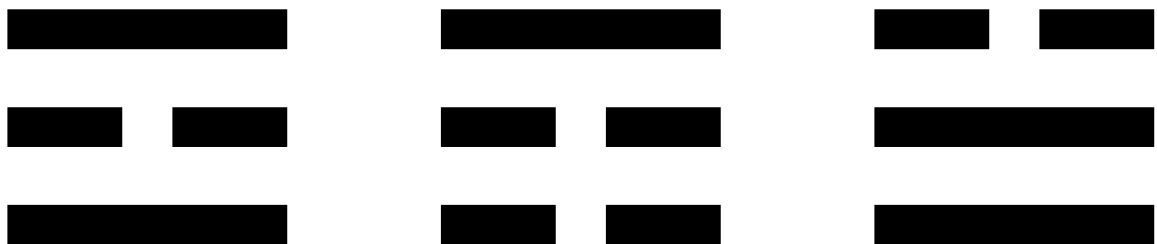




Yin Style Bagua Combatives

Training Intensive
London 2016

尹氏八卦掌技击功法培训
伦敦 2016年



三 離卦雞形學

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

Li Trigram Rooster System Theory

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

July 2 - 5 Objectives

7月2日-5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 Rushing, Dodging, Extending, Shifting, Piercing, and Rising attack methods.

教鸡形冲, 闪, 展, 挪, 扎, 腾 本意 以及劲力

4. Learn, train, and use the 18 foundational Rushing, Dodging, Extending, Shifting, Piercing, and Rising strikes

教18个基本冲, 闪, 展, 挪, 扎, 腾 打法以及用法

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, 和功法要求

6. Learn, understand, train, and apply the Rooster system forms: Interlocking Extending and Reversing the Body Rising.

教鸡形套路: 连环展, 返身腾: 动作, 身法, 步法, 用法与变化。

7月2日- 上午 Saturday, July 2 - morning

三 冲 组合散手 Rushing combinations

800-810 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

810-830 鸡形站桩 Strength Posture Training

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挞冲扎的劲力

830-900 冲基本散手 Foundational Rushing Strikes

教挪手冲, 卧式冲, 腾手冲 Introduction to three foundational Rushing strikes

目标: 教冲的劲力特点, 鸡形发力方法特点, 三个基本冲散手的区别

900-930 冲基本散手加步法 Rushing Strikes with Footwork

三个基本冲加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

930-1000 冲拆手 Foundational Rushing Strike Application

拆三个基本冲 Apply the three foundational Rushing strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

1000-1100 冲组合散手 Rushing Strike Combinations

三个基本冲组合散手 Combinations of the three foundational Rushing strikes

目标: 组合散手劲力的转换

1100-1130 拆冲组合散手 Rushing Combination Application

拆冲组合散手 Apply Rushing strike combinations

目标: 组合散手劲力的转换

冲手打法 Rushing Attack Methods

挪手冲	Shifting Rushing Attack	(nuó shǒu chōng)
腾手冲	Rising Rushing Attack	(téng shǒu chōng)
卧式冲	Lying Rushing Attack	(wò shì chōng)

备注 Notes:

7月2日- 下午 Saturday, July 2 - afternoon

三 闪 + 冲 组合散手 Dodging + Rushing

100-130 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

130-200 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

200-230 闪拆手 Foundational Dodging Attack Application

拆三个基本闪 Apply the three foundational Dodging attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

230-330 冲 + 闪组合散手 Rushing + Dodging Combinations

冲与闪组合散手 Rushing and Dodging strikes in combination

目标：组合散手劲力的转换

330-430 冲 + 闪组合拆手 Rushing + Dodging Application

拆冲与闪组合散手 Apply Rushing and Dodging strike combinations

目标：组合散手劲力的转换

闪手打法

Dodging Attack Methods

旋身闪

Whirling Body Dodging

(xuán shēn shǎn)

顺式闪

Moving With the Force Dodging

(shùn shì shǎn)

卧式闪

Lying Dodging

(wò shì shǎn)

备注 Notes:

7月3日- 上午 Sunday, July 3 - morning

三 展 组合散手 Extending combinations

800-850 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

900-930 展基本散手 Foundational Extending Strikes

教搗手展，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

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

1000-1100 展组合散手 Extending Strike Combinations

三个基本展组合散手 Combinations of the three foundational Extending strikes

目标：组合散手劲力的转换

1100-1130 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

展手打法 Extending Strike Attack Methods

搗手展 Covering Extending Strike (wǔ shǒu zhǎn)

