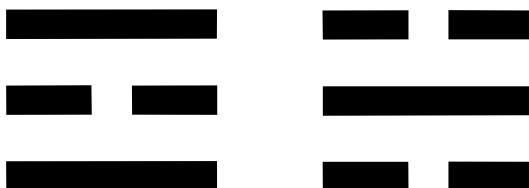


Yin Style Bagua Combatives

Training Intensive
USA 2024

尹氏八卦掌技击功法培训
美国 2025年



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。

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.

October 3 - 6 Objectives 10月3日 – 6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 Shifting, Entering, Whipping, and Piercing attack methods.

教鸡形 挪，进，挞，扎 本意 以及劲力

4. Learn, train, and use combinations of the foundational Shifting, Entering, Whipping, and Piercing attack methods.

教 挪，进，挞，扎 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 Shifting, Turning the Back Entering, Holding & Lifting Whipping and Reversing the Body Piercing.

教和拆鸡形套路：返身挪，背身进，平托挞，返身扎：动作，身法，步法，用法与变化。

10月3日- 上午 Thursday, October 3 - morning

三 挪 组合散手 Shifting 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 挪基本散手 Foundational Shifting Strikes

教旋手挪，掩手挪，研手挪 Introduction to three foundational Shifting strikes

目标：教挪的劲力特点，鸡形发力方法特点，三个基本挪散手的区别

挪手打法	Shifting Attack Methods	
旋手挪	Whirling Shifting	(xuán shǒu nuó)
掩手挪	Closing / Squeezing In Shifting	(yǎn shǒu nuó)
研手挪	Grinding Shifting	(yán shǒu nuó)

940-1000 挪基本散手加步法 Shifting Strikes with Footwork

三个基本挪加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 挪拆手 Foundational Shifting Strike Application

拆三个基本挪 Apply the three foundational Shifting strikes

目标：手法与 概念，角度， 位置， 力法变化， 身法 结合

1030-1130 挪纵横组合散手 Shifting Strike Combinations

三个基本挪与鸡形闪展腾进挝冲或扎组合起来 Combinations of the three foundational Shifting strikes with the other 7 Rooster system attack methods

1130-1200 拆挪组合散手 Shifting Combination Application

拆挪组合散手 Apply Shifting 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. 教鸡形挪桩

备注 Notes:

10月3日- 下午 Thursday, October 3 - afternoon

三 返身挪套路，拆手 Shifting Form

200-230 挪组合散手加深 Shifting Strike Combination Review

Review of Shifting 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

230-300 返身挪套路 Reversing the Body Shifting form

教返身挪套路，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

返身挪套路

1. 开步向外抹打 顺式向下领手
2. 斜上步 掩手挪
3. 顺式向下翻转缠对方手臂
 撞击头部 背步成揉球式挪
4. 顺式回手 斜上步 研手挪
5. 顺式收并步 双手成揉球式挪
6. 转身 双手成 旋手挪式 抹打
7. 绕上步 旋身闪 向内回抹 还原

Reversing the Body Shifting

Step out and Wipe Strike, carry downward
Angle advance and Closing In Shift
Turn over your arm and bind opponent's arm and
scoop attack head, back step into Roll the Ball Shift
Strike back up, angle advance and Grinding Shift
Withdraw into feet together, both arms Roll the Ball Shift
Turn the body, Whirl Shift out into a Wipe Strike
Advance around and Whirl Body Dodge, Wipe back to center

300-400 返身挪拆手 Application of Shifting Form

拆返身挪套路 Apply the Reversing the Body Shifting form

目标：拆挪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

400-430 返身挪套路加深 Review Shifting Form

复习以及加深理解返身挪套路 Review the Reversing the Body Shifting form

目标：加深理解套路内的身法以及步法作用

430-500 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:

10月4日- 上午 Friday, October 4 - 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	(mā shǒu jìn)
拳手进	Fist Entering	(quán shǒu jìn)
卧式进	Lying Entering	(wò shì jìn)

930-1000 进基本散手加步法 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 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

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:

10月4日-下午 Friday, October 4 - afternoon

三 背身进套路，拆手 Entering Form

200-230 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

230-300 背身进套路 Turning the Back Entering form

教背身进套路，解释背身的风格 Learn form and Turning the Back characteristics

目标：教套路内的身法以及步法作用

背身进套路

1. 抹打
2. 向内旋转 向外拨 斜上步撩手进
撤步回转身 抢手劈
3. 下带 斜上步 带手式卧式进
4. 转身 从手下外带
撤背步 / 斜上步 拳手进
5. 背撤步 内挂式进
6. 斜上步 抹打式进
7. 绕上步 卧式冲 还原

Turning the Back Entering

Wipe strike	
Rotate arm inward, clear out, ang. adv. Arcing Enter attack	
withdraw step, rotate back and Swing Chop attack	
Angle advance, grab and Lying Entering strike	
Turn the body, grab from under and carry outward	
withdraw step, angle advance and Fist Entering attack	
Back withdraw step and Inside Hooking Entering attack	
Angle advance and Wipe attack Entering	
Advance around and Lying Rushing attack	

300-400 背身进拆手 Application of Entering Form

拆背身进套路 Apply the Turning the Back Entering form

目标：拆进手法与背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

400-430 背身进套路加深 Review Entering Form

复习以及加深理解背身进套路 Review the Turning the Back Entering form

目标：加深理解套路内的身法以及步法作用

430-500 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:

10月5日- 上午 Saturday, October 5 - morning

三 挊 组合散手 Whipping Combinations

900-930 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)

930-1000 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. 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. 教鸡形挝桩

备注 Notes:

10月5日- 下午 Saturday, October 5 - afternoon

三 平托挝套路，拆手 Whipping Form

200-230 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

230-300 平托挝套路 Holding & Lifting Whipping form

教平托挝套路，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

平托挝套路

1. 抹打成扣手式 向内钩挂	<u>Holding and Lifting Whipping</u>
接手向外钩挂 直上步 旋手式挝	Wipe, capture and hook inward
2. 转身 撤步 斜上步 撩阴挝	Hand off, hook outward, straight adv. Whirling Whip
3. 转身 向外抹带 绕上步 内手闪式挝	Turn body, withdraw step, ang. adv. Arc to crotch Whip
4. 顺式向内回挂 下按 直上步 捶手挝	Turn body, Wipe & carry out, adv. around, Inside Dodge Whip
5. 撤拉步 向内捍化 斜上步 从手下 捶手挝	Hook back in, press down, straight adv. Whisking Whip
6. 向内捍转成转身闪 出步 扣手削式挝	Pull withdraw, cover in, ang. adv. Whisking Whip from underneath
7. 双手向外蹬 斜上步 旋身闪还原	Cover into Turn Body Dodge, step out, Capture Sweep Whip
	Both palms strike outward, adv. and Whirling Body Dodge

300-400 平托挝拆手 Application of Whipping Form

拆平托挝套路 Apply the Holding & Lifting Whipping form

目标：拆挝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

400-430 平托挝套路加深 Review Whipping Form

复习以及加深理解平托挝套路 Review the Holding & Lifting Whipping form

目标：加深理解套路内的身法以及步法作用

430-500 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:

10月6日- 上午 Sunday, October 6 - morning

三 扎 组合散手 Piercing Combinations

900-930 扎基本散手 Foundational Piercing Attacks

教旋手扎, 捻手扎, 抹手扎 Introduction to three foundational Piercing attacks

目标: 教扎的劲力特点, 鸡形发力方法特点, 三个基本扎散手的区别

扎手打法	Piercing Attack Methods	
旋手扎	Whirling Piercing Attack	(xuán shǒu zhā)
捻手扎	Whipping Piercing Attack	(tà shǒu zhā)
抹手扎	Wiping Piercing Attack	(mā shǒu zhā)

930-1000 扎基本散手加步法 Piercing Attacks with Footwork

三个基本扎加4点步法 (上 / 背, 全上, 卧步)

目标: 练习手与脚合, 离卦鸡形的膝, 肘部, 腰 协调

1000-1030 扎拆手 Foundational Piercing Strike Application

拆三个基本扎 Apply the three foundational Piercing attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

