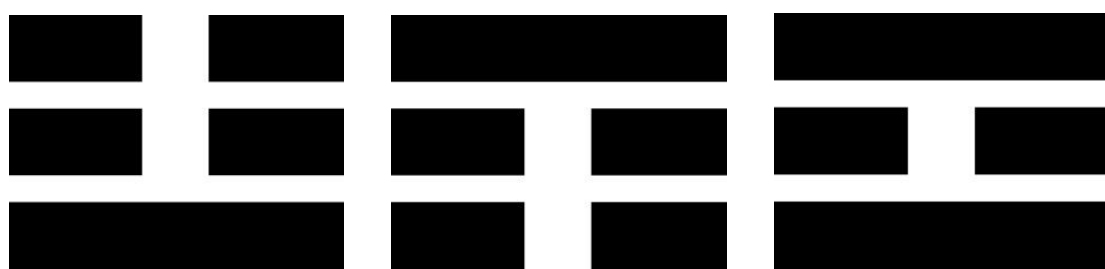




Yin Style Bagua Training Intensive London 2014



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尹氏八卦掌震卦龙形学习目标

Zhen Trigram Dragon System Objectives

Objective 目标	完成划勾 Complete
1. Understand Dragon system fighting strategy 介绍龙形平托掌技击方法(战备概念, 特点, 变化, 等)	
2. Understand Dragon system force generation body mechanics 教龙形发力方法	
3. Understand the meaning and force of the Dragon System Pushing, Lifting, Carrying, Leading, Moving, Capturing, Chopping and Entering attack methods. 教推, 托, 带, 领, 搬, 扣, 劈, 进本意 以及劲力	
4. Learn, train, and use the 24 foundational Pushing, Lifting, Carrying, Leading, Moving, Capturing, Chopping and Entering strikes 教 24 个基本推, 托, 带, 领, 搬, 扣, 劈, 进打法以及用法	
5. Learn, understand and train the Dragon system strengthening posture. 教龙形本桩站桩功法要求和概念	
6. Learn, understand and train the developmental methods and special characteristics of Dragon system circle turning training. 教龙形转圈方法, 特点, 和功法要求	
7. Learn, understand, train, and apply the three foundational Dragon system direction change methods. 教龙形 3 个基本换式法: 动作, 身法, 步法, 用法与变化。	

震卦龍形學

震卦者，雷之象也。平托掌者，拳之式也。震者動也。震得乾之初陽，初陽主生長，居正東木旺之方。其於物也，則為龍形，其物為鱗蟲之長，有搜骨之法，有變化不測之功，有飛騰之象。以拳式之用言，則有烏龍盤柱之法，有青龍戲珠之能。以拳之形式言，謂之平托掌。此拳外靜而內動，丹書雲：“靜中求動之象。” 又壹陽初動之意，故取象為震卦。

Zhen Trigram Dragon System Theory

The Zhen Trigram is symbolic of thunder. In martial arts, it is the Holding & Lifting Palm. Zhen is movement. Zhen obtains the beginning of Yang from Qian, which signifies growth, and occupies due east, the position of the wood element. As to objects, it is the form of the Dragon, the elder of all scaly creatures, having the skill to search out bones, the ability to change unexpectedly, and the appearance of rising and soaring. As applied in martial arts, it has the skills of black dragon coiling around the column and green dragon playing with the pearl. The martial form is called the Holding & Lifting palm. This form is outwardly still, while inside there is movement. The *Danshu* states: "Seeking movement within stillness." Having the meaning of first Yang beginning movement is taken from the Zhen Trigram.

7月19日课程时间表 July 19th Class Schedule

推 Pushing

Time时间	Objective 目标	完成划勾 Complete
8:00-8:45 龙形介绍 和站桩	Introduction to Dragon system. / strength posture. 龙形平托掌概括介绍。 教龙形本桩功法要求和概念。	
8:45-9:30 基本换式	Learn and practice the three foundational direction change methods of Dragon system 教龙形三个基本换式法	
9:30-10:15 拆手	Learn and practice application of direction changes and these concepts: technique and angle, position, use of force, footwork, body movement 教龙形基本换式用法：手法与 角度，位置，力法，步法，身法以及概念结合	
10:15-11:00 麟形基本 换式	Learn and practice the three foundational direction change methods of Unicorn system 教麟形三个基本换式法	
11:00- 11:45 麟形基本 换式拆手	Learn and practice application of direction changes and these concepts: technique and angle, position, use of force, footwork, body movement 教麟形基本换式用法：手法与 角度，位置，力法，步法，身法以及概念结合	
1:30-2:30 推散手	Pushing attacks. Learn meaning, force, and use. Practice Straight, Inside and Rotating Pushing attacks. 介绍推的意思，劲力，用法。教直手推，内手推，转手推	
2:30-3:00 变化 拆手	Learn and practice application of Moving attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教搬用法：手法与 角度，位置，力法，步法，身法以及概念结合。 1. 直手推 Straight Pushing (zhi shou tui) 2. 内手推 Inside Pushing (nei shou tui) 3. 转手推 Rotating Pushing (zhuan shou tui)	
3:00-4:00 复习散手	Review Pushing attack meaning, force, and use. Practice Straight, Inside and Rotating Pushing attacks. 复习推的意思，劲力，用法。复习直手推，内手推，转手推 用龙形4点和3点步法练法。	
4:00-4:30 复习拆手	Review application of Pushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习推用法：手法与 角度，位置，力法，步法，身法以及概念结合。	

推手打法

直手推
内手推
转手推

Pushing Strike Attack Methods

Straight Pushing (zhi shou tui)
Inside Pushing (nei shou tui)
Rotating Pushing (zhuan shou tui)