抹手展 Wiping Extending Strike (mā shǒu zhǎn)

旋手展 Whirling Extending Strike (xuán shǒu zhǎn)

备注 Notes:

7月3日- 下午 Sunday, July 3 - afternoon

三 展套路, 展加腿法 Extending Form, Kicks

100-145 复习展散手 Review Foundational Extend Attacks

复习搗手展, 抹手展, 旋手展 Review the three foundational Extending strikes

目标: 加深理解展的劲力特点, 鸡形发力方法特点

145-230 连环展套路 Interlocking Extending form

教连环展套路, 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

230-315 连环展拆手 Application of Extending Form

拆连环展套路 Apply the Interlocking Extending form

目标: 拆展手法与连环身法以及步法的击技应用

315-345 复习套路 Review Extending Form

复习连环展套路 Review the Interlocking Extending form

目标: 加深理解套路内的身法以及步法作用

345-430 展 + 猴形连环腿法 Extend Strikes + Kicks

鸡形展与猴形 屈, 踮, 蹠, 跨, 劈, 摆, 结, 蹲 任意组合

强调尹氏八卦“使腿不显腿, 用腿不见腿”和连环腿组合使用

连环展套路

1. 抹打
2. 挺手掌 / 向内旋转 / 上步抹手展
3. 向内旋转闪化 / 撤回步 / 上步 劈手式推手展
4. 向外叼拿 / 绕上步 / 搗手展
5. 斜上步 / 抹手展
6. 向内闪化 / 绕上步抹手展
7. 向内转身 顺化成卧式冲 还原

Interlocking Extending Form

Wipe Strike
Palm strike / rotate in / adv. step Wipe Extend
Transform in / withdraw / adv. and Chopping Extend
Grab carry / adv. around / Covering Extend
Angle advance and Wipe Extend
Dodge transform in / adv. around and Wipe Extend
Turn the body in, force transform to Lying Rushing

备注 Notes:

7月4日- 上午 Monday, July 4 - morning

三 挪 组合散手 Shifting combinations

800-830 鸡形站桩 Strength Posture Training

复习以及加深理解鸡形本桩 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

830-900 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

900-930 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

930-1000 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

1000-1100 挪组合散手 Shifting Strike Combinations

三个基本挪组合散手 Combinations of the three foundational Shifting strikes

目标：组合散手劲力的转换

1100-1130 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

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)

备注 Notes:

7月4日- 下午 Monday, July 4 - afternoon

三 挪 + 扎 组合散手 Shifting + Piercing

100-130 扎基本散手 Foundational Piercing Attacks

教旋手扎，撻手扎，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

130-200 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

200-230 扎拆手 Foundational Piercing Attack 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

230-300 扎 + 挪组合散手 Piercing + Shifting Combinations

扎与挪组合散手 Piercing and Shifting strikes in combination

目标：组合散手劲力的转换

300-430 扎 + 挪组合拆手 Piercing + Shifting Application

拆扎与挪组合散手 Apply Piercing and Shifting strike combinations

目标：组合散手劲力的转换

扎手打法

Piercing Attack Methods

旋手扎	Whirling Piercing Attack	(xuán shǒu zhā)
撻手扎	Whipping Piercing Attack	(tà shǒu zhā)
抹手扎	Wiping Piercing Attack	(mā shǒu zhā)

备注 Notes:

7月5日- 上午 Tuesday, July 5 - morning

三 腾 组合散手 Rising combinations

800-850 鸡形转圈 Circle Turning Training

加深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

900-930 腾基本散手 Foundational Rising Strikes

教卧式腾, 单手腾, 旋手腾 Introduction to three foundational Rising strikes

目标: 教腾的劲力特点, 鸡形发力方法特点, 三个基本腾散手的区别

900-930 腾基本散手加步法 Rising Strikes with Footwork

三个基本腾加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

930-1000 腾拆手 Foundational Rising Strike Application

拆三个基本腾 Apply the three foundational Rising strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

