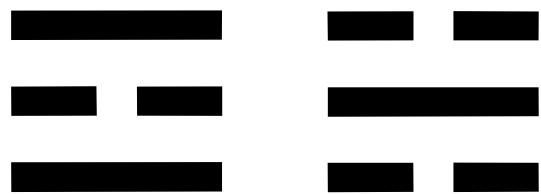




Yin Style Bagua Combatives

Training Intensive
London 2024

尹氏八卦掌技击功法培训
伦敦 2024年



☲ 離卦雞形學

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

Li Trigram Rooster System Theory

The Li Trigram is the image of fire. It is the Lying Palm in martial arts. Li is attaching. Li obtains the middle Yin from Kun, Yin attached to Yang, Yin borrowing Yang to produce brightness, thus occupying due south, the position of abundant fire. As to objects, it is the form of the Rooster, having the speed of entering the forest, the skill of overturning the body. As applied in martial arts, it has the method of the pressing hacking palm. Also having the form of a python overturning its body and the ability to enter holes. The martial form is called the Lying Palm. This form is outwardly strong, while smooth within, the chest having an empty shape, this is taken from the image of the Li Trigram.

June 22 - 25 Objectives

7月22日 - 25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, and Rising attack methods.
教鸡形 冲，闪，展，腾 本意 以及劲力
4. Learn, train, and use combinations of the foundational Rushing, Dodging, Extending, and Rising attack methods.
教 冲，闪，展，腾 组合散手以及用法
5. Learn, understand and train the developmental methods and special characteristics of Rooster system circle turning training.
教鸡形转圈方法，特点，功法要求 以及转圈技击作用
6. Learn, understand, train, and apply the Rooster system forms: Holding & Lifting Rushing, Windmill Dodging, Turning the Back Extending and Enfolding Rising.
教和拆鸡形套路：平托冲，风轮闪，背身展，抱式腾：动作，身法，步法，用法与变化。

6月22日- 上午 Saturday, June 22 - morning

三 冲 组合散手 Rushing Combinations

900-910 离卦鸡形概括介绍 Rooster System Introduction

介绍离卦鸡形卧式掌风格特点 Understanding Rooster System Characteristics

目标: 介绍鸡形技击战略特点, 发力方法, 以及功法

910-940 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

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)

940-1000 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

1000-1030 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

1030-1130 冲纵横组合散手 Rushing Strike Combinations

三个基本冲与鸡形闪展腾挪进挞或扎组合起来 Combinations of the three foundational Rushing strikes with the other 7 Rooster system attack methods

1130-1200 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

1200-1230 鸡形站桩 Strength Posture Training

1. 教鸡形本桩 Rooster System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含闪展腾挪进挞冲扎的劲力

2. 教鸡形冲桩

备注 Notes:

6月22日- 下午 Saturday, June 22 - afternoon

三 平托冲套路，拆手 Rushing Form

200-245 冲组合散手加深 Rushing Strike Combination Review

Review of Rushing attack force and usage in combination

目标：通过组合散手练习，加强拆手记忆与效率

245-330 平托冲套路 Holding & Lifting Rushing form

教平托冲套路，解释平托的风格 Learn form and Holding & Lifting characteristics

目标：教套路内的身法以及步法作用

平托冲套路

1. 向外抹打 直上步 / 副手下按 / 弹拳
2. 向内掩化 / 撤拉步 / 斜上步 卧式冲
3. 绕上步 / 挪手冲
4. 向内捍掩 / 副手向外钩挂 / 直上步 卧式进
5. 撤拉步 转身 / 斜上步 / 挪手冲
6. 收步向内旋转 转身闪 上步 抹打
7. 斜上步 / 旋身闪 还原

Holding & Lifting Rushing

- Wipe strike, straight adv., press down + Shooting Punch
Cover in, withdraw then angle advance, Lying Rushing
Advance around and Shifting Rushing
Cover in, support hand hooks out, straight advance Lying Enter
Withdraw the foot, turn body, angle adv. Shifting Rushing
Whirl into a Turning Body Dodge, step out and Wipe strike
Angle advance into a Whirling Body Dodge

330-430 平托冲拆手 Application of Rushing Form

拆平托冲套路 Apply the Holding & Lifting Rushing form

目标：拆冲手法与平托身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 闪中带攻 / 连环而用 Striking while dodging / Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

430-500 平托冲套路加深 Review Rushing Form

复习以及加深理解平托冲套路 Review the Holding & Lifting Rushing form

目标：加深理解套路内的身法以及步法作用

500-530 鸡形转圈 Circle Turning Training

教鸡形转圈方法以及基本换式 Rooster System turning and foundational direction change

目标：转圈功法要求包括：12字领，转圈技击作用 Requirements and martial application

备注 Notes:

6月23日- 上午 Sunday, June 23 - morning

三 闪 组合散手 Dodging Combinations

900-930 闪基本散手 Foundational Dodging Attacks

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

目标：教闪的劲力特点，鸡形化卸力方法特点，三个基本闪散手的区别

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)

930-1000 闪基本散手加步法 Dodging Attacks with Footwork

三个基本闪加4点步法(上 / 背，全上，卧步)

目标：练习手脚合，离卦鸡形的膝，肘部，腰 协调

1000-1030 闪拆手 Foundational Dodging Strike 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