7月20日课程时间表 July 20th Class Schedule

搬，托 Moving, Lifting

Time时间	Objective 目标	完成划勾 Complete
8:00-8:45 龙形转圈	Learn and practice the Dragon system circle turning method 教龙形转圈方法，特点，和功法要求	
8:45-9:45 搬散手	Introduction to Moving attacks. Learn meaning, force, and use. Practice Single, Double and Reversing Moving attacks. 介绍搬的意思，劲力，用法。教单手搬，双手搬，翻手搬	
9:45-10:15 变化	Learn and practice application of Moving attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教搬用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 单手搬 Single Hand Moving 2. 双手搬 Double Hand Moving 3. 翻手搬 Reversing Moving	
10:15-11:15 复习散手	Review Moving attack meaning, force, and use. Practice Single Hand, Double Hand and Reversing Moving attacks. 复习搬的意思，劲力，用法。复习直手推，内手推，转手推 用龙形4点和3点步法练法。	
11:15-11:45 复习拆手	Review application of Moving attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习搬用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
1:30-2:30 托散手	Introduction to Lifting attacks. Learn meaning, force, and use. Practice Capturing, Rising and Rotating Lifting attacks. 介绍托的意思，劲力，用法。教扣手托，扬手托，转手托	
2:30-3:00 变化	Learn and practice application of Lifting attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教托用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 扣手托 Capturing Lifting (kou shou tuo) 2. 扬手托 Rising Lifting (yang shou tuo) 3. 转手托 Rotating Lifting (zhuan shou tuo)	
3:00-4:00 复习散手	Review Lifting attack meaning, force, and use. Practice Capturing, Rising and Rotating Lifting attacks. 复习托的意思，劲力，用法。复习扣手托，扬手托，转手托 用龙形4点和3点步法练法。	
4:00-4:30 复习拆手	Review application of Lifting attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习托用法：手法与 角度，位置，力法，步法，身法以及概念结合。	

搬手打法

单手搬
双手搬
翻手搬

托手打法

扣手托
扬手托
转手托

Moving Strike Attack Methods

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

Lifting Attack Methods

Capturing Lifting (kou shou tuo)
Rising Lifting (yang shou tuo)
Rotating Lifting (zhuan shou tuo)

7月21日课程时间表 July 21st Class Schedule

扣，带 Capturing, Carrying

Time时间	Objective 目标	完成划勾 Complete
8:00-8:45 龙形转圈	Practice and review the Dragon system circle turning method 纠正龙形转圈方法，特点，和功法要求	
8:45-9:45 扣散手	Introduction to Capturing attacks. Learn meaning, force, and use. Practice Inside, Outside, and Low Capturing attacks. 龙形扣手介绍。介绍扣的意思，劲力，用法。教内手扣，外手扣，下手扣	
9:45-10:15 变化	Learn and practice application of Capturing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教扣用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 内手扣 Inside Capturing 2. 外手扣 Outside Capturing 3. 下手扣 Low Capturing	
10:15-11:15 复习散手	Review Capturing attack meaning, force, and use. Practice Inside, Outside, and Low Capturing attacks. 复习扣的意思，劲力，用法。复习内手扣，外手扣，下手扣 用龙形4点和3点步法练法。	
11:15-11:45 复习拆手	Review application of Capturing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习扣用法：手法与 角度，位置，力法，步法，身法以及概念结合	
1:30-2:30 带散手	Introduction to Carrying attacks. Learn meaning, force, and use. Practice Upper, Whirling, and Lower Carrying attacks. 介绍带的意思，劲力，用法。教上手带，旋手带，下手带	
2:30-3:00 变化	Learn and practice application of Carrying attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教带用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 上手带 Upper Carrying (shang shou dai) 2. 旋手带 Whirling Carrying (xuan shou dai) 3. 下手带 Lower Carrying (xia shou dai)	
3:00-4:00 复习散手	Review Carrying attack meaning, force, and use. Practice Upper, Whirling, and Lower Carrying attacks. 复习带的意思，劲力，用法。复习上手带，旋手带，下手带 用龙形4点和3点步法练法。	
4:00-4:30 复习拆手	Review application of Carrying attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习带用法：手法与 角度，位置，力法，步法，身法以及概念结合	

扣手打法

内手扣
外手扣
下手扣

带手打法

上手带
旋手带
下手带

Capturing Strike Attack Methods

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

Carrying Strike Attack Methods

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

7月22日课程时间表 July 22nd Class Schedule

劈，领 Chopping, Leading

Time时间	Objective 目标	完成划勾 Complete
8:00-8:45 龙形转圈	Practice and review the Dragon system circle turning method 纠正龙形转圈方法，特点，和功法要求	
8:45-9:45 劈散手	Introduction to Chopping attacks. Learn meaning, force, and use. Practice Upright, Hacking, and Reversing Chopping attacks. 龙形劈手介绍。介绍劈的意思，劲力，用法。教正手劈，砍手劈，翻手劈	
9:45-10:15 变化	Learn and practice application of Chopping attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教劈用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 正手劈 Upright Chopping 2. 砍手劈 Hacking Chopping 3. 翻手劈 Reversing Chopping	
10:15-11:15 复习散手	Review Chopping attack meaning, force, and use. Practice Upright, Hacking, and Reversing Chopping attacks. 复习劈的意思，劲力，用法。复习正手劈，砍手劈，翻手劈用龙形4点和3点步法练法。	
11:15-11:45 复习拆手	Review application of Chopping attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习劈用法：手法与 角度，位置，力法，步法，身法以及概念结合	
1:30-2:30 领散手	Introduction to Leading attacks. Learn meaning, force, and use. Practice Upper, Horizontal, and Lower Leading attacks. 介绍领的意思，劲力，用法。教上手领，横手领，下手领	
2:30-3:00 变化	Learn and practice application of Leading attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教领用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 上手领 Upper Leading (shang shou ling) 2. 横手领 Horizontal Leading (heng shou ling) 3. 下手领 Lower Leading (xia shou ling)	
3:00-4:00 复习散手	Review Leading attack meaning, force, and use. Practice Upper, Horizontal, and Lower Leading attacks. 复习领的意思，劲力，用法。复习上手领，横手领，下手领用龙形4点和3点步法练法。	
4:00-4:30 复习拆手	Review application of Leading attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习领用法：手法与 角度，位置，力法，步法，身法以及概念结合	

劈手打法

正手劈
砍手劈
翻手劈

Chopping Strike Attack Methods

Upright Chopping (zheng shou pi)
Hacking Chopping (kan shou pi)
Reversing Chopping (fan shou pi)