1000-1100 腾组合散手 Rising Strike Combinations

三个基本腾组合散手 Combinations of the three foundational Rising strikes

目标: 组合散手劲力的转换

1100-1130 拆腾组合散手 Rising Combination Application

拆腾组合散手 Apply Rising strike combinations

目标: 组合散手劲力的转换

腾手打法	Rising Strike Attack Methods	
卧式腾	Lying Rising	(wò shì téng)
单手腾	Single Hand Rising	(dān shǒu téng)
旋手腾	Whirling Rising	(xuán shǒu téng)

备注 Notes:

7月5日- 下午 Tuesday, July 5 - afternoon

三 腾套路, 腾加腿法 Rising Form, Kicks

100-145 复习腾散手 Review Foundational Rising Attacks

复习卧式腾, 单手腾, 旋手腾 Review the three foundational Rising strikes

目标: 加深理解腾的劲力特点, 鸡形发力方法特点

145-230 返身腾套路 Reversing the Body Rising form

教返身腾套路, 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

230-315 返身腾拆手 Application of Rising Form

拆返身腾套路 Apply the Reversing the Body Rising form

目标: 拆腾手法与返身身法以及步法的击技应用

315-345 复习套路 Review Rising Form

复习返身腾套路 Review the Reversing the Body Rising form

目标: 加深理解套路内的身法以及步法作用

345-430 腾 + 猴形连环腿法 Rising Strikes + Kicks

鸡形腾与猴形 屈, 踮, 蹦, 跨, 劈, 摆, 结, 蹲 任意组合

强调尹氏八卦“使腿不显腿, 用腿不见腿”和连环腿组合使用

返身腾套路

1. 抹打
2. 向下搂带 / 斜上步 扛肘式腾
3. 撤背步 刮手式腾
4. 刁腕 斜上步 托手式腾
5. 向内捍掩 并收步
6. 击上步 旋手腾
7. 绕上步 旋身闪 还原

Reversing the Body Rising Form

- Wipe Strike
- Carry down / angle advance Propping Up Elbow Rising
- Back withdraw step and Scraping Rising attack
- Grasp the wrist, angle advance and Lifting Rising
- Cover in, Dodge in bringing the feet together
- Advance step and Whirling hand Rising attack
- Advance around and Whirling Body Dodge attack

备注 Notes:

☶ 艮卦熊形學

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

Gen Trigram Bear System Theory

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

July 8 - 11 Objectives

7月8日－11日 目标

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 foundational Rushing, Soft, Carrying, Shocking, Leaning, and Withdrawing attack methods.

教熊形冲，绵，带，振，靠，撤本意以及劲力

4. Learn, train, and use the 18 foundational Rushing, Soft, Carrying, Shocking, Leaning, and Withdrawing strikes

教18个基本冲，绵，带，振，靠，撤打法以及用法

5. 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

6. Learn, understand, train, and apply the Bear system forms: Windmill Carrying and Interlocking Withdrawing

教熊形套路：风轮带，连环撤：动作，身法，步法，用法与变化。

7月8日- 上午 Friday, July 8 - morning

☯ 冲 组合散手 Rushing combinations

800-810 艮卦熊形概括介绍 Bear System Introduction

介绍艮卦熊形背身掌风格特点 Understanding Bear System Characteristics

目标: 介绍熊形技击战略特点, 发力方法, 以及功法

810-830 熊形站桩 Strength Posture Training

教熊形本桩 Bear System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含冲穿撤带靠振绵随的劲力

830-900 冲基本散手 Foundational Rushing Strikes

教踏手冲, 贯手冲, 盖手冲 Introduction to three foundational Rushing strikes

目标: 教冲的劲力特点, 熊形发力方法特点, 三个基本冲散手的区别

900-930 冲基本散手加步法 Rushing Strikes with Footwork

三个基本冲加3点, 4点步法 (上 / 背, 全上)

目标: 练习手与脚合, 艮卦熊形的后背, 腰, 腿 协调

930-1000 冲拆手 Foundational Rushing Strike Application

拆三个基本冲 Apply the three foundational Rushing strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

1000-1100 冲组合散手 Rushing Strike Combinations

三个基本冲组合散手 Combinations of the three foundational Rushing strikes

目标: 组合散手劲力的转换

1100-1130 拆冲组合散手 Rushing Combination Application

拆冲组合散手 Apply Rushing strike combinations

目标: 组合散手劲力的转换

冲手打法 Rushing Attack Methods

踏手冲	Stamping Rushing Attack	(tà shǒu chōng)
贯手冲	Piercing Rushing Attack	(guàn shǒu chōng)
盖手冲	Covering Rushing Attack	(gài shǒu chōng)