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

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

1130-1200 拆闪组合散手 Dodging Combination Application

拆闪组合散手 Apply Dodging strike combinations

目标：组合散手劲力的转换

1200-1230 鸡形站桩 Strength Posture Training

1. 站鸡形本桩 Rooster System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含闪展腾挪进挞冲扎的劲力

2. 站鸡形闪桩

备注 Notes:

6月23日- 下午 Sunday, June 23 - afternoon

三 风轮闪套路，拆手 Dodging Form

200-245 闪组合散手加深 Dodging Attack Combination Review

Review of Dodging attack force and usage in combination

目标：通过组合散手练习，加强拆手记忆与效率

245-330 风轮闪套路 Windmill Dodging form

教风轮闪套路，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

风轮闪套路

1. 抹手 / 斜上步卧式闪
2. 绕上步旋身闪
3. 斜上步抹掌
4. 撤步闪化 / 斜上步抹掌
5. 绕上步旋身闪
6. 斜上步卧式闪
7. 上两步挪手冲还原

Windmill Dodging

- Wipe open / angular advance step into Lying Dodging attack
Advance step around into Whirling Body Dodging attack
Angular advance step into Wiping palm attack
Withdraw step dodging transform / angular advance into Wiping palm attack
Advance step around into Whirling Body Dodging attack
Angular advance step into Lying Dodging attack
Advance two steps into Shifting Rushing attack return to the beginning

330-430 风轮闪拆手 Application of Dodging Form

拆风轮闪套路 Apply the Windmill Dodging form

目标：拆冲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
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 闪中带攻 / 连环而用 Striking while dodging / Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

430-500 风轮闪套路加深 Review Dodging Form

复习以及加深理解风轮闪套路 Review the Windmill Dodging form

目标：加深理解套路内的身法以及步法作用

500-530 鸡形转圈 Circle Turning Training

教鸡形转圈方法以及基本换式 Rooster System turning and foundational direction change

目标：转圈功法要求包括：12字领，转圈技击作用 Requirements and martial application

备注 Notes:

6月24日- 上午 Monday, June 24 - morning

三 展 组合散手 Extending Combinations

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

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)

930-1000 展基本散手加步法 Extending Strikes with Footwork

三个基本展加3点，4点步法 (上 / 背，全上，卧步 / 马步)

目标：练习手与脚合，离卦鸡形的膝，肘部，腰 协调

1000-1030 展拆手 Foundational Extending Strike Application

拆三个基本展 Apply the three foundational Extending strikes

目标：手法与 概念，角度，位置，力法变化，身法 结合

1030-1130 展纵横组合散手 Extending Strike Combinations

三个基本展与鸡形闪腾挪进挞冲或扎组合起来 Combinations of the three foundational Extending strikes with the other 7 Rooster system attack methods

1130-1200 拆展组合散手 Extending Combination Application

拆展组合散手 Apply Extending strike combinations

目标：组合散手劲力的转换

1200-1230 鸡形站桩 Strength Posture Training

1. 站鸡形本桩 Rooster System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含闪展腾挪进挞冲扎的劲力

2. 教鸡形展桩

备注 Notes:

6月24日- 下午 Monday, July 24 - afternoon

三 背身展套路，拆手 Extending Form

200-245 展组合散手加深 Extending Strike Combination Review

Review of Extending attack force and usage in combination

目标：通过组合散手练习，加强拆手记忆与效率

245-330 背身展套路 Turning the Back Extending form

教背身展套路，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

背身展套路

1. 开步向外抹打 转手
斜上步 成下手挂
2. 转手 撤步回原位 回手成抹手展
3. 顺式上步 从手下 向外成抹手展
4. 从手上刁领对方手腕 背步
再上步 旋手展
5. 顺式向内捍掩 上手抹击颈部 下手缠对方手臂
撤背步 成 捂手展
6. 顺式转身 上步 抹手展
7. 绕上步 双手向外分 成卧式冲 还原

Turning the Back Extending

Step out and Wipe Strike, rotate the hand
Angle adv. and Low Hook strike (open palm)
Turn the arm, withdraw to orig. position and Wipe Extend
Advance & Wipe Extend from underneath
Grasp the wrist from on top, back step,
Continue into advance step and Whirl Extend
Cover in, Wipe strike head & Bind oppt's arm
Back withdraw step into a Covering Extend
Turn body and advance step into Wipe Extend
Advance around, both arms separate down into a
Lying Rushing strike, return to the beginning

330-430 背身展拆手 Application of Extending Form

拆背身展套路 Apply the Turning the Back Extending form

目标：拆展手法与背身身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 闪中带攻 / 连环而用 Striking while dodging / Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

430-500 背身展套路加深 Review Extending Form

复习以及加深理解背身展套路 Review the Turning the Back Extending form

目标：加深理解套路内的身法以及步法作用

500-530 鸡形转圈 Circle Turning Training

教鸡形转圈方法以及基本换式 Rooster System turning and foundational direction change

目标：转圈功法要求包括：12字领，转圈技击作用 Requirements and martial application

备注 Notes:

6月25日- 上午 Tuesday, June 25 - morning

三 腾 组合散手 Rising Combinations

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

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)

930-1000 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

1000-1030 腾拆手 Foundational Rising Strike Application

拆三个基本腾 Apply the three foundational Rising attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