领手打法

上手领
横手领
下手领

Leading Strike Attack Methods

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

7月23日课程时间表 July 23rd Class Schedule

进 Entering

Time时间	Objective 目标	完成划勾 Complete
8:00-8:45 复习站桩	Review the Dragon system strength posture. 复习龙形本桩功法要求和概念.	
8:45-9:45 进散手	Introduction to Entering attacks. Learn meaning, force, and use. Practice Blocking, Stealing, and Borrowing Entering attacks. 龙形进手介绍。介绍进的意思，劲力，用法。教挡手进，抢手进，借手进	
9:45-10:15 变化	Learn and practice application of Entering attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教进用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 挡手进 Blocking Entering (dang shou jin) 2. 抢手进 Stealing Entering (qiang shou jin) 3. 借手进 Borrowing Entering (jie shou jin)	
10:15-11:15 复习散手	Review Entering attack meaning, force, and use. Practice Blocking, Stealing, and Borrowing Entering attacks. 复习进的意思，劲力，用法。复习挡手进，抢手进，借手进用龙形4点和3点步法练法。	
11:15-11:45 复习拆手	Review application of Entering attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习进用法：手法与 角度，位置，力法，步法，身法以及概念结合	
1:30-2:30 套路里散手	1. Train attacks 1-4 from Moving with the force Moving form 教顺式搬套路里动作 1-4 2. Train attacks 1-4 from Reversing the body Capturing form 教返身扣套路里动作 1-4	
2:30-3:00 变化	Learn and practice application of form sequences and these concepts: technique and angle, position, use of force, footwork, body movement 教套路动作用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 顺式搬套路里动作 1-4 用法 2. 返身扣套路里动作 1-4 用法	
3:00-4:00 套路散手	1. Train attacks 1-4 from Enfolding Chopping form 教抱式劈套路里动作 1-4 2. Train attacks 1-4 from Windmill Entering form 教风轮进套路里动作 1-4	
4:00-4:30 变化	Learn and practice application of form sequences and these concepts: technique and angle, position, use of force, footwork, body movement 教套路动作用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 教抱式劈套路里动作 1-4 用法 2. 教风轮进套路里动作 1-4 用法	

进手打法

挡手进
抢手进
借手进

Entering Strike Attack Methods

Blocking Entering (dang shou jin)
Stealing Entering (qiang shou jin)
Borrowing Entering (jie shou jin)

顺式搬

1. 击上步挺手掌
2. 上步 / 顺式向内捍掩 / 单手搬
3. 向外拨转 / 绕上步 / 掩手式内搬
4. 上步 / 单手搬
5. 绕上步 / 双手转动 / 手指冲下双手搬
6. 上步 / 交叉手 / 分手搬
7. 绕上步搬手式还原

返身扣

1. 击上步挺手掌
2. 斜上步到圆心 / 捍掩 / 领手 / 内手扣
3. 撤步捍掩 / 斜上步 / 领手 / 内手扣
4. 斜上步 / 外手扣
5. 翻手手心向外 / 背步 / 拉手式扣
6. 转手式下手扣 / 斜上步 / 外手扣
7. 摆步 / 劈手式还原

抱式劈

1. 击上步挺手掌
2. 上步 / 引手式 / 正手劈
3. 下按 / 回收步成并步 / 转手劈
4. 下带 / 绕上步 / 砍手劈
5. 向外钩挂式 / 并上步 / 盖手劈
6. 上步转手劈 / 上步砍手劈
7. 上步推手式还原

风轮进

1. 击上步挺手掌
2. 斜上步/借手式外扣/
捂手扣/绕上步/弹手式抢进
3. 向下掩挂/上步/外扣/向内捍掩/绕上步/
外扣,逆式扬手弹进
4. 拳往外勾挂 / 上步内手扣 / 弹打式抢进
5. 拳往外勾挂 / 上步内手扣 / 弹打式抢进
6. 捍掩 / 扣领式 / 弹打式借进
7. 绕上步搬手式还原

Moving with the Force Moving

- Half advance step and Holding Out palm
Advance step, rotate and cover inward, Single Hand Moving
Clear to the outside, advance around, Closing in Inside Moving
Advance step and Single Hand Moving
Advance around, hands rotate, fingers down Double Hand Moving
Advance step, arms cross, Separating Moving
Advance around and Moving Strike return to the beginning

Reversing the Body Capturing

- Half advance step and Holding Out palm
Angle advance to center, cover in, leading hand, Inside Capturing
Withdraw step, cover in, angle advance, leading hand, Inside Capture
Angular advance step and Outside Capturing Attack
Hand turns over palm out, back step, Pulling Capture
Turning hand Low Capture, angle advance, Outside Capture
Swing open step, Chopping attack return to the beginning

Enfolding Chopping

- Half advance step and Holding Out palm
Advance step, lead upward / Upright Chop
Press down, pull in the foot to feet together, Rotating Chop
Carry down, advance around, Hacking chop
Hook to the outside, advance to feet together, Covering Chop
Advance step Rotating chop, advance step Hacking chop
Advance step Push attack return to the beginning

Windmill Entering

- Half advance step and Holding Out palm
Angle advance, borrowing Outside Capture
Covering Capture, advance around, Shooting Stealing Enter attack
Downward covering hook , advance step, Outside Capture, cover in,
advance around, Outside Capture, moving against rising fist Entering
Fist hooks out, advance step Inside Capture, Shooting Stealing Entering
Fist hooks out, advance step Inside Capture, Shooting Stealing Entering
Cover in, Leading Capture, Shooting Borrowing Entering
Advance around Moving attack return to the beginning

尹氏八卦掌艮卦熊形学习目标

Gen Trigram Bear System Objectives

Objective 目标	完成划勾 Complete
1. Understand Bear system fighting strategy 介绍熊形背身掌技击方法(战备概念，特点，变化，等)	
2. Understand Bear system force generation body mechanics 教熊形发力方法	
3. Understand the meaning and force of the Bear System Rushing, Penetrating, Withdrawing, Carrying, Leaning, Shocking, Soft and Following attack methods 教冲，穿，撤，带，靠，振，绵，随本意以及劲力	
4. Learn, train, and use the 24 foundational Rushing, Penetrating, Withdrawing, Carrying, Leaning, Shocking, Soft, and Following strikes 教24个基本冲，穿，撤，带，靠，振，绵，随打法以及用法	
5. Learn, understand and train the Bear system strengthening posture. 教熊形本桩站桩功法要求和概念	
6. Learn, understand and train the developmental methods and special characteristics of Bear system circle turning training. 教熊形转圈方法，特点，和功法要求	
7. Learn, understand, train, and apply the three foundational Bear system direction change methods. 教熊形3个基本换式法：动作，身法，步法，用法与变化。	

