



### 三 離卦雞形學

離卦者，火之象，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，有翻身之功。以拳术之用言，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，此拳外剛健而內柔順，心中有空虛之象，故取象為離卦。

## July 10 - 13 Objectives 7月10日－13日 目标

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 Whipping, Entering, Extending, and Dodging attack methods.  
教鸡形 挊，进，展，闪 本意 以及劲力
4. Learn, train, and use combinations of the foundational Whipping, Entering, Extending, and Dodging attack methods.  
教 挊，进，展，闪 组合散手以及用法
5. 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，功法要求 以及转圈技击作用
6. Learn, understand, train, and apply the Rooster system forms: Reversing the Body Whipping, Interlocking Entering, Holding & Lifting Extending and Holding & Lifting Dodging.  
教和拆鸡形套路：返身挝，连环进，平托展，平托闪：动作，身法，步法，用法与变化。

### Li Trigram Rooster System Theory

The Li Trigram is the image of fire. It is the Lying Palm in martial arts. Li is attaching. Li obtains the middle Yin from Kun, Yin attached to Yang, Yin borrowing Yang to produce brightness, thus occupying due south, the position of abundant fire. 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 the pressing hacking palm. 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 chest having an empty shape, this is taken from the image of the Li Trigram.

7月10日- 上午 Friday, July 10 - morning

## 三 挊 组合散手 Whipping Combinations

### 900-910 离卦鸡形概括介绍 Rooster System Introduction

介绍离卦鸡形卧式掌风格特点 Understanding Rooster System Characteristics

目标：介绍鸡形技击战略特点，发力方法，以及功法

### 910-940 挊基本散手 Foundational Whipping Strikes

教掸手挝，抹手挝，抽式挝 Introduction to three foundational Whipping strikes

目标：教挝的劲力特点，鸡形发力方法特点，三个基本挝散手的区别

#### 挝手打法 Whipping Attack Methods

掸手挝 Whisking Whipping Attack (dǎn shǒu tà)

抹手挝 Wiping Whipping Attack (mā shǒu tà)

抽式挝 Thrashing Whipping Attack (chōu shǒu tà)

### 940-1000 挊基本散手加步法 Whipping Strikes with Footwork

三个基本挝加3点，4点步法 (上 / 背，全上，卧步 / 马步)

目标：练习手与脚合，离卦鸡形的膝，肘部，腰 协调

### 1000-1030 挊拆手 Foundational Whipping Strike Application

拆三个基本挝 Apply the three foundational Whipping strikes

目标：手法与 概念，角度， 位置， 力法变化， 身法 结合

### 1030-1130 挊纵横组合散手 Whipping Strike Combinations

三个基本挝与鸡形闪展腾挪进冲或扎组合起来 Combinations of the three foundational Whipping strikes with the other 7 Rooster system attack methods

### 1130-1200 拆挝组合散手 Whipping Combination Application

拆挝组合散手 Apply Whipping strike combinations

目标：组合散手劲力的转换

### 1200-1230 鸡形站桩 Strength Posture Training

1. 教鸡形本桩 Rooster System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含闪展腾挪进挝冲扎的劲力

2. 教鸡形挝桩

备注 Notes:

7月10日-下午 Friday, July 10 - afternoon

## 三 返身挝套路，拆手 Whipping Form

### 200-245 挞组合散手加深 Whipping Strike Combination Review

Review of Whipping attack force and usage in combination

目标：通过组合散手练习，加强拆手记忆与效率

### 245-330 返身挝套路 Reversing the Body Whipping form

教返身挝套路，解释返身的风格 Learn form and Reversing the Body characteristics

目标：教套路内的身法以及步法作用

#### 返身挝套路

1. 抹打
2. 挺手掌 / 向内掩化 / 斜上步劈手挝
3. 向上挑打 / 转身背步 抹手挝
4. 向内钩挂 斜上步 下按 捣手挝
5. 向上挂 收并步 撩手挝
6. 向内掩掩 转身横开步 抹手挝
7. 向外旋身 绕上 逆势旋身闪 还原

#### Reversing the Body Whipping

Wipe Strike  
Palm strike / transform in / ang. adv. Chopping Whip  
Rising strike up, back withdraw step, Wipe Whip  
Hook down in, angle advance and Whisking Whip  
Hook up, draw in the foot and Arcing Whip attack  
Cover in, turn body, horiz. open step and Wipe Whip  
Whirl body out, advance around Whirl Body Dodge