备注 Notes:

7月8日- 下午 Friday, July 8 - afternoon

☰ 冲 + 绵 组合散手 Rushing + Soft

100-130 绵基本散手 Foundational Soft Attacks

教研手绵，转手绵，化手绵 Introduction to three foundational Soft attacks

目标：教绵的劲力特点，熊形绵随力方法特点，三个基本绵散手的区别

130-200 绵基本散手加步法 Soft Attacks with Footwork

三个基本绵加3点，4点步法 (上 / 背，全上)

目标：练习手脚合，艮卦熊形的后背，腰，腿 协调

200-230 绵拆手 Foundational Soft Attack Application

拆三个基本绵 Apply the three foundational Soft attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

230-330 冲 + 绵组合散手 Rushing + Soft Combinations

冲与绵组合散手 Rushing and Soft strikes in combination

目标：组合散手劲力的转换

330-430 冲 + 绵组合拆手 Rushing + Soft Application

拆冲与绵组合散手 Apply Rushing and Soft strike combinations

目标：组合散手劲力的转换

绵手打法

Soft Attack Methods

研手绵	Grinding Soft Attack	(yán shǒu mián)
转手绵	Revolving Soft Attack	(zhuàn shǒu mián)
化手绵	Transforming Soft Attack	(huà shǒu mián)

备注 Notes:

7月9日- 上午 Saturday, July 9 - morning

三 带 组合散手 Carrying combinations

800-850 熊形转圈 Circle Turning Training

教熊形转圈方法以及基本换式 Bear 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

900-930 带基本散手 Foundational Carrying Attacks

教横手带，上手带，下手带 Introduction to three foundational Carrying attacks

目标：教带的劲力特点，熊形发力方法特点，三个基本带散手的区别

930-1000 带基本散手加步法 Carrying Attacks with Footwork

三个基本带加3点，4点步法(上 / 背，全上)

目标：练习手与脚合，艮卦熊形的后背，腰，腿 协调

1000-1100 带组合散手 Carrying Attack Combinations

三个基本带组合散手 Combinations of the three foundational Carrying attacks

目标：组合散手劲力的转换

1100-1130 拆带组合散手 Carrying Combination Application

拆带组合散手 Apply Carrying attack combinations

目标：组合散手劲力的转换

带手打法 Carrying Attack Methods

横手带	Horizontal Carrying attack	(héng shǒu dài)
上手带	Upper Carrying attack	(shàng shǒu dài)
下手带	Low Carrying attack	(xià shǒu dài)

备注 Notes:

7月9日- 下午 Saturday, July 9 - afternoon

三 带套路, 带加腿法 Carrying Form, Kicks

100-145 复习带散手 Review Foundational Carrying Attacks

复习横手带, 上手带, 下手带 Review the three foundational Carrying attacks

目标: 加深理解带的劲力特点, 熊形发力方法特点

145-230 风轮带套路 Windmill Carrying form

教风轮带套路, 解释风轮的风格 Learn form and Windmill characteristics

目标: 教套路内的身法以及步法作用

230-315 风轮带拆手 Application of Carrying Form

拆风轮带套路 Apply the Windmill Carrying form

目标: 拆带手法与风轮身法以及步法的击技应用

315-345 复习套路 Review Carrying Form

复习风轮带套路 Review the Windmill Carrying form

目标: 加深理解套路内的身法以及步法作用

345-430 带 + 猴形连环腿法 Carry Attacks + Kicks

熊形带与猴形 屈, 踮, 蹦, 跨, 劈, 摆, 结, 蹲 任意组合

强调尹氏八卦“使腿不显腿, 用腿不见腿”和连环腿组合使用

风轮带套路

1. 抽 / 撤步 踏手冲
2. 翻手搂带 斜上步 上手带
3. 背撤步 转身 下手带
4. 斜上步 下手带
5. 翻转 背撤步 旋转式带
6. 斜上步 横手带
7. 绕上步 贯冲式还原

Windmill Carrying Form

Withdraw / advance and Stamping Rushing strike
Lead down / angle advance and High Carry
Withdraw back step, turn body and Low Carry
Angle advance and Low Carry attack
Turn over, back withdraw and Whirling Carry
Angle advance and Horizontal Carry attack
Advance around and Piercing Rushing attack