艮卦熊形學

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

Gen Trigram Bear System Theory

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

7月26日课程时间表 July 26th Class Schedule

冲 Rushing

Time时间	Objective 目标	完成划勾 Complete
8:00-8:45 熊形介绍 和站桩	Introduction to Bear system. / strength posture. 熊形背身掌概括介绍。 教熊形本桩功法要求和概念。	
8:45-9:30 基本换式	Learn and practice the three foundational direction change methods of Bear system 教熊形三个基本换式法	
9:30-10:15 拆手	Learn and practice application of direction changes and these concepts: technique and angle, position, use of force, footwork, body movement 教熊形基本换式用法：手法与 角度，位置，力法，步法，身法以及概念结合	
10:15-11:00 猴形基本 换式	Learn and practice the three foundational direction change methods of Monkey system 教猴形三个基本换式法	
11:00- 11:45 猴形基本 换式拆手	Learn and practice application of direction changes and these concepts: technique and angle, position, use of force, footwork, body movement 教猴形基本换式用法：手法与 角度，位置，力法，步法，身法以及概念结合	
1:30-2:30 冲散手	Rushing attacks. Learn meaning, force, and use. Practice Stamping, Piercing and Pushing Rushing attacks. 介绍冲的意思，劲力，用法。教踏手冲，贯手冲，推手冲	
2:30-3:00 变化 拆手	Learn and practice application of Rushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教冲用法：手法与 角度，位置，力法，步法，身法以及概念结合。 1. 踏手冲 Stamping Rushing (ta shou chong) 2. 贯手冲 Piercing Rushing (guan shou chong) 3. 推手冲 Pushing Rushing (tui shou chong)	
3:00-4:00 复习散手	Review Rushing attack meaning, force, and use. Practice Stamping, Piercing and Pushing Rushing attacks. 复习冲的意思，劲力，用法。复习踏手冲，贯手冲，推手冲 用熊形4点和3点步法练法。	
4:00-4:30 复习拆手	Review application of Rushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习冲用法：手法与 角度，位置，力法，步法，身法以及概念结合。	

冲手打法

踏手冲
贯手冲
推手冲

Rushing Strike Attack Methods

Stamping Rushing (ta shou chong)
Piercing Rushing (guan shou chong)
Pushing Rushing (tui shou chong)

7月27日课程时间表 July 27th Class Schedule

靠，穿 Leaning, Penetrating

Time时间	Objective 目标	完成划勾 Complete
8:00-8:45 熊形转圈	Learn and practice the Bear system circle turning method 教熊形转圈方法，特点，和功法要求	
8:45-9:45 靠散手	Introduction to Leaning attacks. Learn meaning, force, and use. Practice Rushing Shoulder, Penetrating Back and Popping Ribs Leaning attacks. 介绍靠的意思，劲力，用法。教冲肩靠，穿背靠，崩肋靠	
9:45-10:15 变化	Learn and practice application of Leaning attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教靠用法: 手法与 角度，位置, 力法，步法，身法以及概念结合。	
拆手	1. 冲肩靠 Rushing Shoulder Leaning 2. 穿背靠 Penetrating Back Leaning 3. 崩肋靠 Popping Ribs Leaning	
10:15-11:15 复习散手	Review Leaning attack meaning, force, and use. Practice Rushing Shoulder, Penetrating Back and Popping Ribs Leaning attacks. 复习靠的意思，劲力，用法。复习冲肩靠，穿背靠，崩肋靠用熊形4点和3点步法练法。	
11:15-11:45 复习拆手	Review application of Leaning attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习靠用法: 手法与 角度，位置，力法，步法，身法以及概念结合。	
1:30-2:30 穿散手	Introduction to Penetrating attacks. Learn meaning, force, and use. Practice Upper, Horizontal, and Lower Penetrating attacks. 介绍穿的意思，劲力，用法。教上手穿，横手穿，下手穿	
2:30-3:00 变化	Learn and practice application of Penetrating attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教穿用法: 手法与 角度，位置, 力法，步法，身法以及概念结合。	
拆手	1. 上手穿 Upper Penetrating (shang shou chuan) 2. 横手穿 Horizontal Penetrating (heng shou chuan) 3. 下手穿 Lower Penetrating (xia shou chuan)	
3:00-4:00 复习散手	Review Penetrating attack meaning, force, and use. Practice Upper, Horizontal, and Lower Penetrating attacks. 复习穿的意思，劲力，用法。复习上手穿，横手穿，下手穿用熊形4点和3点步法练法。	
4:00-4:30 复习拆手	Review application of Leaning attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习穿用法: 手法与 角度，位置，力法，步法，身法以及概念结合。	

靠手打法

冲肩靠
穿背靠
崩肋靠

穿手打法

上手穿
横手穿
下手穿

Leaning Strike Attack Methods

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

Penetrating Attack Methods

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

7月28日课程时间表 July 28th Class Schedule

振，撤 Shocking, Withdrawing

Time时间	Objective 目标	完成划勾 Complete
8:00-8:45 熊形转圈	Practice and review the Bear system circle turning method 纠正熊形转圈方法，特点，和功法要求	
8:45-9:45 振散手	Introduction to Shocking attacks. Learn meaning, force, and use. Practice Turning, Pounding and Back Shocking attacks. 熊形振手介绍：意思，劲力，用法。教转手振，扑手振，背手振	
9:45-10:15 变化	Learn and practice application of Shocking attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教振用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 转手振 Turning Shocking 2. 扑手振 Pounding Shocking 3. 背手振 Back Shocking	
10:15-11:15 复习散手	Review Shocking attack meaning, force, and use. Practice Turning, Pounding and Back Shocking attacks. 复习振的意思，劲力，用法。复习转手振，扑手振，背手振 用熊形4点和3点步法练法。	
11:15-11:45 复习拆手	Review application of Shocking attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习振用法：手法与 角度，位置，力法，步法，身法以及概念结合	
1:30-2:30 撤散手	Introduction to Withdrawing attacks. Learn meaning, force, and use. Practice Removing, Entering, and Back Stepping Withdrawing attacks. 介绍撤的意思，劲力，用法。教抽步撤，进步撤，背步撤	
2:30-3:00 变化	Learn and practice application of Withdrawing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教撤用法：撤法与 角度，位置，力法，步法，身法以及概念结合	
拆手	1. 抽步撤 Removing Withdrawing 2. 进步撤 Entering Withdrawing 3. 背步撤 Back Step Withdrawing	
10:15-11:15 复习散手	Review Withdrawing attack meaning, force, and use. Practice Removing, Entering, and Back Stepping Withdrawing attacks. 复习撤的意思，劲力，用法。复习抽步撤，进步撤，背步撤 用熊形4点和3点步法练法。	
11:15-11:45 复习拆手	Review application of Withdrawing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习撤用法：撤法与 角度，位置，力法，步法，身法以及概念结合	

