Point Attack
刺 Stabbing	穿刺 Penetrating Stab	直刺 Straight Stab	點刺 Point Stab

Swimming Body Bagua

Interlocking Sword

游身八卦連環劍

1. 混元一體 Original Oneness
2. 開步起勢 Open step to begin
3. 盤龍舉首 Coiled dragon raises his head
4. 嚙秦背劍 Su Qin carries the sword
5. 天地交合 Heaven and Earth unite
6. 黑熊背山 Black bear carries a mountain
7. 磨身旋轉 Grind along the body and whirl
8. 獅子張嘴 Lion opens his mouth
9. 回身撩衣 Turn around and lift the skirt
10. 青龍探海 Azure dragon shoots into the sea
11. 青龍出水 Azure dragon rises from the water
12. 左顧右盼 Glancing left and right
13. 撤步撩截 Withdraw step arc up cut
14. 進步劈點 Advance step point chop
15. 太公釣魚 Tai Gong hooks a fish
16. 鷓子穿林 Sparrow hawk enters the forest
17. 大蟒翻身 Great python overturns his body
18. 秋風掃地 Autumn wind sweeps the ground
19. 葉裏崩花 Flower springs from leaves
20. 走馬回頭 Gallop on horseback, glancing back
21. 抽身換影 Withdrawing body turns to a shadow
22. 磨身攔腰 Grinding body midsection block
23. 獅子張嘴 Lion opens his mouth
24. 掩肘撩衣 Bring in the elbow and lift the skirt
25. 天邊摘月 Pluck the moon from the sky
26. 順風扯旗 Favorable wind hoists the flag
27. 霸王舉鼎 Despot lifts the tripod
28. 白蛇吐信 White snake spits out his tongue
29. 腦後摘盔 Take off helmet from behind your head
30. 海底撈月 Dredge the moon from the sea bottom
31. 腦後摘盔 Take off helmet from behind your head
32. 海底撈月 Dredge the moon from the sea bottom
33. 獅子張嘴 Lion opens his mouth
34. 回身撩衣 Turn back and lift the skirt
35. 吊劍行走 Hanging sword walk
36. 舉火燒天 Raise a torch to burn the sky
37. 腦後摘盔 Take off helmet from behind your head
38. 彩帶纏身 Colored ribbon wraps the body
39. 泰山壓頂 Press down with Mount Tai's weight
40. 力劈華山 Chop to split Mount Hua
41. 敗式抹帶 Facing defeat wipe across and carry
42. 海底撈月 Dredge the moon from the sea bottom
43. 烏龍換背 Black dragon sheds his skin
44. 鳳凰展翅 Phoenix spreads his wings
45. 黃龍攪水 Yellow dragon stirs the water
46. 大蟒翻身 Great python overturns his body
47. 磨身走轉 Grind along the body and turn
48. 孤燕出群 Lonely swallow leaves the flock
49. 推波助瀾 Push the wave to add to the billows
50. 坐舟分水 Ride the boat to part the waters
51. 順水推舟 Push the boat downstream
52. 掃地搜根 Sweep the ground to find the root
53. 鳳凰點頭 Phoenix nods his head
54. 快馬加鞭 Spur the horse to full speed
55. 翻江入海 Upturn a river into the sea
56. 攔拿剪腕 Block and hold wrist cuts
57. 金針入地 Golden needle enters the ground
58. 大鵬展翅 Great roc spreads his wings
59. 玉帶圍腰 Jade belt encircles the waist
60. 泰山壓頂 Press down with Mount Tai's weight
61. 猛虎回頭 Fierce tiger turns his head
62. 麒麟吐書 Unicorn spits out its tongue
63. 外掛壓劈 Outside hook and press chop
64. 翻身劈虎 Overturn your body and chop the tiger
65. 撩陰劈頂 Arc to the crotch and chop the head
66. 立推千斤 Stand and push a thousand pounds
67. 風捲殘雲 Wind carries away remaining clouds
68. 反正穿挂 Upright and reverse penetrate and hook
69. 力劈華山 Chop to split Mount Hua
70. 左右穿挂 Left and right penetrate and hook
71. 葉裏崩花 Flower springs up from within the leaves
72. 風捲殘雲 Wind carries away remaining clouds
73. 撥雲見日 Part the clouds to see the day
74. 黃龍轉身 Yellow dragon turns his body
75. 左右車輪 Wheeling left and right
76. 橫掃千軍 Sweep across an entire battalion
77. 撥草尋蛇 Part the grass to find the snake
78. 力劈華山 Chop to split Mount Hua
79. 霸王刺腹 Despot stabs the abdomen
80. 大蟒翻身 Great python overturns his body
81. 烏龍盤柱 Black dragon coils around the column
82. 鷓子鑽天 Sparrow hawk drills through the sky
83. 野鳥旋窩 Wild bird whirls into his nest
84. 黑熊背山 Black bear carries a mountain
85. 鳳凰歸巢 Phoenix returns to his nest
86. 完璧歸趙 Return the jade intact to Zhao
87. 嚙秦背劍 Su Qin carries the sword
88. 收式還原 Close and return to the origin