



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 2 - 7 Objectives 10月2日－7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：返身扌，连环进，平托展，平托闪：动作，身法，步法，用法与变化。

10月2日- 上午 Friday, October 2 - 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 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 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

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:

10月2日-下午 Friday, October 2 - afternoon

三 返身挝套路，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 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 拆手挝
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

300-400 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

400-430 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

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3日- 上午 Saturday, October 3 - 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3日- 下午 Saturday, October 3 - afternoon

三 连环进套路，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 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

300-400 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

400-430 连环进套路加深 Review Entering Form

复习以及加深理连环进进套路 Review the Interlocking Entering form

目标：加深理解套路内的身法以及步法作用

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 Sunday, October 4 - 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:

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

三 平托展套路，拆手 Extending Form

200-230 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

230-300 平托展套路 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

300-400 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

400-430 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

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 Monday, October 5 - 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 闪组合散手 Dodging Strike Combinations

三个基本闪组合散手 Combinations of the three foundational Dodging strikes

目标: 组合散手劲力的转换

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

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

1130-1200 拆扎组合散手 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掃冲扎的劲力

2. 教鸡形闪桩

备注 Notes:

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

三 平托闪套路，拆手 Dodging Form

200-230 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

230-300 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

300-400 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

400-430 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

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 6 - 7 Objectives 10月6日 – 10月7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: Windmill Shoulder, Reversing the Body Elbow
教两个蛇形套路: 风轮肩, 反身肘。

10月6日- 上午 Tuesday, October 6 - 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6日- 下午 Tuesday, October 6 - afternoon

二 风轮肩套路, 拆手 Windmill 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 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

300-400 蛇形风轮肩套路拆手 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

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7日- 上午 Wednesday, October 7 - 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7日- 下午 Wednesday, October 7 - afternoon

二 返身肘套路, 拆手 Reversing the Body Elbow

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

1. 顺势抹
2. 接手化 上步到圆心 钉肘
3. 背撤步 背身化卸成扛肩 同时背拉肘
4. 反转身摆扣步 外抹 抬肘打
5. 顺势绕撤背步 背拉肘
6. 反转身摆扣步 外抹 旋肘 下搅 旋肘
7. 顺势向内化 外抹 顺势转身摆扣步 旋肘 还原

Reversing the Body Elbow attack form

Wipe strike
Hand off transform, step to the center & Nail Elbow
Turn back withdraw step into Carry Shoulder & Back Elbow
Reverse turn body & wipe out into a Lifting Elbow strike
Smooth Back step around into a Back Elbow strike
Reverse turn body & wipe into Whirl Elbow, stir down, Whirl Elbow
Transform, wipe out, smooth turn body into Whirl Elbow

300-400 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

400-430 返身肘套路加深 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

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 10 - 15 Objectives 10月10日－15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: Lying Step Knee, Interlocking Hip, Reversing the Body Shooting, Reversing the Body Holding, Lying Step Entrapping & Holding & Lifting Grasping.
教四个蛇形套路: 卧式膝，连环胯，返身探，返身握，卧式刁，平托拿

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

三 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10日-下午 Saturday, October 10 - afternoon

二 卧式膝套路, 拆手 Lying Step Knee form

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

300-400 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

400-430 卧式膝套路加深 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

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11日- 上午 Sunday, October 11 - 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:

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

二 连环胯套路, 拆手 Interlocking Hip form

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 领手马上擒人挤胯	Withdraw, angle advance, lead across Seize Waist & Squeeze Hip
4. 顺势转身背撤步成扛肩 内手削式缠绕 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

300-400 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

400-430 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

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 Monday, October 12 - 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12日- 下午 Monday, October 12 - afternoon

二 返身探套路, 拆手 Reversing the Body Shooting form

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 蛇形返身探套路 Reversing the Body Shooting Attack form

教蛇形返身探套路, 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

返身探套路

1. 抹手成抢手探
2. 斜上步抢手探,
3. 顺势化手, 滚手探(掌心向上)
4. 顺势化手, 领手成单手握手拿,
 斜上步钻身 返身探手
5. 领手成单手握手拿, 斜上步钻身 返身探手
6. 斜上扣步 向下化卸, 返身摔手劈
 成滚手探(掌心向上)
7. 顺势化手 从手下领手成刁腕推肘还原

Reversing the Body Shooting form

Wipe out and Grabbing Shooting strike
Angle advance and Grabbing Shooting
Smooth transform and Rolling Shooting
Smooth transform, Lead attack into Holding
Grasp, angle advance & drill under, Shoot strike
Smooth transform, Lead attack into Holding
Grasp, angle advance & drill under, Shoot strike
Angle hook step, transform & remove downward
reversing body Fling Chop into Rolling Shooting
Transform, grab from under Entrap Wrist & Shoot

300-400 返身探套路拆手 Application of Reversing the Body Shooting Form

拆蛇形返身探套路 Apply the Snake system Reversing the Body Shooting form

目标：拆返身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 返身探套路加深 Review Shooting Form