振手打法

转手振
扑手振
背手振

撤步打法

抽步撤
进步撤
背步撤

Shocking Strike Attack Methods

Turning Shocking (zhuan shou zhen)
Pounding Shocking (pu shou zhen)
Back Shocking (bei shou zhen)

Withdrawing Attack Methods

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

7月29日课程时间表 July 29th Class Schedule

绵，带 Soft, Carrying

Time时间	Objective 目标	完成划勾 Complete
8:00-8:45 熊形转圈	Practice and review the Bear system circle turning method 纠正熊形转圈方法，特点，和功法要求	
8:45-9:45 绵散手	Introduction to Soft attacks. Learn meaning, force, and use. Practice, Grinding, Revolving, and Transforming Soft attacks. 熊形绵手介绍。介绍绵的意思，劲力，用法。教研手绵，转手绵，化手绵	
9:45-10:15 变化	Learn and practice application of Soft attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教绵用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 研手绵 Grinding Soft Attack 2. 转手绵 Revolving Soft Attack 3. 化手绵 Transforming Soft Attack	
10:15-11:15 复习散手	Review Soft attack meaning, force, and use. Practice Grinding, Revolving, and Transforming Soft attacks. 复习绵的意思，劲力，用法。复习研手绵，转手绵，化手绵 用熊形4点和3点步法练法。	
11:15-11:45 复习拆手	Review application of Soft attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习绵用法：手法与 角度，位置，力法，步法，身法以及概念结合	
1:30-2:30 带散手	Introduction to Carrying attacks. Learn meaning, force, and use. Practice Upper, Horizontal, and Lower Carrying attacks. 介绍带的意思，劲力，用法。教上手带，横手带，下手带	
2:30-3:00 变化	Learn and practice application of Carrying attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教带用法：手法与 角度，位置，力法，步法，身法以及概念结合	
拆手	1. 上手带 Upper Carrying 2. 横手带 Horizontal Carrying 3. 下手带 Lower Carrying	
3:00-4:00 复习散手	Review Carrying attack meaning, force, and use. Practice Upper, Horizontal, and Lower Carrying attacks. 复习带的意思，劲力，用法。复习上手带，横手带，下手带 用熊形4点和3点步法练法。	
4:00-4:30 复习拆手	Review application of Carrying attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习带用法：手法与 角度，位置，力法，步法，身法以及概念结合	

绵手打法

研手绵
转手绵
化手绵

带手打法

上手带
横手带
下手带

Soft Attack Methods

Grinding Soft Attack (yan shou mian)
Revolving Soft Attack (zhuan shou mian)
Transforming Soft Attack (hua shou mian)

Carrying Strike Attack Methods

Upper Carrying (shang shou dai)
Horizontal Carrying (heng shou dai)
Lower Carrying (xia shou dai)

7月30日课程时间表 July 30th Class Schedule

随 Following

Time时间	Objective 目标	完成划勾 Complete
8:00-8:45 复习站桩	Review the Bear system strength posture. 复习熊形本桩功法要求和概念。	
8:45-9:45 随散手	Introduction to Following attacks. Learn meaning, force, and use. Practice Covering In, Soft, and Separating Following attacks. 熊形随手介绍。介绍随的意思，劲力，用法。教掩手随，绵手随，分手随	
9:45-10:15 变化	Learn and practice application of Following attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教随用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 掩手随 Covering In Following 2. 绵手随 Soft Following 3. 分手随 Separating Following	
10:15-11:15 复习散手	Review Following attack meaning, force, and use. Practice Covering In, Soft, and Separating Following attacks. 复习随的意思，劲力，用法。复习掩手随，绵手随，分手随 用熊形4点和3点步法练法。	
11:15-11:45 复习拆手	Review application of Following attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习随用法：手法与 角度，位置，力法，步法，身法以及概念结合	
1:30-2:30 套路里散手	1. Train attacks 1-4 from Windmill Leaning form 教风轮靠套路里动作 1-4 2. Train attacks 1-4 from Reversing the body Shocking form 教返身振套路里动作 1-4	
2:30-3:00 变化	Learn and practice application of form sequences and these concepts: technique and angle, position, use of force, footwork, body movement 教套路动作用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 风轮靠套路里动作 1-4 用法 2. 返身振套路里动作 1-4 用法	
3:00-4:00 套路散手	1. Train attacks 1-4 from Moving with the force Soft form 教顺式绵套路里动作 1-4 2. Train attacks 1-4 from Moving with the force Following form 教顺式随套路里动作 1-4	
4:00-4:30 变化	Learn and practice application of form sequences and these concepts: technique and angle, position, use of force, footwork, body movement 教套路动作用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 教顺式绵套路里动作 1-4 用法 2. 教顺式随套路里动作 1-4 用法	

随手打法

掩手随
绵手随
分手随

Following Attack Methods

Covering In Following Attack (yan shou sui)
Soft Following Attack (mian shou sui)
Separating Following Attack (fen shou sui)

风轮靠

1. 抽/撤进步 踏手冲
2. 上步 / 向内转手带 / 穿手式背靠
3. 向内捍掩 / 背步 / 横手式靠
4. 上步 / 下冲式肩靠(副手下带)
5. 背撤步 / 向后钩挂式肩靠
6. 向内捍转 / 上步 / 横手式靠
7. 绕上步 / 贯手冲式还原

返身振

1. 抽/撤进步 踏手冲
2. 击上半步 / 臂手式振
3. 下按 / 上步 / 单手振
4. 击上半步 / 滚手振
5. 背步 / 摔掌 / 击上半步背手振
6. 上步 / 转身振
7. 绕上步 / 盖冲式还原