备注 Notes:

7月10日- 上午 Sunday, July 10 - morning

三 振 组合散手 Shocking combinations

800-830 熊形站桩 Strength Posture Training

复习以及加深理解熊形本桩 Bear System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含冲穿撒带靠振绵随的劲力

830-900 振基本散手 Foundational Shocking Strikes

教转手振，扑手振，背手振 Introduction to three foundational Shocking strikes

目标：教振的劲力特点，熊形发力方法特点，三个基本振散手的区别

900-930 振基本散手加步法 Shocking Strikes with Footwork

三个基本振加3点，4点步法(上 / 背，全上)

目标：练习手与脚合，艮卦熊形的后背，腰，腿 协调

930-1000 振拆手 Foundational Shocking Strike Application

拆三个基本振 Apply the three foundational Shocking strikes

目标：手法与 概念，角度，位置，力法变化，身法 结合

1000-1100 振组合散手 Shocking Strike Combinations

三个基本振组合散手 Combinations of the three foundational Shocking strikes

目标：组合散手劲力的转换

1100-1130 拆振组合散手 Shocking Combination Application

拆振组合散手 Apply Shocking strike combinations

目标：组合散手劲力的转换

振手打法 Shocking Strike Methods

转手振	Turning Shocking	(zhuàn shǒu zhèn)
扑手振	Pounding Shocking	(pū shǒu zhèn)
背手振	Back Shocking	(bèi shǒu zhèn)

备注 Notes:

7月10日- 下午 Sunday, July 10 - afternoon

三 振 + 靠 组合散手 Shocking + Leaning

100-130 靠基本散手 Foundational Leaning Attacks

教冲肩靠，穿背靠，崩肋靠 Introduction to three foundational Leaning attacks

目标：教靠的劲力特点，熊形发力方法特点，三个基本靠散手的区别

130-200 靠基本散手加步法 Leaning Attacks with Footwork

三个基本靠加4点步法 (上 / 背，全上)

目标：练习手与脚合，艮卦熊形的后背，腰，腿 协调

200-230 靠拆手 Foundational Leaning Attack Application

拆三个基本靠 Apply the three foundational Leaning attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

230-330 振 + 靠组合散手 Shocking + Leaning Combinations

振与靠组合散手 Shocking and Leaning strikes in combination

目标：组合散手劲力的转换

330-430 振 + 靠组合拆手 Shocking + Leaning Application

拆振与靠组合散手 Apply Shocking and Leaning strike combinations

目标：组合散手劲力的转换

靠打法

Leaning Attack Methods

冲肩靠	Rushing Shoulder Leaning	(chōng jiān kào)
穿背靠	Penetrating Back Leaning	(chuān bèi kào)
崩肋靠	Popping Ribs Leaning	(bēng lèi kào)

备注 Notes:

7月11日- 上午 Monday, July 11 - morning

☰ 撤 组合散手 Withdrawing combinations

800-850 熊形转圈 Circle Turning Training

加深熊形转圈方法以及基本换式 Bear 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

900-930 撤基本步法 Foundational Withdrawing Attacks

教抽步撤，进步撤，背步撤 Introduction to three foundational Withdrawing attacks

目标：教撤的卸力特点，熊形步法特点，三个基本撤步步法的区别

900-930 撤基本步法加手法 Withdrawing Attacks with Strikes

三个基本撤加冲穿带靠振绵随不同的手法搭配

目标：练习手与脚合，艮卦熊形的后背，腰，腿 协调

930-1000 撤拆手 Foundational Withdrawing Attack Application

拆三个基本撤 Apply the three foundational Withdrawing attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

1000-1100 撤组合散手 Withdrawing Attack Combinations

三个基本撤组合散手 Combinations of the three foundational Withdrawing attacks

目标：组合散手劲力的转换

1100-1130 拆撤组合散手 Withdrawing Combination Application

拆撤组合散手 Apply Withdrawing attack combinations

目标：组合散手劲力的转换

撤步打法	Withdrawing Attack Methods	
抽步撤	Removing Withdrawing	(chōu bù chè)
进步撤	Entering Withdrawing	(jìn bù chè)
背步撤	Back Step Withdrawing	(bèi bù chè)

备注 Notes:

7月11日- 下午 Monday, July 11 - afternoon

≡ 撤套路, 撤加腿法 Withdrawing Form, Kicks

100-145 复习撤散手 Review Foundational Withdrawing Attacks

复习抽步撤, 进步撤, 背步撤 Review the three foundational Withdrawing attacks

目标: 加深理解撤的卸力特点, 熊形步法特点

145-230 连环撤套路 Interlocking Withdrawing form

教连环撤套路, 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

230-315 连环撤拆手 Application of Withdrawing Form

拆连环撤套路 Apply the Interlocking Withdrawing form

目标: 拆撤步法与连环身法以及步法的击技应用

315-345 复习套路 Review Withdrawing Form

复习连环撤套路 Review the Interlocking Withdrawing form

目标: 加深理解套路内的身法以及步法作用

345-430 撤 + 猴形连环腿法 Withdrawing attacks + Kicks

熊形撤与猴形 屈, 踹, 蹯, 跨, 劈, 摆, 结, 蹲 任意组合

强调尹氏八卦“使腿不显腿, 用腿不见腿”和连环腿组合使用

连环撤套路

1. 抽 / 撤步 踏手冲
2. 抽步撤 / 下按 / 进步冲拳
3. 斜上步 / 背撤步 撩手式踏冲
4. 斜上步 横手穿 背撤步 返背拳
5. 向内捍掩 进步撤 捂手绵
6. 绕上步 掩手随 进步撤 掩手随
7. 绕上步 绵随式 还原

Interlocking Withdrawing Form

Withdraw / advance and Stamping Rushing strike
Removing Withdraw / press / Enter and Rushing fist
Angle advance / back withdraw / Arcing Rushing strike
Angle adv. / Horiz. Penetrate, back step Backfist strike
Cover in, Entering Withdraw and Covering Soft attack
Adv., Closing In Follow, Enter Withdraw, Closing In Follow
Advance around and Soft / Follow attack

备注 Notes:

三 離卦雞形學

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

Li Trigram Rooster System Theory

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

July 14 - 17 Objectives

7月14日－17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, Rushing, Shifting, Extending, and Dodging attack methods.
教鸡形 捩，进，冲，挪，展，闪 本意 以及劲力
4. Learn, train, and use the 18 foundational Whipping, Entering, Rushing, Shifting, Extending, and Dodging attacks
教18个基本 捩，进，冲，挪，展，闪 打法以及用法
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，和功法要求
6. Learn, understand, train, and apply the Rooster system forms: Windmill Rushing and Turning the Back Dodging.
教鸡形套路： 风轮冲，背身闪：动作，身法，步法，用法与变化。

7月14日- 上午 Thursday, July 14 - morning

三 捩 组合散手 Whipping combinations

800-810 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

810-830 鸡形站桩 Strength Posture Training

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捩冲扎的劲力

830-900 捩基本散手 Foundational Whipping Strikes

教掸手捩，抹手捩，抽式捩 Introduction to three foundational Whipping strikes

目标：教捩的劲力特点，鸡形发力方法特点，三个基本捩散手的区别

900-930 捩基本散手加步法 Whipping Strikes with Footwork

三个基本捩加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

930-1000 捩拆手 Foundational Whipping Strike Application

拆三个基本捩 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

1000-1100 捩组合散手 Whipping Strike Combinations

三个基本捩组合散手 Combinations of the three foundational Whipping strikes

目标：组合散手劲力的转换

1100-1130 拆捩组合散手 Whipping Combination Application

拆捩组合散手 Apply Whipping strike combinations

目标：组合散手劲力的转换

捩手打法 Whipping Attack Methods

掸手捩 Whisking Whipping Attack (dǎn shǒu tà)

抹手捩 Wiping Whipping Attack (mā shǒu tà)

抽式捩 Thrashing Whipping Attack (chōu shǒu tà)

备注 Notes:

7月14日- 下午 Thursday, July 14 - afternoon

三 捩 + 进 组合散手 Whipping + Entering

100-130 进基本散手 Foundational Entering Attacks

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

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

130-200 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

200-230 进拆手 Foundational Entering Attack Application

拆三个基本进 Apply the three foundational Entering attacks

目标：手法与概念，角度，位置，力法变化，身法结合

230-330 捩 + 进组合散手 Whipping + Entering Combinations

捩与进组合散手 Whipping and Entering strikes in combination

目标：组合散手劲力的转换

330-430 捩 + 进组合拆手 Whipping + Entering Application

拆捩与进组合散手 Apply Whipping and Entering strike combinations

目标：组合散手劲力的转换

进手打法	Entering Attack Methods	
抹手进	Wiping Entering	(mǎ shǒu jìn)
拳手进	Fist Entering	(quán shǒu jìn)
卧式进	Lying Entering	(wò shì jìn)

