



**Yin Style Bagua  
Combatives  
Training Workshop  
London 2022**



### ☳ 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.

Dragon fighting method - Rising up to drop down, from high to low, from left or right to the front. Techniques are tightly knit, attacks fast.

Dragon changing - Single, Combinations: 1+1 (left/right to left right switch of same technique), repeated use of the same technique, change of one technique to another.

Dragon characteristics - Dragon force is straight with fierce strength. The footwork is tight. The force is put out far in order to strike long.

Dragon force Method - Use the legs to issue force, Controlled at the waist, the changes are in the hands (arms).

#### **The eight attack methods of Dragon System**

*Emphasis on usage according to the meaning of the attack method*

- 推 Pushing - Straight force, no differentiation between front and back or left and right, the force must be long and unbroken
- 托 Lifting - Lifting uses force in an upward oblique direction, giving the opponent a feeling of being entered upon and brought up and back
- 帶 Carrying - Carrying is a two-handed technique, the force is long and there must be a change, for example from high to low
- 領 Leading - Leading is a single-handed technique, The force is short but causes the opponent to feel a long strength containing a shocking power
- 搬 Moving - Using the back of the wrist to tie up, throw or strike or the opponent
- 扣 Capturing - Palm and forearm used to tie up or seize up the opponent, not allowing escape
- 劈 Chopping - The heel of the palm used to strike like the blade of an axe
- 进 Entering - Passing through an opponent's defenses to quickly strike

## ☴ 巽卦鳳形學

## Xun Trigram Phoenix System Theory

巽卦者,風之象也;風輪掌者,拳之式也。巽者入也,巽得坤之初陰,初陰主潛進,故居東南陽盛之方。其於物也,則為鳳形,其物為羽蟲之長,有展翅之功;以拳式之用言,有點頭之式,有挾人之法,此拳亦為獅子滾球之形;以拳之形式言,謂之風輪掌。此拳上剛健,而下柔順,有風輪之形,故取象為巽卦。

The Xun Trigram is symbolic of wind. In martial arts, it is the Windmill Palm. Xun is entering. Xun obtains the beginning of Yin from Kun, which signifies concealed entering, and occupies southeast, the position of abundant Yang. As to objects, it is the form of the Phoenix, the elder of all birds, having the ability to extend its wings. As applied in martial arts, it has the form of nodding the head and the ability to trap under the arm. It also has the form of the lion rolling the ball. The martial form is called the Windmill palm. It is strong above, while smooth below, having the form of a windmill; this is taken from the Xun Trigram.

Phoenix fighting method - It uses a whipping strength, the arms are like saw blades, whirling and turning left and right

Phoenix changing - Now you see it, now you don't. Alternating vigorous then flowing, difficult to distinguish light from heavy

Phoenix characteristics - The shoulder is like an axle, arms move like the wind. On contact, cutting to the bone

Phoenix force method - Feet are agile, waist directs across, shoulder emits power, palms like wind

### **The eight attack methods of Phoenix System**

*Emphasis on usage according to the meaning of the attack method*

- 閃 Dodging - swinging the arm like a baseball bat or slapping with the palm in whirling, horizontal or arcing strikes
- 展 Extending - serrating outward, repeatedly pushing, filing, rolling out, stuffing in
- 劈 Chopping - using the forearm like a blade, in large arcs of motion
- 振 Shocking - violent vibrating, shaking force generated from the core out into the limbs
- 化 Transforming - scrape, file, roll over, turn out to dissolve force, keep it from being full
- 卸 Removing - empty out opponent by breaking contact
- 拳 Curling In - palm held in a fist, fist changing to palm, drawing in and holding inward
- 磔 Stabbing - the tips of the palms used in arced, glancing strokes

## ☵ 坎卦蛇形學

坎卦者，水之象也；順勢掌者，拳之式也。坎者陷也，坎得乾之中陽，陽陷陰中，陽入而生潮，有坎中滿之象，故居正北水旺之方。其於物也，則為蛇形，其物最毒，其性最玲瓏，最活潑者也。有撥草之能。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，謂之順勢掌，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 Theory

The Kan Trigram is symbolic of water. In martial arts, it is the Moving With the Force Palm. Kan is getting stuck in a trap. Kan obtains the middle Yang from Qian, Yang sunk within Yin, Yang entering and producing a swell, giving the shape of Kan full in the middle, occupying due north, the position of the water element. 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. 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, limbs and torso bending and flowing along like water, no crack that won't be entered, this is taken from the Kan Trigram.