顺式绵

1. 抽/撤进步 踏手冲
2. 上步 / 向内捍掩 / 转手绵
3. 顺式往外拨转 / 绕上步 / 冲手式化手绵
4. 向内捍掩 / 上步 / 研手式下绵
5. 搂带手 / 绕上步 / 摩手绵
6. 上步 / 研手绵
7. 绕上步 / 贯手冲式还原

顺式随

1. 抽/撤进步 踏手冲
2. 上步 / 捂手式随
3. 搂带 / 绕上步 / 绵手随
4. 上步 / 分手随
5. 下按 / 绕上步 / 绵手随
6. 上步 / 掩手随
7. 绕上步 / 贯手冲式还原

Windmill Leaning

- Withdrawing advance into a Stamping Rushing attack
Advance step, inward turning carry, Penetrating Back Lean
Cover inward, back step, Horizontal Lean
Advance step, Low Rushing Shoulder Lean (support hand grabs)
Back withdraw step, Back Hooking Shoulder Lean
Cover inward, advance step, Horizontal Lean
Advance around, Piercing Rushing return to the beginning

Reversing the body Shocking

- Withdrawing advance into a Stamping Rushing attack
Half advance step, Forearm Shocking attack
Press down, advance step, Single Hand Shocking attack
Half advance step, Rolling Shocking attack
Back step, Flinging Palm, half advance step, Back Shocking
Advance step, Turning Body Shock
Advance around, Covering Shock return to the beginning

Moving with the force Soft Attack

- Withdrawing advance into a Stamping Rushing attack
Advance step, cover inward, Revolving Soft attack
Clear outward, advance around, Rushing Transforming Soft attack
Cover inward, advance step, Grinding Low Soft attack
Scooping Carry, advance around, Rubbing Soft attack
Advance step, Grinding Soft attack
Advance around, Piercing Rushing return to the beginning

Moving with the force Following Attack

- Withdrawing advance into a Stamping Rushing attack
Advance step, Covering Following attack
Scooping Carry, advance around, Soft Following attack
Advance step, Separating Following attack
Press down, advance around, Soft Following attack
Advance step, Covering Following attack
Advance around, Piercing Rushing return to the beginning

尹氏八卦掌离卦鸡形学习目标

Li Trigram Rooster System Objectives

Objective 目标	完成划勾 Complete
1. Understand Rooster system fighting strategy 介绍鸡形卧式掌技击方法(战备概念，特点，变化，等)	
2. Understand Rooster system force generation body mechanics 教鸡形发力方法	
3. Understand the meaning and force of the Rooster System foundational Dodging, Extending, Rising, Shifting, Entering, Whipping, Rushing and Piercing attack methods. 教鸡形闪，展，腾，挪，进，挞，冲，扎 本意 以及劲力	
4. Learn, train, and use the 24 foundational Dodging, Extending, Rising, Shifting, Entering, Whipping, Rushing and Piercing strikes 教 24 个基本闪，展，腾，挪，进，挞，冲，扎打法以及用法	
5. Learn, understand and train the Rooster system strengthening posture. 教鸡形本桩站桩功法要求和概念	
6. Learn, understand and train the developmental methods and special characteristics of Rooster system circle turning training. 教鸡形转圈方法，特点，和功法要求	
7. Learn, understand, train, and apply the three foundational Rooster system direction change methods. 教鸡形 3 个基本换式法：动作，身法，步法，用法与变化。	

離卦雞形學

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

Li Trigram Rooster System Theory

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

8月2日课程时间表 August 2nd Class Schedule

闪 Dodging

Time时间	Objective 目标	完成划勾 Complete
8:00-8:45 鸡形介绍 和站桩	Introduction to Rooster system. / strength posture. 鸡形卧式掌概括介绍。 教鸡形本桩功法要求和概念。	
8:45-9:30 基本换式	Learn and practice the three foundational direction change methods of Rooster system 教鸡形三个基本换式法	
9:30-10:15 拆手	Learn and practice application of direction changes and these concepts: technique and angle, position, use of force, footwork, body movement 教鸡形基本换式用法：手法与 角度，位置，力法，步法，身法以及概念结合	
10:15-11:00 蛇形基本换式	Learn and practice the three foundational direction change methods of Snake system 教蛇形三个基本换式法	
11:00-11:45 蛇形基本换式拆手	Learn and practice application of direction changes and these concepts: technique and angle, position, use of force, footwork, body movement 教蛇形基本换式用法：手法与 角度，位置，力法，步法，身法以及概念结合	
1:30-2:30 闪散手	Introduction to Dodging attacks. Learn meaning, force, and use. Practice Whirling Body, Moving With the Force and Lying Dodging attacks. 介绍闪的意思，劲力，用法。教旋身闪，顺式闪，卧式闪	
2:30-3:00 变化 拆手	Learn and practice application of Dodging attacks and these concepts: technique and angle, use of force, footwork, body movement 教闪用法: 手法与 角度，位置，力法，步法，身法以及概念结合。 1. 旋身闪 Whirling Body Dodging 2. 顺式闪 Moving With the Force Dodging 3. 卧式闪 Lying Dodging	
3:00-4:00 复习散手	Review Dodging attack meaning, force, and use. Practice Upper, Horizontal, and Lower Dodging attacks. 复习闪的意思，劲力，用法。复习旋身闪，顺式闪，卧式闪 用鸡形4点和3点步法练法。	
4:00-4:30 复习拆手	Review application of Dodging attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习闪用法：手法与 角度，位置，力法，步法，身法以及概念结合	