1030-1130 扎纵横组合散手 Piercing Attack Combinations

三个基本扎与鸡形闪展腾挪进挝或冲组合起来 Combinations of the three foundational Piercing attacks with the other 7 Rooster system attack methods

1130-1200 拆扎组合散手 Piercing Combination Application

拆扎组合散手 Apply Piercing 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. 教鸡形扎桩

备注 Notes:

10月6日- 下午 Sunday, October 6 - afternoon

三 返身扎套路，拆手 Piercing Form

200-230 扎组合散手加深 Piercing Attack Combination Review

Review of Piercing 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

230-300 返身扎套路 Reversing the Body Piercing form

教返身扎套路，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

返身扎套路

1. 向外抹
2. 顺势向上挺掌 斜上步 从手下向外拨挂
顺势成反手下扎
3. 顺势转身 撤背步 同时上手式扎
4. 向内捍掩 斜上步 扬手式扎
5. 顺势向内勾挂 并步 缠臂式扎
6. 转身 开上步 化手式扎
7. 顺势旋身 成旋身闪 还原

Reversing the Body Piercing

Wipe Strike

Rotate into an upright palm, angular advance, clear from under and turned over hand Low Pierce
Turn the body, back withdraw step and High Pierce
Cover in, angular advance and palm up Piercing
Hook in, step feet together and Binding Arm Pierce
Turn the body, open step and Transforming Pierce
Whirl around into a Whirling Body Dodge

300-400 返身扎拆手 Application of Piercing Form

拆返身扎套路 Apply the Reversing the Body form

目标：拆扎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

400-430 返身扎套路加深 Review Piercing Form

复习以及加深理解返身扎套路 Review the Reversing the Body Piercing form

目标：加深理解套路内的身法以及步法作用

430-500 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.

October 7 - 8 Objectives 10月7日 - 7月8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 attack methods.
教蛇形 肩，肘 本意 以及劲力
4. Learn, train, and use combinations of the foundational Shoulder, Elbow attack methods.
教 肩，肘 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 2 different Snake forms: Holding & Lifting Shoulder, Windmill Elbow
教两个蛇形套路: 平托肩, 风轮肘。

10月7日- 上午 Monday, October 7 - 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:

10月7日- 下午 Monday, October 7 - afternoon

三 肩套路, 拆手 Holding & Lifting Shoulder Form

200-230 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

230-300 蛇形肩套路 Snake Holding & Lifting Shoulder Attack form

教蛇形平托肩套路, 解释平托套路的风格 Learn form and Holding & Lifting characteristics

目标：教套路内的身法以及步法作用

平托肩套路

Holding & Lifting Shoulder form

1. 抹手 上步下穿式钉肩	Wipe strike, advance and Low Penetrate Nailing Shoulder
2. 击上步 向外抹 化肩打	Attack advance, wipe into a Transforming Shoulder strike
3. 绕上步 冲肩撞打	Advance around and Crashing Shoulder
4. 上步 穿肩式靠打	Advance and High Penetrate Leaning Shoulder Strike
5. 背撤步, 勾挂式肩打	Back withdraw step, hook across and Shoulder Strike
6. 上步 上穿式肩打	Advance and High Penetrate Shoulder Strike
7. 刁碗推肘式还原	Entrap the Wrist and Push the Elbow - return

300-400 蛇形平托肩套路拆手 Application of Shoulder Form

拆蛇形平托肩套路 Apply the Snake system Shoulder form

目标：拆蛇形肩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

400-430 平托肩套路加深 Review Shoulder Form

复习以及加深理解平托肩套路 Review the Holding & Lifting Shoulder form

目标：加深理解套路内的身法以及步法作用

430-500 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:

10月8日- 上午 Tuesday, October 8 - 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::