### 330-430 返身挝拆手 Application of Whipping Form

拆返身挝套路 Apply the Reversing the Body Whipping form

目标：拆挝手法与返身身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 闪中带攻 / 连环而用 Striking while dodging / Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

### 430-500 返身挝套路加深 Review Whipping Form

复习以及加深理解返身挝套路 Review the Reversing the Body Whipping form

目标：加深理解套路内的身法以及步法作用

### 500-530 鸡形转圈 Circle Turning Training

教鸡形转圈方法以及基本换式 Rooster 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

备注 Notes:

7月11日- 上午 Saturday, July 11 - morning

## 三 进 组合散手 Entering Combinations

### 900-930 进基本散手 Foundational Entering Strikes

教抹手进, 卧式进, 拳手进 Introduction to three foundational Entering strikes

目标: 教进的劲力特点, 鸡形发力方法特点, 三个基本进散手的区别

进手打法	Entering Attack Methods
抹手进	Wiping Entering
拳手进	Fist Entering
卧式进	Lying Entering

### 930-1000 进基本散手加步法 Entering Attacks with Footwork

三个基本进加4点步法 (上 / 背, 全上, 卧步)

目标: 练习手脚合, 离卦鸡形的膝, 肘部, 腰 协调

### 1000-1030 进拆手 Foundational Entering Strike Application

拆三个基本进 Apply the three foundational Entering attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

### 1030-1130 进纵横组合散手 Entering Attack Combinations

三个基本进与鸡形闪展腾挪挞冲或扎组合起来 Combinations of the three foundational Entering attacks with the other 7 Rooster system attack methods

### 1130-1200 拆进组合散手 Entering Combination Application

拆进组合散手 Apply Entering strike combinations

目标: 组合散手劲力的转换

### 1200-1230 鸡形站桩 Strength Posture Training

1. 站鸡形本桩 Rooster System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含闪展腾挪进挞冲扎的劲力

2. 站鸡形进桩

备注 Notes:

7月11日-下午 Saturday, July 11 - afternoon

## 三 连环进套路，拆手 Entering Form

### 200-245 进组合散手加深 Entering Attack Combination Review

Review of Entering attack force and usage in combination

目标：通过组合散手练习，加强拆手记忆与效率

### 245-330 连环进套路 Interlocking Entering form

教连环进套路，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

#### 连环进套路

1. 向外抹打	<u>Interlocking Entering</u> Wipe Strike outward
2. 顺式向前挺手 顺式向内掩化 斜上步, 从手下 向外抹手进	Extend the palm outward, then transform inward, angle advance and Wipe Enter Strike outward
3. 撤背步向内捍掩成钩刮, 斜上步蹬手进	Withdraw step, cover& scrape in, angle advance and Treading Enter
4. 转身 绕上步领手, 下抹成下式抹手进	Advance around & Lead Attack, Wipe down into Low Wipe Enter
5. 转身斜上步抹打成抹手进	Angle advance and Wipe Enter Strike
6. 绕上步顺式向下搂带, 下试拳手进	Advance around & Lead down, executing a Fist Enter attack
7. 斜上步 顺式成卧式冲 还原	Angular advance and Lying Rushing attack, return to the beginning

### 330-430 连环进拆手 Application of Entering Form

拆连环进套路 Apply the Interlocking Entering form

目标：拆进手法与连环身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 闪中带攻 / 连环而用 Striking while dodging / Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

### 430-500 连环进套路加深 Review Entering Form

复习以及加深理解连环进套路 Review the Interlocking Entering form

目标：加深理解套路内的身法以及步法作用

### 500-530 鸡形转圈 Circle Turning Training

教鸡形转圈方法以及基本换式 Rooster 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

备注 Notes:

7月12日- 上午 Sunday, July 12 - morning

## 三 展 组合散手 Extending Combinations

### 900-930 展基本散手 Foundational Extending Strikes

教搣手展, 抹手展, 旋手展 Introduction to three foundational Extending strikes

目标: 教展的劲力特点, 鸡形发力方法特点, 三个基本展散手的区别

#### 展手打法      Extending Strike Attack Methods

搣手展      Covering Extending Strike      (wǔ shǒu zhǎn)

抹手展      Wiping Extending Strike      (mā shǒu zhǎn)

旋手展      Whirling Extending Strike      (xuán shǒu zhǎn)