Snake fighting method - Emphasis is on moving with the force rather than forcing open

Snake changing - Concealed and sudden in the execution of technique

Snake characteristics - A binding, constricting strength

Snake force Method - Snake borrows force methods of the other seven animals. When exerting force, it is like a tidal wave of water. When using contained strength, it is like a flood of water.

### **The eight attack methods of Snake System**

*Emphasis on usage according to the meaning of the attack method*

- 肩 Shoulder - Shoulder, Elbow, Knee, Hip are used powerfully
- 肘 Elbow - in close range, in a highly concealed
- 膝 Knee - manner, always available to strike and
- 跨 Hip - supplement as other Snake techniques are executed.
- 探 Shooting - Searching out to test opponent's reaction, point striking or piercing through
- 握 Holding - Tie up opponent so he can't escape, like being bound with rope; can break or choke with holds
- 刁 Entrapping - Like an animal holding something in its mouth without causing harm - a deceptive distraction from the attack that will follow
- 拿 Grasping - Damage connective tissue and dislocate bones

Thursday, September 8 - morning

## ☰ Pushing Combinations

### 900-910 Dragon System Introduction

Understanding Dragon System Characteristics

### 910-915 Strength Posture Training

Dragon system posture - 8 attack methods + roll out, wrap in, pull away, drill, twist, whirl

### 915-940 Foundational Pushing Strikes

Developing full body stopping power in the three foundational Pushing strikes

#### 推手打法

直手推

内手推

转手推

#### Pushing Strike Attack Methods

Straight Pushing

Inside Pushing

Rotating Pushing

(zhí shǒu tuī)

(nèi shǒu tuī)

(zhuǎn shǒu tuī)

### 940-1010 Pushing Strikes with Footwork

Train the foundational Pushing attacks adding agility with 2- and 3- step methods

### 1010-1040 Pushing Strike Combinations

Train combinations of the foundational Pushing strikes

A)

B)

C)

### 1040-1120 Pushing Strike Combinations

Combinations of the three foundational Pushing strikes with the other 7 Dragon system attack methods / other animal system attacks

A)

B)

C)

### 1120-1155 Pushing Combination Application

Apply Pushing strike combinations

- Turn the circle / take side position / dominate the center
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage

### 1150-1200 Strength Posture Training

Dragon system posture - 8 attack methods + roll out, wrap in, pull away, drill, twist, whirl  
Pushing posture - Rushing + roll out, wrap in, pull away, drill, twist, whirl

**Thursday, September 8 - afternoon**

## **Pushing Attack Form**

### **130-200 Circle Turning Training**

Dragon System turning and foundational direction changes  
Requirements and martial application

### **200-230 Moving With the Force Pushing form**

Learn form and Moving With the Force characteristics

#### **Moving With the Force Pushing**

1. Half step out and execute a Stopping Pushing attack
2. Advance step and execute an Inside Pushing attack
3. Advance around and execute a Straight Pushing attack
4. Advance step and execute a Rotating Pushing attack from above the arm
5. Turn the body and advance around as you execute a Straight Pushing attack
6. Advance step, turn the arm over in a Soft Transform, then execute a Double Push attack
7. Rotate the body and bring the arm around, step around and Moving Strike direction change

### **230-315 Application of Pushing Form**

Apply the Moving With the Force form

- Turn the circle / take side position / dominate the center
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage

### **315-345 Foundational Stabbing Attacks**

Develop full body stopping power in the three foundational Stabbing attacks

<b>碴手打法</b>	<b>Stabbing Attack Methods</b>	
穿手碴	Penetrating Stabbing Strike	(chuān shǒu chá)
入手碴	Entering Stabbing Strike	(rù shǒu chá)
勾手碴	Hooked Stabbing Strike	(gōu shǒu chá)

### **345-415 Stabbing Attack Combinations**

Train combinations of the foundational Stabbing attacks and the other 7 Phoenix attacks

- A)
- B)
- C)

### **415-500 Application of Stabbing Attack Combinations**

Apply the Phoenix Stabbing attack combinations

Notes:

Friday, September 9 - morning

## ≡ Transforming & Removing

### 900-910 Strength Posture Training

Phoenix system posture - 8 attack methods + roll out, wrap in, pull away, drill, twist, whirl

### 910-930 Foundational Transforming Attacks

Developing full body force transforming in the three foundational transforming attacks

化手打法	<b>Transforming Attack Methods</b>	
抢手化	Forcing Transforming	(qiǎng shǒu huà)
顺手化	Flowing Transforming	(shùn shǒu huà)
滚手化	Rolling Transforming	(gǔn shǒu huà)
卸手打法	<b>Removing Attack Methods</b>	
垂手卸	Dropping Removing	(chuí shǒu xiè)
顺手卸	Flowing Removing	(shùn shǒu xiè)
按手卸	Pressing Removing	(àn shǒu xiè)

### 930-1000 Transforming / Removing Attacks with Footwork

Train the foundational Transforming & Removing attacks adding agility with 2- and 3- step methods

### 1000-1030 Transforming / Removing Attack Combinations

Train combinations of the foundational Transforming & Removing attacks

- A)
- B)
- C)

### 1030-1115 Transforming / Removing Attack Combinations

Combinations of the three foundational Transforming & Removing attacks with the other 6 Phoenix system attack methods / other animal system attacks

- A)
- B)
- C)

### 1115-1150 Transforming / Removing Combination Application

Apply Transforming and Removing attack combinations

- Turn the circle / take side position
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage

### 1150-1200 Strength Posture Training

Phoenix system posture - 8 attack methods + roll out, wrap in, pull away, drill, twist, whirl

Transforming posture - Transforming + roll out, wrap in, pull away, drill, twist, whirl

Removing posture - Removing + roll out, wrap in, pull away, drill, twist, whirl

**Friday, September 9 - afternoon**

## **☰ Snake System Combinations**

### **130-200 Circle Turning Training**

Snake System turning and foundational direction change  
Requirements and martial application

### **200-230 Foundational Elbow Strikes**

Developing full body stopping power in the three foundational Elbow strikes

<b>肘打法</b>	<b>Elbow Attack Methods</b>	
抱肘	Holding Elbow	(bào zhǒu)
钉肘	Nailing Elbow	(dīng zhǒu)
摇肘	Swaying Elbow	(yáo zhǒu)

### **230-300 Foundational Grasping Attacks**

Developing full body stopping power in the three foundational Grasping attacks

<b>拿手打法</b>	<b>Grasping Attack Methods</b>	
探手拿	Shooting Grasping	(tàn shǒu ná)
握手拿	Holding Grasping	(wò shǒu ná)
刁手拿	Entrapping Grasping	(diāo shǒu ná)

### **300-400 Snake System Combinations**

Snake System Combinations 1-5

### **400-450 Application of Snake System Combinations**

- Turn the circle / move with the opponent's force
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage

### **450-500 Snake System Combination Review**



**Saturday, September 10 - morning**

## **☰ Moving Combinations**

### **900-910 Strength Posture Training**

Dragon system posture - 8 attack methods + roll out, wrap in, pull away, drill, twist, whirl

### **910-930 Foundational Moving Attacks**

Developing full body stopping power in the in the three foundational Moving attacks

**搬手打法**

**Moving Strike Attack Methods**

单手搬

Single Hand Moving (dān shǒu bān)

双手搬

Double Hand Moving (shuāng shǒu bān)

翻手搬

Reversing Moving (fān shǒu bān)