闪手打法

旋身闪
顺式闪
卧式闪

Dodging Attack Methods

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

8月3日课程时间表 August 3rd Class Schedule

进，展 Entering, Extending

Time时间	Objective 目标	完成划勾 Complete
8:00-8:45 鸡形转圈	Learn and practice the Rooster system circle turning method 教鸡形转圈方法，特点，和功法要求	
8:45-9:45 进散手	Introduction to Entering attacks. Learn meaning, force, and use. Practice Lying Entering, Wiping Entering, and Fist Entering attacks. 介绍进的意思，劲力，用法。教卧式进，抹手进，拳手进	
9:45-10:15 变化	Learn and practice application of Entering attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教进用法: 手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 卧式进 Lying Entering (wo shi jin) 2. 抹手进 Wiping Entering (ma shou jin) 3. 拳手进 Fist Entering (quan shou jin)	
10:15-11:15 复习散手	Review Entering attack meaning, force, and use. Practice Lying Entering, Wiping Entering, and Fist Entering attacks. 复习进的意思，劲力，用法。复习卧式进，抹手进，拳手进用鸡形4点和3点步法练法。	
11:15-11:45 复习拆手	Review application of Entering attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习进用法: 手法与 角度，位置，力法，步法，身法以及概念结合	
2:00-2:30 展散手	Introduction to Extending attacks. Learn meaning, force, and use. Practice Covering, Wiping and Whirling Extending attacks. 介绍展的意思，劲力，用法。教捂手展，抹手展，旋手展	
2:30-3:00 变化	Learn and practice application of Extending attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教展用法: 手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 搗手展 Covering Extending (wu shou zhan) 2. 抹手展 Wiping Extending (ma shou zhan) 3. 旋手展 Whirling Extending (xuan shou zhan)	
3:00-4:00 复习散手	Review Extending attack meaning, force, and use. Practice Covering, Wiping and Whirling Extending attacks. 复习展的意思，劲力，用法。复习捂手展，抹手展，旋手展用鸡形4点和3点步法练法。	
4:00-4:30 复习	Review application of Extending attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习展用法: 手法与 角度，位置，力法，步法，身法以及概念结合	

進手打法

抹手進
閃手進
拳手進

展手打法

搗手展
抹手展
旋手展

Entering Strike Attack Methods

Wiping Entering attack (ma shou jin)
Dodging Entering attack (shan shou jin)
Fist Entering attack (quan shou jin)

Extending Strike Attack Methods

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

8月4日课程时间表 August 4th Class Schedule

撻，騰 Whipping, Rising

Time时间	Objective 目标	完成划勾 Complete
8:00-8:45 鸡形转圈	Practice and review the Rooster system circle turning method 纠正鸡形转圈方法，特点，和功法要求	
8:45-9:45 撻散手	Introduction to Rooster Whipping attacks. Learn meaning, force, and use. Practice Whisking, Wiping, and Thrashing Whipping attacks. 介绍鸡形撻的意思，劲力，用法。教揮手撻，抹手撻，抽手撻	
9:45-10:15 变化	Learn and practice application of Whipping attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教撻用法: 手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 揮手撻 Whisking Whipping 2. 抹手撻 Wiping Whipping 3. 抽手撻 Thrashing Whipping	
10:15-11:15 复习散手	Review Whipping attack meaning, force, and use. Practice Whisking, Wiping, and Thrashing Whipping attacks. 复习撻的意思，劲力，用法。复习揮手撻，抹手撻，抽手撻 用鸡形4点和3点步法练法。	
11:15-11:45 复习拆手	Review application of Whipping attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习撻用法: 手法与 角度，位置，力法，步法，身法以及概念结合	
2:00-2:30 騰散手	Introduction to Rooster Rising attacks. Learn meaning, force, and use. Practice Lying, Single Hand, and Whirling Rising attacks. 介绍鸡形騰的意思，劲力，用法。教臥式騰，單手騰，旋手騰	
2:30-3:00 变化	Learn and practice application of Rising attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教騰用法: 手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 臥式騰 Lying Rising (wo shi teng) 2. 單手騰 Single Hand Rising (dan shou teng) 3. 旋手騰 Whirling Rising (xuan shou teng)	
3:00-4:00 复习散手	Review Rising attack meaning, force, and use. Practice Lying, Single Hand, and Whirling Rising attacks. 复习騰的意思，劲力，用法。复习臥式騰，單手騰，旋手騰 用鸡形4点和3点步法练法。	
4:00-4:30 复习	Review application of Rising attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习騰用法: 手法与 角度，位置，力法，步法，身法以及概念结合	

撻手打法

揮手撻
抹手撻
抽手撻

騰手打法

臥式騰
單手騰
旋手騰

Whipping Strike Attack Methods

Whisking Whipping attack (dan shou ta)
Wiping Whipping attack (ma shou ta)
Thrashing Whipping attack (chou shou ta)

Rising Attack Methods

Lying Step Rising (wo shi teng)
Single Hand Rising (dan shou teng)
Whirling Rising (xuan shou teng)

8月5日课程时间表 August 5th Class Schedule

冲，挪 Rushing, Shifting

Time时间	Objective 目标	完成划勾 Complete
8:00-8:45 鸡形转圈	Practice and review the Rooster system circle turning method 纠正鸡形转圈方法，特点，和功法要求	
8:45-9:45 冲散手	Introduction to Rooster Rushing attacks. Learn meaning, force, and use. Practice Lying, Shifting, and Rising Rushing attacks. 介绍鸡形冲的意思，劲力，用法。教卧式冲，挪手冲，腾手冲	
9:45-10:15 变化	Learn and practice application of Rushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教冲用法: 手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 卧式冲 Lying Rushing (wo shi chong) 2. 挪手冲 Shifting Rushing (nuo shou chong) 3. 腾手冲 Rising Rushing (teng shou chong)	
10:15-11:15 复习散手	Review Rushing attack meaning, force, and use. Practice Lying, Shifting, and Rising Rushing attacks. 复习冲的意思，劲力，用法。复习卧式冲，挪手冲，腾手冲 用鸡形 4 点和 3 点步法练法。	
11:15-11:45 复习拆手	Review application of Rushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习冲用法: 手法与 角度，位置，力法，步法，身法以及概念结合	
1:30-2:30 挪散手	Introduction to Rooster Shifting attacks. Learn meaning, force, and use. Practice Whirling, Closing / Squeezing In, and Grinding Shifting attacks. 介绍鸡形挪的意思，劲力，用法。教卧式挪，单手挪，旋手挪	
2:30-3:00 变化	Learn and practice application of Shifting attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教挪用法: 手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 旋手挪 Whirling Shifting (xuan shou nuo) 2. 掩手挪 Closing / Squeezing In Shifting (yan shou nuo) 3. 研手挪 Grinding Shifting (yan shou nuo)	
3:00-4:00 复习散手	Review Shifting attack meaning, force, and use. Practice Lying, Single Hand, and Whirling Shifting attacks. 复习挪的意思，劲力，用法。复习卧式挪，单手挪，旋手挪 用鸡形 4 点和 3 点步法练法。	
4:00-4:30 复习	Review application of Shifting attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习挪用法: 手法与 角度，位置，力法，步法，身法以及概念结合	