### 930-1000 展基本散手加步法 Extending Strikes with Footwork

三个基本展加3点, 4点步法 (上 / 背, 全上, 卧步 / 马步)

目标: 练习手与脚合, 离卦鸡形的膝, 肘部, 腰 协调

### 1000-1030 展拆手 Foundational Extending Strike Application

拆三个基本展 Apply the three foundational Extending strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

### 1030-1130 展纵横组合散手 Extending Strike Combinations

三个基本展与鸡形闪腾挪进挝冲或扎组合起来 Combinations of the three foundational Extending strikes with the other 7 Rooster system attack methods

### 1130-1200 拆展组合散手 Extending Combination Application

拆展组合散手 Apply Extending strike combinations

目标: 组合散手劲力的转换

### 1200-1230 鸡形站桩 Strength Posture Training

1. 站鸡形本桩 Rooster System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含闪展腾挪进挝冲扎的劲力

2. 教鸡形展桩

备注 Notes:

7月12日- 下午 Monday, July 12 - afternoon

## 三 平托展套路，拆手 Extending Form

### 200-245 展组合散手加深 Extending Strike Combination Review

Review of Extending attack force and usage in combination

目标：通过组合散手练习，加强拆手记忆与效率

### 245-330 平托挞套路 Holding & Lifting Extending form

教平托展套路，解释平托的风格 Learn form and Holding & Lifting characteristics

目标：教套路内的身法以及步法作用

#### 平托展套路

#### Holding and Lifting Extending

1. 向外抹向内旋转下按,直上步 上手展	Wipe strike, whirl in & press down, straight advance & High Extend
2. 转身回抹,横撤步, 斜上步捂手展	Whirl body & wipe back, withdraw then angle advance & Cover Extend
3. 顺式转身向外抹带, 绕上步旋手展	Turn body, Wipe & Carry, adv. around & Whirl Extend
4. 直上步 向外 抹手展	Straight advance and outward Wipe Extend
5. 顺式撤步搂带 斜上步旋手展	Withdraw step & carry, angle advance Whirl Extend
6. 顺式收并步 手成夹臂 撤背步抹手展	Pull in to feet together & trap under the arm, step out & Wipe Extend
7. 顺式旋探 旋身上步成旋身闪还原	Whirl shoot up, turn the body into a Whirling Dodge

### 330-430 平托展拆手 Application of Extending Form

拆平托展套路 Apply the Holding & Lifting Extending form

目标：拆展手法与平托身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 闪中带攻 / 连环而用 Striking while dodging / Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

### 430-500 平托展套路加深 Review Extending Form

复习以及加深理解平托展套路 Review the Holding & Lifting Extending form

目标：加深理解套路内的身法以及步法作用

### 500-530 鸡形转圈 Circle Turning Training

教鸡形转圈方法以及基本换式 Rooster 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

备注 Notes:

7月13日- 上午 Tuesday, July 13 - morning

## 三 闪 组合散手 Dodging combinations

### 900-930 闪基本散手 Foundational Dodging Attacks

教旋身闪, 卧式闪, 顺式闪 Introduction to three foundational Dodging attacks

目标: 教闪的劲力特点, 鸡形化卸力方法特点, 三个基本闪散手的区别

閃手打法	Dodging Attack Methods	
旋身閃	Whirling Body Dodging	(xuán shēn shǎn)
順式閃	Moving With the Force Dodging	(shùn shì shǎn)
臥式閃	Lying Dodging	(wò shì shǎn)

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

三个基本闪加4点步法 (上 / 背, 全上, 卧步)

目标: 练习手脚合, 离卦鸡形的膝, 肘部, 腰 协调

### 1000-1030 闪拆手 Foundational Dodging Strike Application

拆三个基本闪 Apply the three foundational Dodging attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

### 1030-1130 闪纵横组合散手 Dodging Attack Combinations

三个基本闪与鸡形展腾挪进挝冲或扎组合起来 Combinations of the three foundational Dodging attacks with the other 7 Rooster system attack methods

### 1130-1200 拆闪组合散手 Dodging Combination Application

拆闪组合散手 Apply Dodging strike combinations

目标: 组合散手劲力的转换

### 1200-1230 鸡形站桩 Strength Posture Training

1. 站鸡形本桩 Rooster System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含闪展腾挪进挝冲扎的劲力

2. 教鸡形闪桩

备注 Notes:

7月13日- 下午 Tuesday, July 13 - afternoon

## 三 平托闪套路，拆手 Dodging Form

### 200-245 闪组合散手加深 Dodging Attack Combination Review

Review of Dodging attack force and usage in combination

目标：通过组合散手练习，加强拆手记忆与效率

### 245-330 平托闪套路 Holding & Lifting Dodging form

教平托闪套路，解释平托的风格 Learn form and Holding & Lifting characteristics

目标：教套路内的身法以及步法作用

#### 平托闪套路

1. 向外抹打 直上步卧式闪
2. 向回抹打 收步顺化 上步旋身闪
3. 向内旋转 绕上步 旋身闪
4. 横上步 顺式闪
5. 向回抹打 撤步掩化 上步成旋身闪
6. 顺式收并步 转身成转身闪 撤背步抹打
7. 向内旋转 上步成旋身闪 还原

#### Holding & Lifting Dodging

Wipe Strike, straight advance into Lying Dodge  
Wipe strike back, pull in foot, advance into Whirl Body Dodge  
Whirl in, advance step around into Whirl Body Dodge  
Straight advance step into Moving with the Force Dodge  
Wipe strike back, cover transform, adv. into Whirl Body Dodge  
Pull foot into feet together, Turn Body Dodge then Wipe Strike  
Whirl inward, advance step into Whirl Body Dodge

### 330-430 平托闪拆手 Application of Dodging Form

拆平托闪套路 Apply the Holding & Lifting Dodging form

目标：拆手手法与平托身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 闪中带攻 / 连环而用 Striking while dodging / Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

### 430-500 平托闪套路加深 Review Dodging Form

复习以及加深理解平托闪套路 Review the Holding & Lifting Dodging form

目标：加深理解套路内的身法以及步法作用

### 500-530 鸡形转圈 Circle Turning Training

教鸡形转圈方法以及基本换式 Rooster 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

备注 Notes:

## 二 坎卦蛇形學

坎卦者水之象，順式掌者拳之式，坎者陷也，坎者乾之中陽，陽陷陰中，陽入而生潮，有坎中滿之象，故居正北水旺之方。其於物則謂蛇形，其物最毒，其性最玲瓏最活潑者。能撥草，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，謂之順式拳，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

The Kan Trigram is the image of water. It is the Moving With the Force Palm in martial arts. Kan is a trap. Kan obtains the middle Yang from Qian, Yang trapped within Yin, Yang entering and producing a swell, giving the shape of Kan full in the middle, occupying due north, the position of abundant water. 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 wrapped around the body. 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, inside and outside bending and flowing along like water, no crack that won't be entered, this is taken from the image of the Kan Trigram.

## July 16 - 19 Objectives

### 7月16日 – 19日 目标

#### 1. Understand Snake system fighting strategy

介绍蛇形顺式掌技击方法 (战备概念，特点，变化，等)

#### 2. Understand Snake system force generation body mechanics

教蛇形发力方法

#### 3. Understand the meaning and force of the Snake System foundational Shoulder, Elbow, Hip, Knee attack methods.

教蛇形 肩，肘，膝，胯 本意 以及劲力

#### 4. Learn, train, and use combinations of the foundational Shoulder, Elbow, Hip, Knee attack methods.

教 肩，肘，膝，胯 组合散手以及用法

#### 5. Learn, understand and train the developmental methods and special characteristics of Snake system circle turning training.

教蛇形转圈方法，特点，和功法要求 以及转圈技击作用

#### 6. Learn 4 different Snake forms: Windmill Shoulder, Reversing the Body Elbow, Lying Step Knee, Interlocking Hip 教四个蛇形套路: 风轮肩, 反身肘, 卧式膝, 连环胯。

7月16日- 上午 Thursday, July 16 - morning

## 二 肩 组合散手 Shoulder Combinations

### 900-910 坎卦蛇形概括介绍 Snake System Introduction

介绍坎卦蛇形顺式掌风格特点 Understanding Snake System Characteristics

目标：介绍蛇形技击战略特点，发力方法，以及功法

### 910-940 肩基本散手 Foundational Shoulder Attacks

教钉肩，压肩，扛肩 Introduction to three foundational Shoulder strikes

目标：教肩的劲力特点，蛇形用力方法特点，三个基本肩散手的区别

#### 肩打法 Shoulder Attack Methods

钉肩 Nailing Shoulder (dīng jiān)

扛肩 Carrying Shoulder (káng jiān)