1030-1130 腾纵横组合散手 Rising Attack Combinations

三个基本腾与鸡形闪展挪进挞冲或扎组合起来 Combinations of the three foundational Rising attacks with the other 7 Rooster system attack methods

1130-1200 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

1200-1230 鸡形站桩 Strength Posture Training

1. 站鸡形本桩 Rooster System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含闪展腾挪进挞冲扎的劲力

2. 教鸡形腾桩

备注 Notes:

6月25日- 下午 Tuesday, June 25 - afternoon

三 抱式腾套路，拆手 Rising Form

200-245 腾组合散手加深 Rising Attack Combination Review

Review of Rising attack force and usage in combination

目标：通过组合散手练习，加强拆手记忆与效率

245-330 抱式腾套路 Enfolding Rising form

教抱式腾套路，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

抱式腾套路

1. 开步向外抹打 收并步 向外旋转成杨手托
向外旋转成杨手托式腾
2. 上步 转手抹打
3. 顺式化开 斜上步 单手腾
4. 收并步 顺式向外旋转 成托手式腾
上步 单手腾
5. 背撤步 仙人坠枝
6. 斜上步 挑肘式腾
7. 绕上步 双手向外分 成卧式冲 还原

Enfolding Rising

Step out and Wipe Strike, feet together and whirl out into a Rising Lifting Rising
Advance and rotate into a Wipe Strike
Transform open, ang. adv. Single Rising
Withdraw to feet together whirl out into Lifting Rising, advance and Single Hand Rising
Back withdraw into Immortal Hangs from the Branch
Angle advance into Lifting Elbow Rising
Advance around, arms separate down into Lying Rushing

330-430 抱式腾拆手 Application of Rising Form

拆抱式腾套路 Apply the Enfolding form

目标：拆腾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
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 闪中带攻 / 连环而用 Striking while dodging / Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

430-500 抱式腾套路加深 Review Rising Form

复习以及加深理解抱式腾套路 Review the Enfolding Rising form

目标：加深理解套路内的身法以及步法作用

500-530 鸡形转圈 Circle Turning Training

教鸡形转圈方法以及基本换式 Rooster System turning and foundational direction change

目标：转圈功法要求包括：12字领，转圈技击作用 Requirements and martial application

备注 Notes:

☵ 坎卦蛇形學

坎卦者水之象，順式掌者拳之式，坎者陷也，坎者乾之中陽，陽陷陰中，陽入而生潮，有坎中滿之象，故居正北水旺之方。其於物則謂蛇形，其物最毒，其性最玲瓏最活潑者。能撥草，以拳式之用言，則有白蛇吐信之法，有雙頭蛇纏身之巧，以拳之形式言，謂之順式拳，此拳外柔順而內剛健，有丹田氣足之形，內外如水，曲曲順流，無隙而不入，故取象為坎卦。

Kan Trigram Snake System

The Kan Trigram is the image of water. It is the Moving With the Force Palm in martial arts. Kan is a trap. Kan obtains the middle Yang from Qian, Yang trapped within Yin, Yang entering and producing a swell, giving the shape of Kan full in the middle, occupying due north, the position of abundant water. It is the form of the Snake, the most poisonous, the most nimble and lively of things. It has the ability to part the grass. As applied in martial arts, it has the method of white snake spitting out its tongue, cunning skill that plagues like a two-headed snake wrapped around the body. The martial form is called the Moving With the Force Palm. This form is outwardly yielding, while strong within, having the shape of full breath in the lower abdomen, inside and outside bending and flowing along like water, no crack that won't be entered, this is taken from the image of the Kan Trigram.

June 28 - July 1 Objectives

6月28日－7月1日 目标

1. Understand Snake system fighting strategy
介绍蛇形顺式掌技击方法 (战备概念，特点，变化，等)
2. Understand Snake system force generation body mechanics
教蛇形发力方法
3. Understand the meaning and force of the Snake System foundational Shoulder, Elbow, Hip, Knee attack methods.
教蛇形 肩，肘，膝，胯 本意 以及劲力
4. Learn, train, and use combinations of the foundational Shoulder, Elbow, Hip, Knee attack methods.
教 肩，肘，膝，胯 组合散手以及用法
5. Learn, understand and train the developmental methods and special characteristics of Snake system circle turning training.
教蛇形转圈方法，特点，和功法要求 以及转圈技击作用
6. Learn 4 different Snake forms: Interlocking Shoulder, Enfolding Elbow, Interlocking Knee, Holding & Lifting Hip
教四个蛇形套路: 连环肩, 抱式肘, 连环膝, 平托胯。

6月28日- 上午 Friday, June 28 - morning

☯ 肩 组合散手 Shoulder Combinations

900-910 坎卦蛇形概括介绍 Snake System Introduction

介绍坎卦蛇形顺式掌风格特点 Understanding Snake System Characteristics

目标: 介绍蛇形技击战略特点, 发力方法, 以及功法

910-940 肩基本散手 Foundational Shoulder Attacks

教钉肩, 压肩, 扛肩 Introduction to three foundational Shoulder strikes

目标: 教肩的劲力特点, 蛇形用力方法特点, 三个基本肩散手的区别

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

940-1000 肩基本散手加步法 Shoulder Attacks with Footwork

三个基本肩 加3点, 4点步法 (上 / 背, 全上)

