

The logo is a circular emblem with a Bagua (Eight Trigrams) pattern in the background. The text "YIN STYLE BAGUAZHANG" is written along the top arc, and "INTERNATIONAL" is written along the bottom arc.

# **Yin Style Bagua Combatives**

**Training Workshop  
Colorado 2018**

**尹氏八卦掌技击功法培训  
科罗拉多州 2018年**



## ☳ 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，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 bone, the ability to change unexpectedly, and the appearance of 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, this is taken from the Zhen Trigram.

## September 28 - 30 Objectives

### 9月28日 - 9月30日 目标

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  
教龙形发力方法以及续力用法
3. Understand the meaning and force of the Dragon System foundational Carrying, Capturing, Pushing, Chopping and Leading attack methods.  
教龙形带, 扣, 推, 劈, 领 本意 以及劲力
4. Learn, train, and use the 15 foundational Carrying, Capturing, Pushing, Chopping and Leading attacks  
教15个基本带, 扣, 推, 劈, 领 打法以及用法
5. Learn, train, and use combinations of Leading + Chopping, Capturing + Pushing attacks  
教 领与劈, 扣与推 组合散手
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, 功法要求, 以及技击作用
7. Learn, understand, train, and apply the Dragon system form: Enfolding Carrying.  
教龙形套路: 抱式带: 动作, 身法, 步法, 用法与变化。

9月28日- 上午 Friday, September 28 - morning

## 三 带 组合散手 Carrying combinations

### 900-910 震卦龙形概括介绍 Dragon System Introduction

介绍震卦龙形平托掌风格特点 Understanding Dragon System Characteristics

目标: 介绍龙形技击战略特点, 发力方法, 以及功法

### 910-930 龙形站桩 Strength Posture Training

教龙形本桩 Dragon System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含推托带领搬扣劈进的劲力

### 930-1000 带基本散手 Foundational Carrying Attacks

教上手带, 旋手带, 下手带 Introduction to three foundational Carrying attacks

目标: 教带的劲力特点, 龙形发力方法特点, 三个基本带散手的区别

带手打法	Carrying Attack Methods	
上手带	Upper Carrying	(shàng shǒu dài)
旋手带	Whirling Carrying	(xuán shǒu dài)
下手带	Lower Carrying	(xià shǒu dài)

### 1000-1030 带基本散手加步法 Carrying Attacks with Footwork

三个基本带加3点, 4点步法 (龙形全上, 上 / 背)

目标: 练习手与脚合, 震卦龙形的腿, 腰 协调

### 1030-1100 带基本散手拆手 Foundational Carrying Attack Application

拆三个基本带 Apply the three foundational Carrying attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

### 1100-1130 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

### 1130-1200 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

备注 Notes:

9月28日- 上午 Friday, September 28 - afternoon

## 三 抱式带套路, 拆手 Carrying Form

### 200-245 复习基本带散手以及组合散手 Review Carrying Attacks

复习上手带, 旋手带, 下手带 以及带组合散手 Review Carrying attacks

目标: 加深理解带的劲力特点, 龙形发力方法特点

### 245-315 抱式带套路 Enfolding Carrying form

教抱式带套路, 解释抱式的风格 Learn form and Enfolding characteristics

目标: 教套路内的身法以及步法作用

#### 抱式带套路

1. 开半步 停手掌
2. 上步 从手下翻拿腕  
成合手式下手带
3. 顺式向外旋转拿手腕  
收并步成抱式下手带
4. 上步 搂带 绕上步  
横手带
5. 翻手转击手腕  
并步成下垂手式带
6. 摆上步 搂带手腕 绕上步  
抱式带
7. 上步 直手推 式还原

#### Enfolding Carrying

- Half advance step and Stopping Push palm  
Advance, from under arm grasp wrist  
Into hands together Low Carry  
Rotate out and grasp wrist  
Pull into feet together stance and Low Carry  
Advance step, grasp arm, advance around  
into Horizontal Whirl Carry  
Turn hand over and attack wrist  
Feet together into Low Dropping Carry  
Swing open advance, grasp wrist, advance around  
And Enfolding Carry attack  
Advance step and Straight push direction change

### 315-400 抱式带拆手 Application of Carrying Form

拆抱式带套路 Apply the Enfolding Carrying form

目标: 拆带手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
- 副手使用 Use of support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 连环而用 Interlocked usage

### 400-430 复习套路 Review Carrying Form

复习抱式带套路 Review the Enfolding Carrying form

目标: 加深理解套路内的身法以及步法作用

### 430-500 龙形转圈 Circle Turning Training

教龙形转圈方法以及基本换式 Dragon 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:

9月29日- 上午 Saturday, September 29 - morning

## 三 扣 组合散手 Capturing combinations

### 900-930 龙形站桩 Strength Posture Training

教龙形本桩 Dragon System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含推托带领搬扣劈进的劲力

### 930-1000 扣基本散手 Foundational Capturing Attacks

教内手扣，外手扣，下手扣 Introduction to three foundational Capturing attacks

目标：教扣的劲力特点，龙形发力方法特点，三个基本扣散手的区别

扣手打法	Capturing Attack Methods	
内手扣	Inside Capturing	(nèi shou kou)
外手扣	Outside Capturing	(wài shou kou)
下手扣	Low Capturing	(xià shou kou)