压肩 Pressing Shoulder (yā jiān)

### 940-1000 肩基本散手加步法 Shoulder Attacks with Footwork

三个基本肩 加3点，4点步法 (上 / 背，全上)

目标：练习手与脚合，坎卦蛇形玲珑活潑身法

### 1000-1030 肩拆手 Foundational Shoulder Strike Application

拆三个基本肩 Apply the three foundational Shoulder strikes

目标：手法与 概念，角度， 位置， 力法变化， 身法 结合

### 1030-1130 肩纵横组合散手 Shoulder Strike Combinations

三个基本肩与蛇形肘膝胯探握刁或拿组合起来 Combinations of the three foundational Shoulder strikes with the other 7 Snake system attack methods

目标：组合散手劲力的转换与协调

### 1130-1200 拆肩组合散手 Shoulder Combination Application

拆肩组合散手 Apply Shoulder strike combinations

目标：组合散手劲力的转换

### 1200-1230 蛇形站桩 Strength Posture Training

1. 教蛇形本桩 Snake System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含肩肘膝胯探握刁拿的劲力

2. 教蛇形肩桩

备注 Notes:

7月16日- 下午 Thursday, July 16 - afternoon

## 二 轮肩套路, 拆手 Windmill Shoulder Form

### 200-245 肩组合散手加深 Shoulder Strike Combination Review

Review of Shoulder attack force and usage in combination

目标：通过组合散手练习, 加强拆手记忆与效率

### 245-330 风轮肩套路 Snake Windmill Shoulder Attack form

教蛇风轮肩套路, 解释风轮套路的风格 Learn form and Windmill characteristics

目标：教套路内的身法以及步法作用

#### 风轮肩套路

#### Windmill Shoulder form

1. 顺势抹, 化手 从手下探手	Smooth wipe out, transform & Shooting attack from under arm
2. 上步 握手拿式钉肩	Advance, Hold Grasp and Nailing Shoulder
3. 转身背步 钻成握手拿式钉肩	Turn body & back step drill under into a Nailing Shoulder
4. 上步压肩 击上步上穿式肩打	Advance & Press Shoulder, attack adv & High Penetrate Shoulder
5. 向回搂带 绕上步 冲肩撞打 击上步上穿式肩打	Scoop the arm back, advance around & Crashing Shoulder Attack advance step and High Penetrate Shoulder strike
6. 摆扣步转身 向回搂带 成上穿式肩打	Open and hook step turn & scoop the arm back into a High Penetrate Shoulder strike
7. 顺势转身成刁腕推肘还原	Smooth turn the body into Entrap Wrist & Push Elbow

### 330-430 蛇形连环肩套路拆手 Application of Shoulder Form

拆蛇形风轮肩套路 Apply the Snake system Windmill Shoulder form

目标：拆蛇形肩用法与风轮身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

### 430-500 连环肩套路加深 Review Shoulder Form

复习以及加深理解风轮肩套路 Review the Windmill Shoulder form

目标：加深理解套路内的身法以及步法作用

### 500-530 蛇形转圈 Circle Turning Training

教蛇形转圈方法以及基本换式 Snake 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

备注 Notes:

7月17日- 上午 Friday, July 17 - morning

## 三 肘 组合散手 Elbow Combinations

### 900-930 肘基本散手 Foundational Elbow Attacks

教抱肘, 钉肘, 摆肘 Introduction to three foundational Elbow strikes

目标: 教肘的劲力特点, 蛇形用力方法特点, 三个基本肘散手的区别

肘打法	Elbow Attack Methods
抱肘	Holding Elbow
钉肘	Nailing Elbow
摇肘	Swaying Elbow

### 930-1000 肘基本散手加步法 Elbow Attacks with Footwork

三个基本肘 加3点, 4点步法 (上 / 背, 全上)

目标: 练习手与脚合, 坎卦蛇形玲珑活潑身法

### 1000-1030 肘拆手 Foundational Elbow Attack Application

拆三个基本肘 Apply the three foundational Elbow strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

### 1030-1130 肘纵横组合散手 Elbow Strike Combinations

三个基本肘与蛇形肩膝胯探握刁或拿组合起来 Combinations of the three foundational Elbow strikes with the other 7 Snake system attack methods

目标: 组合散手劲力的转换与协调

### 1130-1200 拆肘组合散手 Elbow Combination Application

拆肘组合散手 Apply Elbow attack combinations

目标: 组合散手劲力的转换

### 1200-1230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 Snake System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含肩肘膝胯探握刁拿的劲力