目标: 练习手与脚合, 坎卦蛇形玲珑活潑身法

1000-1030 肩拆手 Foundational Shoulder Strike Application

拆三个基本肩 Apply the three foundational Shoulder strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

1030-1130 肩纵横组合散手 Shoulder Strike Combinations

三个基本肩与蛇形肘膝胯探握刁或拿组合起来 Combinations of the three foundational Shoulder strikes with the other 7 Snake system attack methods

目标: 组合散手劲力的转换与协调

1130-1200 拆肩组合散手 Shoulder Combination Application

拆肩组合散手 Apply Shoulder strike combinations

目标: 组合散手劲力的转换

1200-1230 蛇形站桩 Strength Posture Training

1. 教蛇形本桩 Snake System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含肩肘膝胯探握刁拿的劲力

2. 教蛇形肩桩

备注 Notes:

6月28日- 下午 Friday, June 28 - afternoon

三 连环肩套路, 拆手 Shoulder Form

200-245 肩组合散手加深 Shoulder Strike Combination Review

Review of Shoulder attack force and usage in combination

目标: 通过组合散手练习, 加强拆手记忆与效率

245-330 蛇形连环肩套路 Snake Interlocking Shoulder Attack form

教蛇形连环肩套路, 解释连环的风格 Learn form and Interlocking characteristics

目标: 教套路内的身法以及步法作用

连环肩

Interlocking Shoulder

- | | |
|-----------------|---|
| 1. 顺式抹, 从手下探手 | Smooth wipe out, Shooting attack from under the arm |
| 2. 上步 钉肩 | Advance step and Nailing Shoulder |
| 3. 背撤步, 上步压肩 | Withdraw back step, advance and Pressing Shoulder |
| 4. 搂带, 绕上步冲撞式钉肩 | Scoop in, advance around and Crashing Nail Shoulder |
| 5. 上步勾挂式肩打 | Advance step and Hooked Hand Shoulder strike |
| 6. 击上步上手穿式靠肩 | Attack advance and Leaning Shoulder attack |
| 7. 往回内缠握式换式, 还原 | Reverse and Inside Bind Hold Direction change |

330-430 蛇形连环肩套路拆手 Application of Shoulder Form

拆蛇形连环肩套路 Apply the Snake system Interlocking Shoulder form

目标: 拆蛇形肩用法与连环身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

430-500 连环肩套路加深 Review Shoulder Form

复习以及加深理解连环肩套路 Review the Interlocking Shoulder form

目标: 加深理解套路内的身法以及步法作用

500-530 蛇形转圈 Circle Turning Training

教蛇形转圈方法以及基本换式 Snake System turning and foundational direction change

目标: 转圈功法要求包括: 12字领, 转圈技击作用 Requirements and martial application

备注 Notes:

6月29日- 上午 Saturday, June 29 - morning

☯ 肘组合散手 Elbow Combinations

900-930 肘基本散手 Foundational Elbow Attacks

教抱肘，钉肘，摇肘 Introduction to three foundational Elbow strikes

目标：教肘的劲力特点，蛇形用力方法特点，三个基本肘散手的区别

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

930-1000 肘基本散手加步法 Elbow Attacks with Footwork

三个基本肘 加3点，4点步法 (上 / 背，全上)

目标：练习手与脚合，坎卦蛇形玲珑活潑身法

1000-1030 肘拆手 Foundational Elbow Attack Application

拆三个基本肘 Apply the three foundational Elbow strikes

目标：手法与 概念，角度，位置，力法变化，身法 结合

1030-1130 肘纵横组合散手 Elbow Strike Combinations

三个基本肘与蛇形肩膝胯探握刁或拿组合起来 Combinations of the three foundational Elbow strikes with the other 7 Snake system attack methods

目标：组合散手劲力的转换与协调

1130-1200 拆肘组合散手 Elbow Combination Application

拆肘组合散手 Apply Elbow attack combinations

目标：组合散手劲力的转换

1200-1230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 Snake System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含肩肘膝胯探握刁拿的劲力

2. 教蛇形肘桩

备注 Notes::

6月29日- 下午 Saturday, June 29 - afternoon

三 抱式肘套路, 拆手 Enfolding Elbow Form

200-245 肘组合散手加深 Elbow Attack Combination Review

Review of Elbow attack force and usage in combination

目标: 通过组合散手练习, 加强拆手记忆与效率

245-330 蛇形抱式肘套路 Snake Enfolding Elbow Attack form

教蛇形抱式肘套路, 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

抱式肘

Enfolding Elbow Form

- | | |
|-------------------------|---|
| 1. 顺试抹, 上步旋式钉肘 | Wipe out, advance and Whirling Nail Elbow |
| 2. 撤成并步, 垂肘 | Withdraw into feet together and Dropping Elbow |
| 3. 击上步向外摇肘, 绕上步跟步式并步摇肘 | Attack advance and outward Sway Elbow
Advance around into feet together Sway Elbow |
| 4. 击上步挑肘 | Attack advance and Lifting Elbow |
| 5. 微扣步, 绕背步旋身式背身肘(掌心向下) | Hook step, back step around into palm down
Whirling Turning the Back Elbow (palm down) |
| 6. 倒步背身拉肘 (掌心向上) | Back step and Pulling Elbow (palm up) |
| 7. 内缠握式换式, 还原 | Inside Bind Hold Direction change |