备注 Notes:

7月15日- 上午 Friday, July 15 - morning

三 冲 组合散手 Rushing combinations

800-850 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

900-930 冲基本散手 Foundational Rushing Strikes

教挪手冲，腾手冲，卧式冲 Introduction to three foundational Rushing strikes

目标：教冲的劲力特点，鸡形发力方法特点，三个基本冲散手的区别

930-1000 冲基本散手加步法 Rushing Strikes with Footwork

三个基本冲加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

1000-1100 冲组合散手 Rushing Strike Combinations

三个基本冲组合散手 Combinations of the three foundational Rushing strikes

目标：组合散手劲力的转换

1100-1130 拆冲组合散手 Rushing Combination Application

拆冲组合散手 Apply Rushing strike combinations

目标：组合散手劲力的转换

冲手打法 Rushing Strike Attack Methods

挪手冲	Shifting Rushing Strike	(nuó shǒu chōng)
腾手冲	Rising Rushing Strike	(téng shǒu chōng)
卧式冲	Lying Rushing Strike	(wò shì chōng)

备注 Notes:

7月15日- 下午 Friday, July 15 - afternoon

三 冲套路, 冲加腿法 Rushing Form, Kicks

100-145 复习冲散手 Review Foundational Rushing Attacks

复习挪手冲, 腾手冲, 卧式冲 Review the three foundational Rushing strikes

目标: 加深理解冲的劲力特点, 鸡形发力方法特点

145-230 风轮冲套路 Windmill Rushing form

教风轮冲套路, 解释风轮的风格 Learn form and Windmill characteristics

目标: 教套路内的身法以及步法作用

230-315 风轮冲拆手 Application of Rushing Form

拆风轮冲套路 Apply the Windmill Rushing form

目标: 拆冲手法与风轮身法以及步法的击技应用

315-345 复习套路 Review Rushing Form

复习风轮冲套路 Review the Windmill Rushing form

目标: 加深理解套路内的身法以及步法作用

345-430 冲+猴形连环腿法 Rushing Strikes + Kicks

鸡形冲与猴形 屈, 踮, 蹯, 跨, 劈, 摆, 结, 蹲 任意组合

强调尹氏八卦“使腿不显腿, 用腿不见腿”和连环腿组合使用

风轮冲套路

1. 抹打
2. 向下扣转手 斜上步挪手冲
3. 向下分化 绕上步 卧式冲
4. 斜上步 穿手冲
撤步 / 斜上步穿手冲
5. 向内掩化 绕上步 卧式冲
6. 向外分转手 斜上步 腾手冲
7. 绕上步 挪手冲 还原

Windmill Rushing Form

- Wipe strike
- Turn arm and capture inward, angle advance and Shifting Rushing
- Transform in and down, advance around and Lying Rushing strike
- Angle advance and Penetrating Rushing attack
- Withdraw step / angle advance step and Penetrating Rushing attack
- Cover transform in, advance around and Lying Rushing attack
- Separate and turn the arms out, angle advance and Rising Rushing
- Advance around and Shifting Rushing attack

备注 Notes:

7月16日- 上午 Saturday, July 16 - morning

三 挪 组合散手 Shifting combinations

800-830 鸡形站桩 Strength Posture Training

复习以及加深理解鸡形本桩 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

830-900 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

900-930 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

930-1000 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

1000-1100 挪组合散手 Shifting Strike Combinations

三个基本挪组合散手 Combinations of the three foundational Shifting strikes

目标：组合散手劲力的转换

1100-1130 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

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)

备注 Notes:

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

三 挪 + 展 组合散手 Shifting + Extending

100-130 展基本散手 Foundational Extending Attacks

教搗手展，抹手展，旋手展 Introduction to three foundational Extending attacks

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

130-200 展基本散手加步法 Extending Attacks with Footwork

三个基本展加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

200-230 展拆手 Foundational Extending Attack Application

拆三个基本展 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

230-300 挪 + 展组合散手 Shifting + Extending Combinations

挪与展组合散手 Shifting and Extending strikes in combination

目标：组合散手劲力的转换

300-430 挪 + 展组合拆手 Shifting + Extending Application

拆挪与展组合散手 Apply Shifting and Extending strike combinations

目标：组合散手劲力的转换

展手打法

Extending Strike Attack Methods

搗手展	Covering Extending Strike	(wǔ shǒu zhǎn)
抹手展	Wiping Extending Strike	(mā shǒu zhǎn)
旋手展	Whirling Extending Strike	(xuán shǒu zhǎn)

备注 Notes:

7月17日- 上午 Sunday, July 17 - morning

三 闪 组合散手 Dodging combinations

800-850 鸡形转圈 Circle Turning Training

加深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

900-930 闪基本散手 Foundational Dodging Attacks

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

目标: 教闪的劲力特点, 鸡形卸力方法特点, 三个基本闪散手的区别

900-930 闪基本散手加步法 Dodging Attacks with Footwork

三个基本闪加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

930-1000 闪拆手 Foundational Dodging Attack Application

拆三个基本闪 Apply the three foundational Dodging attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

1000-1100 闪组合散手 Dodging Attack Combinations

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

目标: 组合散手劲力的转换

1100-1130 拆闪组合散手 Dodging Combination Application

拆闪组合散手 Apply Dodging attack combinations

目标: 组合散手劲力的转换

闪手打法

Dodging Attack Methods

旋身闪

Whirling Body Dodging

(xuán shēn shǎn)

顺式闪

Moving With the Force Dodging

(shùn shì shǎn)

卧式闪

Lying Dodging

(wò shì shǎn)

备注 Notes:

7月17日- 下午 Saturday, July 17 - afternoon

三 闪套路, 闪加腿法 Dodging Form, Kicks

100-145 复习闪散手 Review Foundational Dodging Attacks

复习卧式閃, 順式閃, 旋身閃 Review the three foundational Dodging attacks

目标: 加深理解闪的劲力特点, 鸡形卸力方法特点

145-230 背身闪套路 Turning the Back Dodging form

教背身闪套路, 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

230-315 背身闪拆手 Application of Dodging Form

拆背身闪套路 Apply the Turning the Back Dodging form

目标: 拆闪手法与背身身法以及步法的击技应用

315-345 复习套路 Review Dodging Form

复习背身闪套路 Review the Turning the Back Dodging form

目标: 加深理解套路内的身法以及步法作用

345-430 闪+猴形连环腿法 Dodging Strikes + Kicks

鸡形闪与猴形 屈, 踹, 蹯, 跨, 劈, 摆, 结, 蹲 任意组合

强调尹氏八卦“使腿不显腿, 用腿不见腿”和连环腿组合使用

背身闪套路

1. 开步 向外抹打
2. 顺式斜上步 顺式闪
3. 回步 抹打 / 斜上步卧式闪
4. 抽背步 向内掩化 斜上步 抹打
5. 转身 背撤步卧式闪
6. 收步 旋手挪 / 上步 抹打
7. 绕上步 向内掩化 卧式冲 还原

Turning the Back Dodging Form

- Open step and Wipe strike outward
Move with and angle advance into Moving With Dodging
Return and Wipe attack / Angle adv. into Lying Dodging
Withdraw back step, cover in, angle advance and Wipe strike
Turn body and back step into a Lying Dodging attack
Pull in the foot, Whirl Shift / advance step and Wipe strike
Advance around, cover in, Lying rushing attack

备注 Notes:

尹氏八卦十二字令 Twelve Guiding Principles of Yin Style Bagua

滚 roll out
裹 wrap in
争 pull away
钻 drill
拧 twist
旋 whirl
走 move
转 turn
起 lift
落 place down
摆 swing open
扣 hook closed

尹氏八卦九功法 Nine Special Skills of Yin Style Bagua

蹭 scrape
锉 file
滚 roll
翻 turn over
缩 contract
小 small
软 supple
绵 soft
巧 artful/cunning

尹氏八卦八纲要 Eight Principles of Yin Style Bagua

一顶 One Top
二正 Two Uprights
三尖 Three Tips
四稍 Four Extremities
五绝 Five Uniques
六合 Six Harmonies
七星 Seven Stars
八卦 Eight Trigrams