2. 教蛇形肘桩

备注 Notes::

7月17日-下午 Friday, July 17 - afternoon

## 二 返身肘套路, 拆手 Reversing the Body Elbow

### 200-245 肘组合散手加深 Elbow Attack Combination Review

Review of Elbow attack force and usage in combination

目标：通过组合散手练习, 加强拆手记忆与效率

### 245-330 蛇形返身肘套路 Reversing the Body Elbow Attack form

教蛇形返身肘套路, 解释返身套路的风格 Learn form and Reversing the Body characteristics

目标：教套路内的身法以及步法作用

#### 返身肘套路

#### Reversing the Body Elbow attack form

1. 顺势抹	Wipe strike
2. 接手化 上步到圆心 钉肘	Hand off transform, step to the center & Nail Elbow
3. 背撤步 背身化卸成扛肩 同时背拉肘	Turn back withdraw step into Carry Shoulder & Back Elbow
4. 反转身摆扣步 外抹 抬肘打	Reverse turn body & wipe out into a Lifting Elbow strike
5. 顺势绕撤背步 背拉肘	Smooth Back step around into a Back Elbow strike
6. 反转身摆扣步 外抹 旋肘 下搅 旋肘	Reverse turn body & wipe into Whirl Elbow, stir down, Whirl Elbow
7. 外抹顺势转身摆扣步 旋肘 还原	Wipe out, smooth turn body into Whirl Elbow

### 330-430 返身肘套路拆手 Application of Reversing the Body Elbow

拆蛇形返身肘套路 Apply the Snake system Reversing the Body Elbow form

目标：拆返身肘用法与身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

### 430-500 抱式肘套路加深 Review Elbow Form

复习以及加深理解返身肘套路 Review the Reversing the Body Elbow form

目标：加深理解套路内的身法以及步法作用

### 500-530 蛇形转圈 Circle Turning Training

教蛇形转圈方法以及基本换式 Snake 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

备注 Notes:

7月18日- 上午 Saturday, July 18 - morning

## 二 膝 组合散手 Knee Combinations

### 900-930 膝基本散手 Foundational Knee Attacks

教别膝, 钉膝, 跪膝 Introduction to three foundational Knee attacks

目标: 教膝的劲力特点, 蛇形用力方法特点, 三个基本膝散手的区别

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

### 930-1000 膝基本散手加步法 Knee Attacks with Footwork

三个基本膝加3点, 4点步法 (上 / 背, 全上)

目标: 练习手与脚合, 坎卦蛇形玲珑活潑身法

### 1000-1030 膝拆手 Foundational Knee Attack Application

拆三个基本膝 Apply the three foundational Knee strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

### 1030-1130 膝纵横组合散手 Knee Strike Combinations

三个基本膝与蛇形肩肘胯探握刁或拿组合起来 Combinations of the three foundational Knee strikes with the other 7 Snake system attack methods

目标: 组合散手劲力的转换与协调

### 1130-1200 拆膝组合散手 Knee Combination Application

拆膝组合散手 Apply Knee attack combinations

目标: 组合散手劲力的转换

### 1200-1230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 Snake System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含肩肘膝胯探握刁拿的劲力

2. 教蛇形膝桩

备注 Notes:

7月18日- 下午 Saturday, July 18 - afternoon

## 二 卧式膝套路, 拆手 Lying Step Knee form

### 200-245 膝组合散手加深 Knee Strike Combination Review

Review of Knee attack force and usage in combination

目标：通过组合散手练习, 加强拆手记忆与效率

### 245-330 蛇形卧式膝套路 Lying Step Knee form

教蛇形卧式膝套路, 解释卧式套路的风格 Learn form and Lying Step characteristics

目标：教套路内的身法以及步法作用

#### 卧式膝套路

#### Lying Step Knee attack form

1. 顺势抹成探手 双拍手抬膝 顿脚	Wipe, double slap down, stamp the foot
2. 外抹成领手 击上步成卧式屈膝(含肩打)	Wipe & lead, extend step forward into lying step Bending Knee
3. 摆步绕上 钉膝 落步顿脚	Open step around, Nail Knee, Stamping step down
4. 抬膝 插卧步 (含结) 收步成跪膝	Rising Knee, insert leg Lying Step (Stopping Kick to rear leg) into Drop Knee
5. 摆步绕上 钉膝 落退成插崩卧步	Open Step around, Nail Knee, step into Springing Leg Lying Step
6. 顺势向回闪卧 向外砸劈腿 落步成别膝 碟步钉膝	Dodge back away, Smash Chop Kick into Bind Knee into dropping step Nail Knee
7. 反转拧身 成刁腕推肘还原	Reverse direction twist body into Entrap Wrist Push Elbow