330-430 蛇形抱式肘套路拆手 Application of Elbow Form

拆蛇形抱式肘套路 Apply the Snake system Enfolding Elbow form

目标: 拆蛇形肘用法与抱式身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

430-500 抱式肘套路加深 Review Elbow Form

复习以及加深理解抱式肘套路 Review the Enfolding Elbow form

目标: 加深理解套路内的身法以及步法作用

500-530 蛇形转圈 Circle Turning Training

教蛇形转圈方法以及基本换式 Snake System turning and foundational direction change

目标: 转圈功法要求包括: 12字领, 转圈技击作用 Requirements and martial application

备注 Notes:

6月30日- 上午 Sunday, June 30 - morning

三 膝组合散手 Knee Combinations

900-930 膝基本散手 Foundational Knee Attacks

教别膝，钉膝，跪膝 Introduction to three foundational Knee attacks

目标：教膝的劲力特点，蛇形用力方法特点，三个基本膝散手的区别

膝打法	Knee Attack Methods	
别膝	Binding Knee	(bié xī)
钉膝	Nailing Knee	(dīng xī)
跪膝	Dropping Knee	(guì xī)

930-1000 膝基本散手加步法 Knee Attacks with Footwork

三个基本膝加3点，4点步法 (上 / 背，全上)

目标：练习手与脚合，坎卦蛇形玲珑活潑身法

1000-1030 膝拆手 Foundational Knee Attack Application

拆三个基本膝 Apply the three foundational Knee strikes

目标：手法与 概念，角度，位置，力法变化，身法 结合

1030-1130 膝纵横组合散手 Knee Strike Combinations

三个基本膝与蛇形肩肘胯探握刁或拿组合起来 Combinations of the three foundational Knee strikes with the other 7 Snake system attack methods

目标：组合散手劲力的转换与协调

1130-1200 拆膝组合散手 Knee Combination Application

拆膝组合散手 Apply Knee attack combinations

目标：组合散手劲力的转换

1200-1230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 Snake System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含肩肘膝胯探握刁拿的劲力

2. 教蛇形膝桩

备注 Notes:

6月30日- 下午 Sunday, June 30 - afternoon

三 连环膝套路, 拆手 Interlocking Knee Form

200-245 膝组合散手加深 Knee Strike Combination Review

Review of Knee attack force and usage in combination

目标: 通过组合散手练习, 加强拆手记忆与效率

245-330 蛇形连环膝套路 Snake Interlocking Knee Attack form

教蛇形连环膝套路, 解释连环的风格 Learn form and Interlocking characteristics

目标: 教套路内的身法以及步法作用

连环膝

Interlocking Knee

- | | |
|-------------------|---|
| 1. 顺试抹 钉膝 (环跳) | Wipe out and Nail Knee (<i>huantiao</i>) |
| 2. 迈摆步, 绕上提膝式打 | Swing open step down, advance around and Lifting Knee |
| 3. 落截(往回搂), 跌步式钉膝 | Sever attack down (pulling back in) and drop step Nail Knee |
| 4. 转身跪膝 | Turn the body and Dropping Knee attack |
| 5. 起身, 顺试别膝 迈摆步 | Come up and execute a Binding Knee, step down in open step |
| 6. 绕上提膝式打 | Advance around into a Lifting Knee attack |
| 7. 内缠握式换式, 还原 | Inside Bind Hold Direction change |

330-430 蛇形连环膝套路拆手 Application of Knee Form

拆蛇形连环膝套路 Apply the Snake system Interlocking Knee form

目标: 拆蛇形膝用法与连环身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

430-500 连环膝套路加深 Review Knee Form

复习以及加深理解连环膝套路 Review the Interlocking Knee form

目标: 加深理解套路内的身法以及步法作用

500-530 蛇形转圈 Circle Turning Training

教蛇形转圈方法以及基本换式 Snake System turning and foundational direction change

目标: 转圈功法要求包括: 12字领, 转圈技击作用 Requirements and martial application

备注 Notes:

7月1日- 上午 Monday, July 1 - morning

≡ 胯 组合散手 Hip Combinations

900-930 胯基本散手 Foundational Hip Attacks

教钉胯，砸胯，挤胯 Introduction to three foundational Hip strikes

目标：教胯的劲力特点，蛇形用力方法特点，三个基本胯散手的区别

胯手打法	Hip Attack Methods	
钉胯	Nailing Hip	(dīng kuà)
砸胯	Smashing Hip	(zá kuà)
挤胯	Squeezing Hip	(jǐ kuà)

930-1000 胯基本散手加步法 Hip Attacks with Footwork

三个基本胯 加3点，4点步法 (上 / 背，全上)

目标：练习手与脚合，坎卦蛇形玲珑活潑身法

1000-1030 胯拆手 Foundational Hip Attack Application

拆三个基本胯 Apply the three foundational Hip attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

1030-1130 胯纵横组合散手 Hip Strike Combinations

三个基本胯与蛇形肩肘膝探握刁或拿组合起来 Combinations of the three foundational Hip strikes with the other 7 Snake system attack methods