冲手打法

挪手冲
腾手冲
卧式冲

挪手打法

旋手挪
掩手挪
研手挪

Rushing Attack Methods

Shifting Rushing Attack (nuo shou chong)
Rising Rushing Attack (teng shou chong)
Lying Rushing Attack (wo shi chong)

Shifting Attack Methods

Whirling Shifting (xuan shou nuo)
Closing / Squeezing In Shifting (yan shou nuo)
Grinding Shifting (yan shou nuo)

8月6日课程时间表 August 6th Class Schedule

扎 Piercing

Time时间	Objective 目标	完成划勾 Complete
8:00-8:45 复习站桩	Review the Rooster system strength posture. 复习鸡形本桩功法要求和概念。	
8:45-9:45 扎散手	Introduction to Piercing attacks. Learn meaning, force, and use. Practice Whirling, Whipping, and Wiping Piercing attacks. 鸡形扎手介绍。介绍扎的意思，劲力，用法。教旋手扎，撻手扎，抹手扎	
9:45-10:15 变化	Learn and practice application of Piercing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教扎用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 旋手扎 Whirling Piercing (xuan shou zha) 2. 撻手扎 Whipping Piercing (ta shou zha) 3. 抹手扎 Wiping Piercing (ma shou zha)	
10:15-11:15 复习散手	Review Piercing attack meaning, force, and use. Practice Whirling, Whipping, and Wiping Piercing attacks. 复习扎的意思，劲力，用法。复习旋手扎，撻手扎，抹手扎 用鸡形4点和3点步法练法。	
11:15-11:45 复习拆手	Review application of Piercing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习扎用法：手法与 角度，位置，力法，步法，身法以及概念结合	
1:30-2:30 套路里散手	1. Train attacks 1-4 from Moving with the force Entering form 教顺式进套路里动作 1-4 2. Train attacks 1-4 from Turning the back Whipping form 教背身撻套路里动作 1-4	
2:30-3:00 变化	Learn and practice application of form sequences and these concepts: technique and angle, position, use of force, footwork, body movement 教套路动作用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 顺式进套路里动作 1-4 用法 2. 背身撻套路里动作 1-4 用法	
3:00-4:00 套路散手	1. Train attacks 1-4 from Turning the back Rushing form 教背身冲套路里动作 1-4 2. Train attacks 1-4 from Holding & Lifting Piercing form 教平托扎套路里动作 1-4	
4:00-4:30 变化	Learn and practice application of form sequences and these concepts: technique and angle, position, use of force, footwork, body movement 教套路动作用法：手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 教背身冲套路里动作 1-4 用法 2. 教平托扎套路里动作 1-4 用法	

扎手打法

旋手扎
撻手扎
抹手扎

Piercing Attack Methods

Whirling Piercing Attack (xuan shou zha)
Whipping Piercing Attack (ta shou zha)
Wiping Piercing Attack (ma shou zha)

顺式进

1. 横抹
2. 上步/抹手进
3. 平抹/绕上步/闪手进
4. 斜上步/登手进 (头部)
5. 绕上步旋手挪
6. 斜上步拳手进
7. 绕上步挪手冲,还原

背身撻

1. 抹手/向内旋转/斜上步
向外接手/撻打章门
2. 撤步回转身/抹手撻/前弹
斜上步/抽手撻
3. 背撤步/领手内含肩打
4. 斜上步/ 撻手撻
5. 向内闪化/ 背步转身/领手/内手闪式撻
6. 斜上步/下按/撻手撻
7. 绕上步/卧式冲式还原

背身冲

1. 抹手/斜上步/顺式闪 (副手下按)
2. 撤步回转身/抹手/斜上步/单手腾手冲
3. 背撤步 / 向外抹 / 擦阴掌
4. 转手 / 斜上步 / 卧式冲
5. 背步转身 / 向外抹 / 卧式进
6. 斜上步 / 挪手冲
7. 绕上步 / 卧式冲式还原

平托扎

1. 横抹/向下旋转/直上步/下按/旋手扎
2. 横撤步/向下扣劈/斜上步/旋手扎
3. 绕上步/下按/弹手扎
4. 向外挂/直上步/下手扎
5. 撤拉步/向外带/斜上步/旋手扎
6. 扣收步/转身闪/上步/抡手劈式扎
7. 斜上步/旋身闪式还原

Moving with the force Entering

Wipe attack
Advance step, Wiping Entering
Level Wipe across, advance around, Dodging Entering
Angle advance, Treading Entering attack to head
Advance around, Whirling Shifting attack
Angle advance, Fist Entering attack
Advance around, Shifting Rushing, return to the beginning

Turning the back Whipping

Wipe, rotate inward, angular advance,
clear outward, Whip attack *zhangmen* area
Withdraw step and turn body, Wiping Whip, Shooting attack,
angular advance, Thrashing Whipping attack
Withdrawing back step, Leading attack containing Shoulder Strike
Angular advance step, Whisking Whipping attack
Dodging transform in, back step & turn, Leading, Inside Dodging whip
Angular advance, press downward, Whisking Whipping attack
Advance around, Lying Rushing return to the beginning

Turning the back Rushing Attack

Wipe attack, angular adv., Flowing Dodging (support hand press)
Withdraw step & turn back, Wipe, angle adv., Single Rising Rush
Back withdrawing step, Wipe outward, Arc to the crotch palm
Turn the hand, angular advance, Lying Rushing attack
Back step & turn body, Wipe outward, Lying (dodging) Entering
Angular advance, Shifting Rushing attack
Advance around Lying Rushing return to the beginning

Holding & Lifting Piercing Attack

Wipe, whirl down, straight advance, press down, Whirling Piercing
Horizontal withdraw step, capture chop down, angle adv., Whirling Pierce
Advance around, press down, Shooting Piercing attack
Hook outward, straight advance step, Low Piercing
Withdraw step back, Carry down, angular advance, Whirling Pierce
Hook step back in, turning body dodge, advance step, Swing Chop Pierce
Angular advance, Whirling Body Dodging return to the beginning

尹氏八卦十二字令

Twelve Guiding Principles of Yin Style Bagua

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

尹氏八卦九功法

Nine Special Skills of Yin Style Bagua

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