10月8日- 下午 Tuesday, October 8 - afternoon

二 风轮肘套路, 拆手 Windmill Elbow Form and application

200-230 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

230-300 蛇形风轮肘套路 Snake Elbow Attack form

教蛇形风轮肘套路, 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

风轮肘套路

Windmill Elbow attack form

1. 抹打, 上步 摆肘	Wipe strike, advance step and Swaying Elbow attack
2. 向外挂, 绕上, 摆肘	Hook out, advance around and Swaying Elbow attack
3. 上步 双抬肘打	Advance and double Lifting Elbow attack
4. 倒背步 双拉肘	Back step and double Pulling Elbow attack
5. 摆步转身 向外抹, 旋肘	Open step and whirl around, wiping out into a Whirl Elbow
6. 上步摇肘	Advance step and Swaying Elbow attack
7. 向外抹, 绕上 旋肘	Wipe out, advance around into Whirl Elbow - return

300-400 蛇形肘套路拆手 Application of Windmill Elbow Form

拆蛇形风轮肘套路 Apply the Snake system Windmill Elbow form

目标：拆蛇形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

400-430 风轮肘套路加深 Review Elbow Form

复习以及加深理解风轮肘套路 Review the Windmill Elbow form

目标：加深理解套路内的身法以及步法作用

430-500 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:

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.

October 11 - 16 Objectives 10月11日 – 16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 Knee, Hip, Shooting, Holding, Entrapping, and Grasping attack methods.
教蛇形 膝，胯，探，握，刁，拿 本意 以及劲力
4. Learn, train, and use combinations of the foundational Knee, Hip, Shooting, Holding, Entrapping, and Grasping attack methods.
教 膝，胯，探，握，刁，拿 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 6 different Snake forms: Reversing the Body Knee, Turning the Back Hip, Holding & Lifting Shooting, Turning the Back Holding, Turning the Back Entrapping & Turning the Back Grasping
教四个蛇形套路：返身膝，背身胯，平托探，背身握，背身刁，背身拿

10月11日- 上午 Friday, October 11 - 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:

10月11日-下午 Friday, October 11 - afternoon

二 返身膝套路, 拆手 Reversing the Body Knee form and application

200-230 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

230-300 蛇形返身膝套路 Reversing the Body Knee form

教蛇形返身膝套路，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

返身膝套路

1. 外抹, 顺化开, 钉膝
顺势落步向回挂打 (踝)
2. 上盖步, 砸膝
3. 转身摆步, 抬膝盖打, 落步别膝
4. 转身抬膝打, 踹, 落步向回挂,
碟步式钉膝
5. 转身 开步 跪膝
6. 踢腿 绕上步 钉膝打
7. 转身大搬式握还原

Reversing the Body Knee attack form

Wipe, transform open and Nailing Knee, come down and hook back into strike (to ankle)
Covering step advance into a Smashing Knee
Reverse into open step, Lifting Knee strike into Bind Knee
Turn body into Lifting Knee, Heel kick into Hook back strike into drop step Nailing Knee
Turn body, open step and Drop Knee
Kick out, advance around and Nailing Knee
Moving Strike Holding direction change - return

300-400 蛇形返身膝套路拆手 Application of Knee Form

拆蛇形返身膝套路 Apply the Snake system Reversing the Body 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

400-430 返身膝套路加深 Review Knee Form

复习以及加深理解返身膝套路 Review the Reversing the Body Knee form

目标：加深理解套路内的身法以及步法作用

430-500 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:

10月12日- 上午 Saturday, October 12 - morning

三 胯 组合散手 Hip Combinations

900-930 胯基本散手 Foundational Hip Attacks

教钉胯, 碰胯, 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	(dīng kuà)
碰胯	Smashing Hip	(zá kuà)
挤胯	Squeezing Hip	(jǐ kuà)

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:

10月12日-下午 Saturday, October 12 - afternoon

二 背身胯套路, 拆手 Turning the Back Hip Form & application

200-230 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

230-300 蛇形背身胯套路 Turning the Back Hip Attack form

教蛇形背身胯套路，解释背身套路的风格 Learn form and characteristics

目标：教套路内的身法以及步法作用

背身胯套路

Turning the Back Hip Attack form

1. 外抹, 上步绵手, 上步内展手,砸胯	Wipe out, advance and soft attack, advance again and Inside Extend with a Smashing Hip attack
2. 抽撤步, 内挂手,挤胯	Advance withdraw, Inside Hook with Squeezing Hip
3. 开摆步, 绕上 膝打成砸胯	Open step, advance around and Knee into Smash Hip
4. 转身背步 撩阴缠臂 挤胯	Turn back, crotch strike into Bind Arm & Squeeze Hip
5. 上步下手穿	Advance step and Low Penetrate attack
6. 倒背步, 拔树式坐胯	Back step into Uprooting the Tree Carry & Sitting Hip
7. 刁碗推肘式还原	Entrap the Wrist and Push the Elbow - return

300-400 背身胯套路拆手 Application of Turning the Back Hip Form

拆蛇形背身胯套路 Apply the Snake system Turning the Back 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

400-430 背身胯套路加深 Review Hip Form

复习以及加深理解背身胯套路 Review the Turning the Back Hip form

目标：加深理解套路内的身法以及步法作用

430-500 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:

10月13日- 上午 Sunday, October 13 - morning

二 探组合散手 Shooting 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, 用力方法, 以及功法

910-940 探基本散手 Foundational Shooting Attacks

教刁手探, 抢手探, 滚手探 Introduction to three foundational Shooting strikes

目标: 教探的劲力特点, 蛇形用力方法特点, 三个基本探散手的区别

探手打法 **Shooting / Searching Attack Methods**

刁手探 Entrapping Shooting (diāo shǒu tàn)

滚手探 Rolling Shooting (gǔn shǒu tàn)

抢手探 Grabbing Shooting (qiǎng shǒu tàn)

940-1000 探基本散手加步法 Shooting Attacks with Footwork

三个基本探加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 探拆手 Foundational Shooting Strike Application

拆三个基本探 Apply the three foundational Shooting strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

1030-1130 探纵横组合散手 Shooting Strike Combinations

三个基本探与蛇形肩肘膝胯握刁或拿组合起来 Combinations of the three foundational Shooting 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 拆探组合散手 Shooting Combination Application

拆探组合散手 Apply Shooting strike 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. 教站蛇形探桩

备注 Notes:

10月13日-下午 Sunday, October 13 - afternoon

二 平托探套路, 拆手 Holding & Lifting Shooting form and application

200-230 探组合散手加深 Shooting Attack Combination Review

Review of Shooting 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

230-300 蛇形平托探套路 Holding & Lifting Shooting Attack form

教蛇形平托探套路，解释平托套路的风格 Learn form and Holding & Lifting characteristics

目标：教套路内的身法以及步法作用

探套路

1. 外抹, 蹤挫式扬手探 Wipe out and scrape into Palm Up Shooting attack
2. 上步抢手探 Advance and Grabbing Shoot
3. 从手下刁手, 绕上 探手掌 Entrap from under, advance around and Shooting Palm
4. 顺势向内绵化, 上步 扬手探 Soft transform, advance step and Palm Up Shooting
5. 背撤步, 从手下领手式刁, 扎手探(肋), 上手扎手探(面门) Back withdraw, Leading Entrap into Piercing Shooting (ribs), Piercing Shooting (face)
6. 上步, 向内绵化, 扬手探, 向内绵化, 逆步式扬手探, Advance, soft transform in and Palm Up Shooting soft transform in and Palm Up Shooting (opposite hand)
7. 刁碗推肘式还原 Entrap the Wrist and Push the Elbow - return

Snake Shooting form

300-400 平托探套路拆手 Application of Holding & Lifting Shooting Form

拆蛇形平托探套路 Apply the Snake system Holding & Lifting Shooting form

目标：拆蛇形探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

400-430 平托探套路加深 Review Shooting Form

复习以及加深理解平托探套路 Review the Holding & Lifting Shooting form

目标：加深理解套路内的身法以及步法作用

430-500 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:

10月14日- 上午 Monday, October 14 - morning

三 握 组合散手 Holding Combinations

900-930 握基本散手 Foundational Holding Attacks

教内缠握, 外缠握, 云缠握 Introduction to three foundational Holding strikes

目标: 教握的劲力特点, 蛇形用力方法特点, 三个基本握散手的区别

握手打法	Holding Attack Methods	
内缠握	Inside Binding Holding	(nèi chán wò)
外缠握	Outside Binding Holding	(wài chán wò)
云缠握	Figure 8 Binding Hold	(yún chán wò)

930-1000 握基本散手加步法 Holding Attacks with Footwork

三个基本握 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 握拆手 Foundational Holding Attacks Application

拆三个基本握 Apply the three foundational Holding attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

1030-1130 握纵横组合散手 Holding Attack Combinations

三个基本握与蛇形肩肘膝胯探刁或拿组合起来 Combinations of the three foundational Holding 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 拆握组合散手 Holding Combination Application

拆握组合散手 Apply Holding attacks 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. 教蛇形握桩

备注 Notes

10月14日-下午 Monday, October 14 - afternoon

二 背身握套路, 拆手 Turning the Back Holding Form and application

200-230 握组合散手加深 Holding Attack Combination Review

Review of Holding 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

230-300 背身握套路 Snake System Turning the Back Holding form

教蛇形背身握套路，解释背身套路的风格 Learn Turning the Back form and characteristics

目标：教套路内的身法以及步法作用

背身握套路

Turning the Back Holding

1. 外抹,上步探手, 蹤错重复探手 抹打, 撤背步 内缠握	Wipe, advance & Shoot, scrape back & repeat Shoot Wipe, back withdraw & Inside Bind Hold
2. 往回抹,绕上步, 内手削, 下手蹭错 上手抹打 成 内缠握	Wipe back, advance around and Inside Sweep, scrape down, wipe up into Inside Bind Hold
3. 向外抹, 上步旋肘	Wipe out and advance into a Whirling Elbow
4. 绕上,轮劈打成 外缠握, 同时卡手刃	Advance around, chop into an Outside Bind hold & Clutch Entrap the throat
5. 向内顺化, 上步 夹臂式云缠握	Transform in, advance and Cloud Bind (trapping the arm)
6. 背转身撩阴掌成 8字缠握	Turn back, arc to crotch into a Figure 8 Bind
7. 劈打, 刃碗推肘, 返回刃碗推肘还原	Chop, entrap wrist & push elbow, reverse into entrap wrist & push elbow - return

300-400 背身握套路拆手 Application of Turning the Back Holding

拆蛇形背身握套路 Apply the Snake Turning the Back Holding form

目标：拆蛇形握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

400-430 背身握套路加深 Review Holding Form

复习以及加深理解背身握套路 Review the Snake system Turning the Back Holding form

目标：加深理解套路内的身法以及步法作用

430-500 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:

10月15日- 上午 Tuesday, October 15 - morning

三 刁 组合散手 Entrapping Combinations

900-930 刁基本散手 Foundational Entrapping Attacks

教授手刁, 卡手刁, 揭手刁 Introduction to three foundational Entrapping strikes

目标: 教刁的劲力特点, 蛇形用力方法特点, 三个基本刁散手的区别

刁手打法 Entrapping Attack Methods

握手刁	Holding Entrapping	(wò shǒu diāo)
卡手刁	Clutching Entrapping	(kǎ shǒu diāo)
解手刁	Tearing off Entrapping	(jiē shǒu diāo)

930-1000 刁基本散手加步法 Entrapping Attacks with Footwork

三个基本刁加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 刁拆手 Foundational Entrapping Attack Application

拆三个基本刁 Apply the three foundational Entrapping attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

1030-1130 刁纵横组合散手 Entrapping Attack Combinations

三个基本刁与蛇形肩肘膝胯探握或拿组合起来 Combinations of the three foundational Entrapping 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 拆刁组合散手 Entrapping Combination Application

拆刁组合散手 Apply Entrapping strike 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. 教蛇形刁桩