目标：组合散手劲力的转换与协调

1130-1200 拆胯组合散手 Hip Combination Application

拆撤组合散手 Apply Hip attack combinations

目标：组合散手劲力的转换

1200-1230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 Snake System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含肩肘膝胯探握刁拿的劲力

2. 教蛇形胯桩

备注 Notes:

7月1日- 下午 Monday, July 1 - afternoon

≡ 平托胯套路, 拆手 Holding & Lifting Hip Form

200-245 胯组合散手加深 Hip Attack Combination Review

Review of Hip attack force and usage in combination

目标: 通过组合散手练习, 加强拆手记忆与效率

245-330 蛇形平托胯套路 Snake Holding & Lifting Hip Attack form

教蛇形平托胯套路, 解释平托的风格 Learn form and Holding & Lifting characteristics

目标: 教套路内的身法以及步法作用

平托胯

Holding & Lifting Hip

- | | |
|----------------------------|---|
| 1. 顺试抹/探, 化开 从手下探 | Wipe and Shoot, transform and shoot from underneath |
| 2. 转手托式转手 绕上步 钉胯 | Rotating Lift, advance around and Nailing Hip attack |
| 3. 击上步 仙人脱衣式砸胯 | Attack Advance and Immortal Removes the Clothes Smash Hip |
| 4. 踢腿式上步, 击上步
(内含搂带) 砸胯 | Kicking advance step, attack advance (containing a scoop back) into a Smash Hip |
| 5. 背转身, 背上步挤胯 | Turn the body back, back step and Squeezing Hip |
| 6. 上步钉胯 | Advance step and Nailing Hip attack |
| 7. 开摆步, 转身往回搂带, 顺试探还原 | Open step, turn body & scoop back, reverse and shoot |

330-430 蛇形胯套路拆手 Application of Hip Form

拆蛇形平托胯套路 Apply the Snake system Holding & Lifting Hip form

目标: 拆蛇形胯用法与平托身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

430-500 平托胯套路加深 Review Hip Form

复习以及加深理解平托胯套路 Review the Holding & Lifting Hip form

目标: 加深理解套路内的身法以及步法作用

500-530 蛇形转圈 Circle Turning Training

教蛇形转圈方法以及基本换式 Snake System turning and foundational direction change

目标: 转圈功法要求包括: 12字领, 转圈技击作用 Requirements and martial application

备注 Notes:

☵ 坎卦蛇形學

坎卦者水之象，順式掌者拳之式，坎者陷也，坎者乾之中陽，陽陷陰中，陽入而生潮，有坎中滿之象，故居正北水旺之方。其於物則謂蛇形，其物最毒，其性最玲瓏最活潑者。能撥草，以拳式之用言，則有白蛇吐信之法，有雙頭蛇纏身之巧，以拳之形式言，謂之順式拳，此拳外柔順而內剛健，有丹田氣足之形，內外如水，曲曲順流，無隙而不入，故取象為坎卦。

Kan Trigram Snake System

The Kan Trigram is the image of water. It is the Moving With the Force Palm in martial arts. Kan is a trap. Kan obtains the middle Yang from Qian, Yang trapped within Yin, Yang entering and producing a swell, giving the shape of Kan full in the middle, occupying due north, the position of abundant water. It is the form of the Snake, the most poisonous, the most nimble and lively of things. It has the ability to part the grass. As applied in martial arts, it has the method of white snake spitting out its tongue, cunning skill that plagues like a two-headed snake wrapped around the body. The martial form is called the Moving With the Force Palm. This form is outwardly yielding, while strong within, having the shape of full breath in the lower abdomen, inside and outside bending and flowing along like water, no crack that won't be entered, this is taken from the image of the Kan Trigram.

July 4 - 7 Objectives

7月4日－7日 目标

1. Understand Snake system fighting strategy
介绍蛇形顺式掌技击方法 (战备概念, 特点, 变化, 等)
2. Understand Snake system force generation body mechanics
教蛇形发力方法
3. Understand the meaning and force of the Snake System foundational Shooting, Holding, Entrapping, and Grasping attack methods.
教蛇形 探, 握, 刁, 拿 本意 以及劲力
4. Learn, train, and use combinations of the foundational Shooting, Holding, Entrapping, and Grasping attack methods.
教 探, 握, 刁, 拿 组合散手以及用法
5. Learn, understand and train the developmental methods and special characteristics of Snake system circle turning training.
教蛇形转圈方法, 特点, 和功法要求 以及转圈技击作用
6. Learn 4 different Snake forms: Interlocking Shooting. Holding, Entrapping & Grasping forms will also be taught.
教四个蛇形套路: 连环探, 以及握, 刁, 拿 三个套路

7月4日- 上午 Thursday, July 4 - morning

☯ 探 组合散手 Shooting Combinations

900-910 坎卦蛇形概括介绍 Snake System Introduction

介绍坎卦蛇形顺式掌风格特点 Understanding Snake System Characteristics

目标: 介绍蛇形技击战略特点, 用力方法, 以及功法

910-940 探基本散手 Foundational Shooting Attacks

教刁手探, 抢手探, 滚手探 Introduction to three foundational Shooting strikes

目标: 教探的劲力特点, 蛇形用力方法特点, 三个基本探散手的区别

探手打法	Shooting / Searching Attack Methods
刁手探	Entrapping Shooting (diāo shǒu tàn)
滚手探	Rolling Shooting (gǔn shǒu tàn)
抢手探	Grabbing Shooting (qiǎng shǒu tàn)