复习以及加深理解返身探套路 Review the Reversing the Body 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13日- 上午 Tuesday, October 13 - morning

二 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13日- 下午 Tuesday, October 13 - afternoon

二 返身握套路, 拆手 Reversing the Body Holding form

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 返身握套路 Snake System Reversing the Body Holding form

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

目标：教套路内的身法以及步法作用

返身握套路

1. 回抹 滚手探(掌心向上)	Wipe back into Rolling Shooting (palm up)
2. 斜上步 向下化卸 返回向上(含探手)	Angle advance, transform/remove down, reverse back up
成领手 绕上步 内缠握	(contain shoot) & Lead advance around & Inside Bind Hold
3. 向上肘打(下巴) 斜上步外缠握	Elbow strike up (to chin), angle adv. & Outside Bind Hold
4. 倒撤步 撩阴掌 向上肘打(下巴)	Withdraw step back, arc crotch, Elbow strike up (to chin)
成外缠握	into Outside Bind Hold
5. 斜上步 旋手肘打 成云缠握	Angle adv & Whirl Elbow strike into Fig 8 Bind Hold
6. 返身 摧手掌 返回向下撩阴掌 成缠握	Reverse body into Flinging Palm, reverse & Arc to crotch
成蛇形掌式探手	into a Bind Hold into a snake palm Shooting
7. 外抹 绕上步 成成刁腕推肘还原	Wipe out, advance around into Entrap Wrist & Push Elbow

Reversing the Body Holding

300-400 返身握套路拆手 Application of Reversing the Body Holding

拆蛇形返身握套路 Apply the Snake Reversing the Body 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 返身握套路加深 Review Holding Form

复习以及加深理解返身握套路 Review the Snake system Reversing the Body 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14日- 上午 Wednesday, October 14 - 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14日-下午 Wednesday, October 14 - afternoon

二 卧式刁套路, 拆手 Lying Step Entrapping form

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 卧式刁套路 Lying Step Entrapping Attack form

教蛇形卧式刁套路，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

卧式刁套路

1. 向回抹, 击上步 卡手刁 (咽喉)	Lying Step Entrapping Form Wipe, attack advance and Clutch Entrap (throat)
2. 顺化 领手式卡刁 斜上插步成闪身卡手刁(咽喉)	Transform, Leading Entrap, angle advance insert step into Lying Step into Clutch Entrap (throat)
3. 撤步到原位 向内抱手式搂带 斜上插步成闪身 卡手刁(踝)(含压肩)	Withdraw to original position, hold carry back inward angle advance insert step into Lying Step into Clutch Entrap (ankle)
4. 撤步到原位 向上化手 向内缠抱胳膊 斜上插步成闪身 卡手刁(肩部前侧)(含钉肘)	Withdraw to original position, transform up, bind hold the arm back in, angle adv. insert step into Lying Step, Clutch Entrap (shoulder)
5. 向上化手 绕上步 带手式刁 成挤手擒式刁	Transform up, advance around & Carry Entrap into Squeezing Seize Entrap
6. 上步 旋手带式刁	Advance step and Whirling Carry Entrap
7. 绕上步 刁腕推肘还原	Advance around into Entrap Wrist and Push Elbow

300-400 蛇形卧式刁套路拆手 Application of Entrapping Form

拆蛇形卧式刁套路 Apply the Snake system Lying Step 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 卧式刁套路加深 Review Entrapping Form

复习以及加深理解蛇形卧式刁套路 Review the Lying Step 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15日- 上午 Thursday, October 15 - 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15日- 下午 Thursday, October 15 - afternoon

二 平托拿套路, 拆手 Holding & Lifting Grasping

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 平托拿套路 Holding & Lifting Grasping Attack form

教蛇形平托拿套路, 解释托套路的风格 Learn Holding & Lifting form and characteristics

目标：教套路内的身法以及步法作用

平托拿套路

1. 外抹 斜上步 压肘式刁腕推肘拿
2. 顺势撤步到原位, 斜上步 握手拿
3. 顺势撤步到原位 研手拿
4. 上步 缠手拿 横肘打
5. 顺化研肘 拿后手 撤步 斜上步
缠胳膊成十字绑打
6. 轮手劈
7. 向内化顺势转身摆扣步 刁腕推肘还原

Holding & Lifting Grasping

Wipe, angle adv, Pressing Elbow Entrap Wrist Push Elbow Grasp
Withdraw step, angle advance and Holding Grasp
Withdraw step and Grinding Grasp
Advance step and Binding Grasp / Horizontal Elbow strike
Elbow transform, grasp rear arm, withdraw, angle advance
bind arms into Cross Shape Binding attack
Swing Chop strike
Transform in, turn the body & Entrap Wrist and Push Elbow

300-400 平托拿套路拆手 Application of Holding & Lifting Grasping

拆蛇形平托拿套路 Apply the Holding & Lifting Grasping form

目标：拆蛇形平托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
- 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 平托拿套路加深 Review Grasping Form

复习以及加深理解平托拿套路 Review the Holding & Lifting 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