备注 Notes

10月15日-下午 Tuesday, October 15 - afternoon

二 背身刁套路, 拆手 Turning the Back Entrapping Form and application

200-230 刁组合散手加深 Entrapping Attack Combination Review

Review of Entrapping 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

230-300 背身刁套路 Turning the Back Entrapping Attack form

教蛇形背身刁套路，解释背身套路的风格 Learn form and Turning the Back characteristics

目标：教套路内的身法以及步法作用

背身刁套路

Turning the Back Entrapping

1. 外抹成握手刁, 上步卡手刁	Wipe out, Hold Entrap, advance and Clutch Entrap
下刁, 上手卡手刁(逆步)	Entrap down and opposite hand/foot Clutch Entrap
2. 背抽步, 上步	Back withdraw, advance and fling attack into a Clutch
摔手成卡手刁式探手拿	Entrap Shooting Grasp
3. 倒撤背步 仙人坠枝	Back step into Immortal Hangs from the Branch
4. 上步 平手展	Advance and Horizontal Extend attack
5. 卡手刁, 绕上步, 刁手式探手拿	Clutch Entrap, Advance around into Clutch entrap Shoot Grasp
6. 顺势压肩, 卡手刁	Hand off into a Pressing Shoulder & Clutch Entrap
7. 刁碗推肘式还原	Entrap the Wrist and Push the Elbow - return

300-400 蛇形背身刁套路拆手 Application of Entrapping Form

拆蛇形背身刁套路 Apply the Snake system Turning the Back Entrapping form

目标：拆蛇形刁用法与抱式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

400-430 背身刁套路加深 Review Entrapping Form

复习以及加深理解蛇形背身刁套路 Review the Turning the Back Entrapping form

目标：加深理解套路内的身法以及步法作用

430-500 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:

10月16日- 上午 Wednesday, October 16 - morning

三 拿组合散手 Grasping Combinations

900-930 拿基本散手 Foundational Grasping Attacks

教探手拿, 握手拿, 刁手拿 Introduction to three foundational Grasping strikes

目标: 教拿的劲力特点, 蛇形用力方法特点, 三个基本拿散手的区别

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 拿基本散手加步法 Grasping Attacks with Footwork

三个基本拿加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 拿拆手 Foundational Grasping Strike Application

拆三个基本拿 Apply the three foundational Grasping strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

1030-1130 拿纵横组合散手 Grasping Strike Combinations

三个基本拿与蛇形肩肘膝胯探握或刁组合起来 Combinations of the three foundational Grasping 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 拆拿组合散手 Grasping Combination Application

拆拿组合散手 Apply Grasping strike 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. 教蛇形拿桩

备注 Notes

10月16日-下午 Wednesday, October 16 - afternoon

二 背身拿套路, 拆手 Turning the Back Grasping Form and application

200-230 拿组合散手加深 Grasping Attack Combination Review

Review of Grasping 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

230-300 背身拿套路 Turning the Back Grasping Attack form

教蛇形背身拿套路，解释背身套路的风格 Learn Turning the Back form and characteristics

目标：教套路内的身法以及步法作用

背身拿套路

1. 外抹 上步 撼手握手拿
2. 绕上步 刁手拿
3. 上步, 撤背步 研手
4. 上步 缠手拿 橫肘打
5. 绕上步 卡手刁铁牛耕地式拿
6. 向内掩, 绕上步 外抹
7. 刁碗推肘式还原

Turning the Back Grasping

Wipe out, advance and shaking Holding Grasp
Advance around and Entrapping Grasp
Advance step, back withdraw step and Grinding attack
Advance step and Binding Grasp / Horizontal Elbow strike
Advance around and Clutch Entrap Iron Ox Tills the Soil Grasp
Cover inward, advance around wipe up (damage neck)
Entrap the Wrist and Push the Elbow - return

300-400 背身拿套路拆手 Application of Turning the Back Grasping

拆蛇形背身拿套路 Apply the Turning the Back Grasping form

目标：拆蛇形背身拿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
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- 合理的劲力变化 Appropriate use of force changes

400-430 背身拿套路加深 Review Grasping Form

复习以及加深理解背身拿套路 Review the Turning the Back Grasping form

目标：加深理解套路内的身法以及步法作用

430-500 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

Closing Remarks 概括结束语

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