### 1000-1030 扣基本散手加步法 Capturing Attacks with Footwork

三个基本扣加4点步法 (龙形全上, 上 / 背)

目标：练习手脚合，震卦龙形的腿，腰 协调

### 1030-1100 扣拆手 Foundational Capturing Attack Application

拆三个基本扣 Apply the three foundational Capturing attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

### 1100-1130 扣组合散手 Capturing Attack Combinations

三个基本扣组合散手 Combinations of the three foundational Capturing attacks

目标：组合散手劲力的转换

### 1130-1200 拆扣组合散手 Capturing Combination Application

拆扣组合散手 Apply Capturing attack combinations

目标：组合散手劲力的转换

备注 Notes:

9月29日- 下午 Saturday, September 29 - afternoon

## 三 推 + 扣 组合散手 Pushing + Capturing

### 200-230 推基本散手 Foundational Pushing Strikes

教直手推, 内手推, 转手推 Introduction to three foundational Pushing strikes

目标: 教推的劲力特点, 龙形发力方法特点, 三个基本推散手的区别

#### 推手打法

直手推

内手推

转手推

#### Pushing Strike Attack Methods

Straight Pushing (zhí shǒu tuī)

Inside Pushing (nèi shǒu tuī)

Rotating Pushing (zhuǎn shǒu tuī)

### 230-300 推基本散手加步法 Pushing Strikes with Footwork

三个基本推加3点, 4点步法 (龙形全上, 上 / 背)

目标: 练习手与脚合, 震卦龙形的腿, 腰 协调

### 300-330 推拆手 Foundational Pushing Strike Application

拆三个基本推 Apply the three foundational Pushing strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

### 330-400 推 + 扣组合散手 Pushing + Capturing Combinations

推与扣组合散手 Pushing and Capturing attacks in combination

目标: 组合散手劲力的转换

### 400-430 推 + 扣组合拆手 Pushing + Capturing Application

拆推与扣组合散手 Apply Pushing and Capturing attack combinations

目标: 组合散手劲力的转换

### 430-500 复习基本推与扣散手以及组合散手 Review Pushing + Capturing Attacks

复习推与扣基本散手 以及推与扣组合散手 Review Pushing and Capturing attacks & combos

目标: 加深理解推和扣的劲力特点, 龙形发力方法特点

备注 Notes:

9月30日- 上午 Sunday, September 30 - morning

## 三 扣 组合散手 Chopping combinations

### 1000-1030 龙形站桩 Strength Posture Training

教龙形本桩 Dragon System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含推托带领搬扣劈进的劲力

### 1030-1100 劈基本散手 Foundational Chopping Strikes

教正手劈，砍手劈，翻手劈 Introduction to three foundational Chopping strikes

目标：教劈的劲力特点，龙形发力方法特点，三个基本劈散手的区别

劈手打法	Chopping Attack Methods	
正手劈	Upright Chopping	(zhèng shǒu pī)
砍手劈	Hacking Chopping	(kǎn shǒu pī)
翻手劈	Reversing Chopping	(fǎn shǒu pī)

### 1100-1130 劈基本散手加步法 Chopping Strikes with Footwork

三个基本劈加3点，4点步法 (龙形全上, 上 / 背)

目标：练习手与脚合，震卦龙形的腿，腰 协调

### 1130-1200 劈拆手 Foundational Chopping Strike Application

拆三个基本劈 Apply the three foundational Chopping strikes

目标：手法与 概念，角度，位置，力法变化，身法 结合

### 1200-1230 劈组合散手 Chopping Attack Combinations

三个基本劈组合散手 Combinations of the three foundational Chopping attacks

目标：组合散手劲力的转换

### 1230-100 拆劈组合散手 Chopping Combination Application

拆劈组合散手 Apply Chopping attack combinations

目标：组合散手劲力的转换

备注 Notes:

9月30日- 下午 Sunday, September 30 - afternoon

## 三 推 + 扣 组合散手 Leading + Chopping

### 300-330 领基本散手 Foundational Leading Strikes

教上手领, 横手领, 下手领 Introduction to three foundational Leading strikes

目标: 教领的劲力特点, 龙形发力方法特点, 三个基本领散手的区别

#### 领手打法

上手领

横手领

下手领

#### Leading Strike Attack Methods

Upper Leading (shàng shǒu lǐng)

Horizontal Leading (héng shǒu lǐng)

Lower Leading (xià shǒu lǐng)

### 330-400 领基本散手加步法 Leading Strikes with Footwork

三个基本领加3点, 4点步法 (龙形全上, 上 / 背)

目标: 练习手与脚合, 震卦龙形的腿, 腰 协调

### 400-430 领拆手 Foundational Leading Strike Application

拆三个基本领 Apply the three foundational Leading strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

### 430-500 领 + 劈组合散手 Leading + Chopping Combinations

领与劈组合散手 Leading and Chopping attacks in combination

目标: 组合散手劲力的转换

### 500-530 领 + 劈组合拆手 Leading + Chopping Application

拆领与劈组合散手 Apply Leading and Chopping attack combinations

目标: 组合散手劲力的转换

### 530-600 复习基本领与劈散手以及组合散手 Review Leading + Chopping Attacks

复习领与劈基本散手 以及领与劈组合散手 Review Leading and Chopping attacks & combos

目标: 加深理解领与劈的劲力特点, 龙形发力方法特点

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