940-1000 探基本散手加步法 Shooting Attacks with Footwork

三个基本探加3点, 4点步法 (上 / 背, 全上)

目标: 练习手与脚合, 坎卦蛇形玲珑活潑身法

1000-1030 探拆手 Foundational Shooting Strike Application

拆三个基本探 Apply the three foundational Shooting strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

1030-1130 探纵横组合散手 Shooting Strike Combinations

三个基本探与蛇形肩肘膝胯握刁或拿组合起来 Combinations of the three foundational Shooting strikes with the other 7 Snake system attack methods

目标: 组合散手劲力的转换与协调

1130-1200 拆探组合散手 Shooting Combination Application

拆探组合散手 Apply Shooting strike combinations

目标: 组合散手劲力的转换

1200-1230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 Snake System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含肩肘膝胯探握刁拿的劲力

2. 教站蛇形探桩

备注 Notes:

7月4日- 下午 Thursday, July 4 - afternoon

三 连环探套路, 拆手 Interlocking Shooting Form

200-245 探组合散手加深 Shooting Attack Combination Review

Review of Shooting attack force and usage in combination

目标: 通过组合散手练习, 加强拆手记忆与效率

245-330 蛇形连环探套路 Snake Interlocking Shooting Attack form

教蛇形连环探套路, 解释连环的风格 Learn form and Interlocking characteristics

目标: 教套路内的身法以及步法作用

连环探

1. 顺试抹 刁手探
2. 顺试化 上步 从手下 探手
(两手指式, 掌心向上)
3. 滚手化, 背步刁碗推肘式探
4. 上步 化卸式抢手探
5. 顺试化 从手下卡手刁 上步 探打
6. 上步 绵随从手上探手
(两手指式, 掌心向上)
7. 化卸 背步分手式内缠握式换式, 还原

Interlocking Shooting

- Wipe out and Entrapping Shooting
- Smooth transform, advance and Two Finger Shooting attack (palm up) from underneath the arm
- Roll Transform, back step & Entrap the wrist and push the elbow Shooting
- Advance and transforming Grabbing Shooting
- Transform, advance & Clutching Entrap + Shoot strike
- Advance, Soft Follow and Two Finger Shoot from above the hand (palm up)
- Back step and separating Inside Bind Hold direction change

330-430 蛇形连环探套路拆手 Application of Shooting Form

拆蛇形连环探套路 Apply the Snake system Interlocking Shooting form

目标: 拆蛇形探用法与连环身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

430-500 连环探套路加深 Review Shooting Form

复习以及加深理解连环探套路 Review the Interlocking Shooting form

目标: 加深理解套路内的身法以及步法作用

500-530 蛇形转圈 Circle Turning Training

教蛇形转圈方法以及基本换式 Snake System turning and foundational direction change

目标: 转圈功法要求包括: 12字领, 转圈技击作用 Requirements and martial application

备注 Notes:

7月5日- 上午 Friday, July 5 - morning

☯ 握组合散手 Holding Combinations

900-930 握基本散手 Foundational Holding Attacks

教内缠握，外缠握，云缠握 Introduction to three foundational Holding strikes

目标：教握的劲力特点，蛇形用力方法特点，三个基本握散手的区别

握手打法	Holding Attack Methods	
内缠握	Inside Binding Holding	(nèi chán wò)
外缠握	Outside Binding Holding	(wài chán wò)
云缠握	Figure 8 Binding Hold	(yún chán wò)

930-1000 握基本散手加步法 Holding Attacks with Footwork

三个基本握 加3点，4点步法 (上 / 背，全上)

目标：练习手与脚合，坎卦蛇形玲珑活潑身法

1000-1030 握拆手 Foundational Holding Attacks Application

拆三个基本握 Apply the three foundational Holding attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

1030-1130 握纵横组合散手 Holding Attack Combinations

三个基本握与蛇形肩肘膝胯探刁或拿组合起来 Combinations of the three foundational Holding strikes with the other 7 Snake system attack methods

目标：组合散手劲力的转换与协调

1130-1200 拆握组合散手 Holding Combination Application

拆握组合散手 Apply Holding attacks combinations

目标：组合散手劲力的转换

1200-1230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 Snake System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含肩肘膝胯探握刁拿的劲力

2. 教蛇形握桩

备注 Notes

7月5日- 下午 Friday, July 5 - afternoon

≡ 握 套路, 拆手 Holding Form and application

200-245 握组合散手加深 Holding Attack Combination Review

Review of Holding attack force and usage in combination

目标: 通过组合散手练习, 加强拆手记忆与效率

245-330 蛇形握套路 Snake System Holding Attack form

教蛇形握套路, 解释套路的风格 Learn form and characteristics

目标: 教套路内的身法以及步法作用

蛇形握套路

Snake System Holding

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

330-430 蛇形握套路拆手 Application of Holding Form

拆蛇形握套路 Apply the Snake system Holding form

目标: 拆蛇形握用法与身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

430-500 蛇形握套路加深 Review Holding Form

复习以及加深理解蛇形握套路 Review the Snake system Holding form

目标: 加深理解套路内的身法以及步法作用

500-530 蛇形转圈 Circle Turning Training

教蛇形转圈方法以及基本换式 Snake System turning and foundational direction change

目标: 转圈功法要求包括: 12字领, 转圈技击作用 Requirements and martial application

备注 Notes:

7月6日- 上午 Saturday, July 6 - morning

☯ 刁 组合散手 Entrapping Combinations

900-930 刁基本散手 Foundational Entrapping Attacks

教握手刁, 卡手刁, 揭手刁 Introduction to three foundational Entrapping strikes

目标: 教刁的劲力特点, 蛇形用力方法特点, 三个基本刁散手的区别

刁手打法	Entrapping Attack Methods	
握手刁	Holding Entrapping	(wò shǒu diāo)
卡手刁	Clutching Entrapping	(kǎ shǒu diāo)
解手刁	Tearing off Entrapping	(jiě shǒu diāo)

930-1000 刁基本散手加步法 Entrapping Attacks with Footwork

三个基本刁加3点, 4点步法 (上 / 背, 全上)

目标: 练习手与脚合, 坎卦蛇形玲珑活潑身法

1000-1030 刁拆手 Foundational Entrapping Attack Application

拆三个基本刁 Apply the three foundational Entrapping attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

1030-1130 刁纵横组合散手 Entrapping Attack Combinations

三个基本刁与蛇形肩肘膝胯探握或拿组合起来 Combinations of the three foundational Entrapping strikes with the other 7 Snake system attack methods

目标: 组合散手劲力的转换与协调

1130-1200 拆刁组合散手 Entrapping Combination Application

拆刁组合散手 Apply Entrapping strike combinations

目标: 组合散手劲力的转换

1200-1230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 Snake System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含肩肘膝胯探握刁拿的劲力

2. 教蛇形刁桩

备注 Notes

7月6日- 下午 Saturday, July 6 - afternoon

☰ 刁 套路, 拆手 Entrapping Form and application

200-245 刁组合散手加深 Entrapping Attack Combination Review

Review of Entrapping attack force and usage in combination

目标: 通过组合散手练习, 加强拆手记忆与效率

245-330 蛇形抱式刁套路 Snake Entrapping Attack form

教蛇形刁套路, 解释套路的风格 Learn form and characteristics

目标: 教套路内的身法以及步法作用

蛇形刁套路

Snake System Entrapping

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

330-430 蛇形刁套路拆手 Application of Entrapping Form

拆蛇形刁套路 Apply the Snake system Entrapping form

目标: 拆蛇形刁用法与抱式身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

430-500 蛇形刁套路加深 Review Entrapping Form

复习以及加深理解蛇形刁套路 Review the Snake system Entrapping form

目标: 加深理解套路内的身法以及步法作用

500-530 蛇形转圈 Circle Turning Training

教蛇形转圈方法以及基本换式 Snake System turning and foundational direction change

目标: 转圈功法要求包括: 12字领, 转圈技击作用 Requirements and martial application

备注 Notes:

7月7日- 上午 Sunday, July 7 - morning

☯ 拿组合散手 Grasping Combinations

900-930 拿基本散手 Foundational Grasping Attacks

教探手拿，握手拿，刁手拿 Introduction to three foundational Grasping strikes

目标：教拿的劲力特点，蛇形用力方法特点，三个基本拿散手的区别

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

930-1000 拿基本散手加步法 Grasping Attacks with Footwork

三个基本拿加3点，4点步法 (上 / 背，全上)

目标：练习手与脚合，坎卦蛇形玲珑活潑身法

1000-1030 拿拆手 Foundational Grasping Strike Application

拆三个基本拿 Apply the three foundational Grasping strikes

目标：手法与 概念，角度，位置，力法变化，身法 结合

1030-1130 拿纵横组合散手 Grasping Strike Combinations

三个基本拿与蛇形肩肘膝胯探握或刁组合起来 Combinations of the three foundational Grasping strikes with the other 7 Snake system attack methods

目标：组合散手劲力的转换与协调

1130-1200 拆拿组合散手 Grasping Combination Application

拆拿组合散手 Apply Grasping strike combinations

目标：组合散手劲力的转换

1200-1230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 Snake System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含肩肘膝胯探握刁拿的劲力

2. 教蛇形拿桩

备注 Notes

7月7日- 下午 Sunday, July 7 - afternoon

三 拿 套路, 拆手 Grasping Form and application

200-245 拿组合散手加深 Grasping Attack Combination Review

Review of Grasping attack force and usage in combination

目标: 通过组合散手练习, 加强拆手记忆与效率

245-330 蛇形拿套路 Snake System Grasping Attack form

教蛇形拿套路, 解释套路的风格 Learn form and characteristics

目标: 教套路内的身法以及步法作用

蛇形拿套路

Snake System Grasping

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

330-430 蛇形拿套路拆手 Application of Grasping Form

拆蛇形拿套路 Apply the Snake system Grasping form

目标: 拆蛇形拿用法与身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
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430-500 蛇形拿套路加深 Review Grasping Form

复习以及加深理解蛇形拿套路 Review the Snake system Grasping form

目标: 加深理解套路内的身法以及步法作用

500-530 蛇形转圈 Circle Turning Training

教蛇形转圈方法以及基本换式 Snake System turning and foundational direction change

目标: 转圈功法要求包括: 12字领, 转圈技击作用 Requirements and martial application

备注 Notes:

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