### 330-430 蛇形卧式膝套路拆手 Application of Knee Form

拆蛇形卧式膝套路 Apply the Snake system Lying Step Knee form

目标：拆蛇形膝用法与身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

### 430-500 连环膝套路加深 Review Knee Form

复习以及加深理解卧式膝套路 Review the Lying Step Knee form

目标：加深理解套路内的身法以及步法作用

### 500-530 蛇形转圈 Circle Turning Training

教蛇形转圈方法以及基本换式 Snake 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

备注 Notes:

7月19日- 上午 Sunday, July 19 - morning

## 三 胯 组合散手 Hip Combinations

### 900-930 胯基本散手 Foundational Hip Attacks

教钉胯, 砸胯, 挤胯 Introduction to three foundational Hip strikes

目标: 教胯的劲力特点, 蛇形用力方法特点, 三个基本胯散手的区别

胯手打法	Hip Attack Methods
钉胯	Nailing Hip
砸胯	Smashing Hip
挤胯	Squeezing Hip

### 930-1000 胯基本散手加步法 Hip Attacks with Footwork

三个基本胯 加3点, 4点步法 (上 / 背, 全上)

目标: 练习手与脚合, 坎卦蛇形玲珑活潑身法

### 1000-1030 胯拆手 Foundational Hip Attack Application

拆三个基本胯 Apply the three foundational Hip attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

### 1030-1130 胯纵横组合散手 Hip Strike Combinations

三个基本胯与蛇形肩肘膝探握刁或拿组合起来 Combinations of the three foundational Hip strikes with the other 7 Snake system attack methods

目标: 组合散手劲力的转换与协调

### 1130-1200 拆胯组合散手 Hip Combination Application

拆撤组合散手 Apply Hip attack combinations

目标: 组合散手劲力的转换

### 1200-1230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 Snake System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含肩肘膝胯探握刁拿的劲力

2. 教蛇形胯桩

备注 Notes:

7月19日- 下午 Sunday, July 19 - afternoon

## 二 连环胯套路, 拆手 Interlocking Hip form

### 200-245 胯组合散手加深 Hip Attack Combination Review

Review of Hip attack force and usage in combination

目标：通过组合散手练习, 加强拆手记忆与效率

### 245-330 蛇形连环胯套路 Interlocking Hip Attack form

教蛇形连环胯套路, 解释连环套路的风格 Learn form and Interlocking characteristics

目标：教套路内的身法以及步法作用

#### 连环胯套路

#### Interlocking Hip Attack form

1. 外抹 斜上步抱肘 插步式钉胯 Wipe, angle advance, Hold Elbow insert leg Nail Hip
2. 撤步到原位, 斜上步 带手钉肘 砸胯 Withdraw, angle advance, carry across Nail Shoulder & Smash Hip
3. 撤步到原位, 斜上步 领手抱腰 挤胯 Withdraw, angle advance, lead across Seize Waist & Squeeze Hip
4. 顺势转身背撤步成扛肩 内手削式缠 挤胯 Turn body & backstep, Carry Shoulder across back & Inside Sweep Squeeze Hip
5. 返回转身摆扣步 外抹 下手穿 钉胯 Reverse direction, turn & wipe out Low Penetrate Nail Hip
6. 外抹 斜上步 下手穿 钉胯 Wipe out, angle advance into Low Penetrate Nail Hip
7. 外抹 绕上步 成刁腕推肘还原 Wipe out, advance around Entrap Wrist Push Elbow

### 330-430 连环胯套路拆手 Application of Interlocking Hip Form

拆蛇形连环胯套路 Apply the Snake system Interlocking Hip form

目标：拆蛇形胯用法与身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

### 430-500 连环胯套路加深 Review Hip Form

复习以及加深理解连环胯套路 Review the Interlocking Hip form

目标：加深理解套路内的身法以及步法作用

### 500-530 蛇形转圈 Circle Turning Training

教蛇形转圈方法以及基本换式 Snake 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

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