### **930-1000 Moving Attacks with Footwork**

Train the foundational Moving attacks adding agility with 2- and 3- step methods

### **1000-1030 Moving Attack Combinations**

Train combinations of the foundational Moving attacks

A)

B)

C)

### **1030-1115 Moving Attack Combinations**

Combinations of the three foundational Moving attacks with the other 7 Dragon system attack methods / other animal system attacks

A)

B)

C)

### **1115-1150 Moving Attack Combination Application**

Apply Moving attack combinations

- Turn the circle / take side position
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage

### **1150-1200 Strength Posture Training**

Dragon system posture - 8 attack methods + roll out, wrap in, pull away, drill, twist, whirl  
Moving posture - Moving + roll out, wrap in, pull away, drill, twist, whirl

**Saturday, September 10 - afternoon**

## **Moving Attack Form**

### **130-200 Circle Turning Training**

Dragon System turning and foundational direction change  
Requirements and martial application

### **200-230 Windmill Moving form**

Learn form and Windmill characteristics

#### **Windmill Moving**

1. Half step out and execute a Stopping Pushing attack
2. Turn the hand over, grasping the opponent's wrist. Diagonal advance and press down as you step around and insert the arm down to knee height, then Upward Moving attack
3. Diagonal advance and rotate the arm around and grasp. Advance around, insert the arm down and execute an Upward Moving attack
4. Insert the arm down, advance step and execute a Separating Hand Moving attack
5. Grasp and advance around as you execute a Reversing Moving attack
6. Transform in, advance and execute a Separating Hand Moving attack from underneath
7. Rotate the body and bring the arm around, step around and Moving Strike direction change

### **230-315 Application of Moving Form**

Apply the Windmill Moving form

- Turn the circle / take side position / dominate the center
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage

### **315-345 Foundational Extending Attacks**

Develop full body stopping power in the three foundational Extending attacks

#### **展手打法**

平手展

垂手展

内手展

#### **Extending Attack Methods**

Horizontal Extending (píng shǒu zhǎn)

Dropping Extending (chuí shǒu zhǎn)

Inside Extending (nèi shǒu zhǎn)

### **345-415 Extending Attack Combinations**

Train combinations of the foundational Extending attacks and the other 7 Phoenix attacks

- A)
- B)
- C)

### **415-500 Application of Extending Attack Combinations**

Apply the Phoenix Extending attack combinations

Notes:

**Sunday, September 11 - morning**

## **☰ Carrying Combinations**

### **900-910 Strength Posture Training**

Dragon system posture - 8 attack methods + roll out, wrap in, pull away, drill, twist, whirl

### **910-930 Foundational Carrying Attacks**

Developing full body stopping power in the in the three foundational Carrying attacks

帶手打法

上手帶

旋手帶

下手帶

#### **Carrying Attack Methods**

Upper Carrying (shàng shǒu dài)

Whirling Carrying (xuán shǒu dài)

Lower Carrying (xià shǒu dài)

### **930-1000 Carrying Attacks with Footwork**

Train the foundational Carrying attacks adding agility with 2- and 3- step methods

### **1000-1030 Carrying Attack Combinations**

Train combinations of the foundational Carrying attacks

A)

B)

C)

### **1030-1115 Carrying Attack Combinations**

Combinations of the three foundational Carrying attacks with the other 7 Dragon system attack methods / other animal system attacks

A)

B)

C)

### **1115-1150 Carrying Attack Combination Application**

Apply Carrying attack combinations

- Turn the circle / take side position
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage

### **1150-1200 Strength Posture Training**

Dragon system posture - 8 attack methods + roll out, wrap in, pull away, drill, twist, whirl

Carrying posture - Carrying + roll out, wrap in, pull away, drill, twist, whirl

**Sunday, September 11 - afternoon**

## **Carrying Attack Form**

### **130-200 Circle Turning Training**

Dragon System turning and foundational direction change  
Requirements and martial application

### **200-230 Reversing the Body Carrying form**

Learn form and Reversing the Body characteristics

#### **Reversing the Body Carrying**

1. Half step out and execute a Stopping Pushing attack
2. Angle advance to center, transform in, grasp wrist from above and Rolling Carry
3. Withdraw step, angle advance to center, reverse grasp from underneath, advance and Low Carry
4. Turn the hand over, lift elbow & grasp wrist and Whirling Carry
5. Turn the body and withdraw back step as you cover in Reverse grasp from underneath and shoulder bump horizontal carry
6. Reverse grasp from above, angle advance and cross-shaped tying up carry in a down and around motion
7. Swing open step, Chopping attack return to the beginning

### **230-315 Application of Carrying Form**

Apply the Reversing the Body Carrying form

- Turn the circle / take side position / dominate the center
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage

### **315-345 Foundational Chopping Attacks**

Develop Full body stopping power in the three foundational Chopping strikes

劈手打法

**Chopping Strike Attack Methods**

正手劈

Upright Chopping Strike (zhèng shǒu pī)

撩手劈

Arcing Chopping Strike (liāo shǒu pī)

掄手劈

Swinging Chopping Strike (lūn shǒu pī)

### **345-415 Chopping Attack Combinations**

Train combinations of the foundational Chopping attacks and the other 7 Phoenix attacks

- A)
- B)
- C)

### **415-500 Application of Chopping Attack Combinations**

Apply the Phoenix Chopping attack combinations

Notes:

**Monday, September 12 - morning**

## **☰ Snake System Combinations**

### **900-930 Circle Turning Training**

Snake System turning and foundational direction change  
Requirements and martial application

### **930-1000 Foundational Shoulder Strikes**

Developing full body stopping power in the three foundational Shoulder strikes

<b>肩打法</b>	<b>Shoulder Attack Methods</b>	
钉肩	Nailing Shoulder	(dīng jiān)
扛肩	Carrying Shoulder	(káng jiān)
压肩	Pressing Shoulder	(yā jiān)

### **1000-1030 Foundational Holding Attacks**

Developing full body stopping power in the three foundational Holding attacks

<b>握手打法</b>	<b>Holding Attack Methods</b>	
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)

### **1030-1130 Snake System Combinations**

Snake System Combinations 6-10

### **1130-1200 Application of Snake System Combinations**

- Turn the circle / move with the opponent's force
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage

Notes:

**Monday, September 12 - afternoon**

## **☰ Dodging Combinations**

### **130-200 Stomping Kicks ☰**

Develop full body stopping power in the three foundational Stomp kicks

<b>踹腿法</b>	<b>Stomping Kick Attacks</b>
扬踹	Rising Stomping
蹬踹	Treading Stomping
后踹	Back Stomping

### **200-230 Foundational Dodging Strikes**

Developing full body stopping power in the three foundational Dodging strikes

<b>闪手打法</b>	<b>Dodging Strike Attack Methods</b>	
开手闪	Opening Dodging	(kāi shǒu shǎn)
旋手闪	Whirling Dodging	(xuán shǒu shǎn)
撩手闪	Arcing Dodging	(liāo shǒu shǎn)

### **230-300 Dodging Strike Combinations**

Train combinations of the foundational Dodging strikes

- A)
- B)
- C)

### **300-330 Moving With the Force Dodging form**

Learn form and Moving With the Force characteristics

#### **Moving With the Force Dodging**

1. Step out and open with Phoenix palm
2. Press transform down, advance step and execute an Angled Dodging strike
3. Press transform inward, advance around and execute a diagonal Arcing Dodging strike
4. Rotate the arm inward, advance step and execute an Opening Dodging strike
5. Forcing Transforming strike as you step around and execute an Inside Dodging attack
6. Rotate the arm down, advance step and execute an Opening Dodging attack
7. Advance around and rotate the arm, executing a stab and Forcing Transforming direction change

### **330-415 Application of Dodging Form**

Apply the Moving With the Force Dodging form

- Turn the circle / take side position
- Use of primary / support hand
- Draw out emptiness / attack emptiness
- Interlocked usage

### **415-500 Workshop Review**

## 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