



Yin Style Bagua Workshop Massachusetts 2015

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尹氏八卦掌离卦鸡形学习目标

Li Trigram Rooster System Objectives

Objective 目标	完成划勾 Complete
1. Understand Rooster system fighting strategy 介绍鸡形卧式掌技击方法(战备概念, 特点, 变化, 等)	
2. Understand Rooster system force generation body mechanics 教鸡形发力方法	
3. Understand the meaning and force of the Rooster System Rushing, Whipping, Extending, Rising, Shifting, and Entering attack methods. 教冲, 撻, 展, 腾, 挪, 进 本意 以及劲力	
4. Learn, train, and use the 18 foundational Rushing, Whipping, Extending, Rising, Shifting, and Entering attacks. 教个基本冲, 撻, 展, 腾, 挪, 进 打法以及用法	
5. Learn, understand and train the Rooster system strengthening posture. 教鸡形本桩站桩功法要求和概念	
6. Learn, understand and train the developmental methods and special characteristics of Rooster system circle turning training as it relates to fighting. 教鸡形转圈方法, 特点, 和功法要求与技击结合	
7. Learn, understand, train, and apply the Lying Rushing, Shifting Rushing, Whirling Body dodging foundational Rooster system direction change methods. 教鸡形卧式冲, 挪手冲, 旋身闪基本换式法: 动作, 身法, 步法, 用法与变化	
8. Learn, understand, train, and apply the Rooster system forms: Enfolding Extending and Reversing the body Entering. 教鸡形抱式展, 返身进套路: 动作, 身法, 步法, 用法与变化。	

離卦雞形學

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

Li Trigram Rooster System Theory

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

10月10日课程时间表 October 10th Class Schedule

冲，撻 Rushing, Whipping

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:30 鸡形介绍 和站桩	Introduction to Rooster system / Representational strength posture. 鸡形卧式掌概括介绍。教鸡形本桩功法要求和概念。	
8:30-9:30 冲基本 散手	Introduction to Rooster Rushing attacks. Learn meaning, force, and use. Practice Lying, Shifting, and Rising Rushing attacks. 介绍鸡形冲的意思，劲力，用法。教卧式冲，挪手冲，腾手冲	
9:30-10:00 变化	Learn and practice application of Rushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教冲用法: 手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 卧式冲 Lying Rushing (wo shi chong) 2. 挪手冲 Shifting Rushing (nuo shou chong) 3. 腾手冲 Rising Rushing (teng shou chong)	
10:00-11:00 冲散手 与步法	Review Rushing attack meaning, force, and use. technique and angle, position, Practice Lying, Shifting, and Rising Rushing attacks with various footwork. 复习冲的意思，劲力，用法。复习撻手撻，抹手撻，抽手撻 用鸡形4点和3点步法练法。	
11:00-11:30 复习拆手	Review application of Rushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习冲用法: 手法与 角度，位置，力法，步法，身法以及概念结合	
1:00-2:00 撻基本 散手	Introduction to Whipping attacks. Learn meaning, force, and use. Practice Wiping, Whisking and Thrashing Whipping attacks. 介绍撻的意思，劲力，用法。教撻手撻，抹手撻，抽手撻	
2:00-2:30 变化	Learn and practice application of Whipping attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教撻用法: 手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 撻手撻 Whisking Whipping attack (dan shou ta) 2. 抹手撻 Wiping Whipping attack (ma shou ta) 3. 抽手撻 Thrashing Whipping attack (chou shou ta)	
2:30-3:30 撻散手 与步法	Review Whipping attack meaning, force, and use. Practice Wiping, Whisking and Thrashing Whipping attacks with various footwork. 复习撻的意思，劲力，用法。复习撻手撻，抹手撻，抽手撻 用鸡形4点和3点步法练法。	
3:30-4:30 复习拆手	Review application of Whipping attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习撻用法: 手法与 角度，位置，力法，步法，身法以及概念结合	

冲手打法

挪手冲
腾手冲
卧式冲

Rushing Attack Methods

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

撻手打法

撻手撻
抹手撻
抽手撻

Whipping Strike Attack Methods

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

10月11日课程时间表 October 11th Class Schedule

展 Extending

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:30 基本换式	Learn and practice the Lying Rushing, Shifting Rushing and Whirling Body Dodging direction change methods of Rooster system 教鸡形卧式冲, 挪手冲, 旋身闪基本换式法	
8:30-9:00 换式拆手	Learn and practice application of Rooster System direction changes and these concepts: technique and angle, position, use of force, footwork, body movement 教鸡形卧式冲, 挪手冲, 旋身闪换式用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
9:00-10:00 冲基本 散手	Introduction to Rooster Rushing attacks. Learn meaning, force, and use. Practice Lying, Shifting, and Rising Rushing attacks. 介绍鸡形冲的意思, 劲力, 用法。教卧式冲, 挪手冲, 腾手冲	
10:00-10:30 变化 拆手	Learn and practice application of Rushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教冲用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。 1. 卧式冲 Lying Rushing (wo shi chong) 2. 挪手冲 Shifting Rushing (nuo shou chong) 3. 腾手冲 Rising Rushing (teng shou chong)	
10:30-11:30 复习拆手	Review application of Rushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习冲用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
1:00-1:50 鸡形转圈	Learn and practice the Rooster system circle turning method 教鸡形转圈方法, 特点, 和功法要求与技击结合	
2:00-2:30 套路练习	Train the Enfolding Extending attack form 介绍抱式展, 抱式概念. 抱式展套路练习	
2:30-3:00 变化 拆手	Learn and practice application of Enfolding Extending attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教抱式展用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 抹打 + 回撤并步 / 抹手展 + 击上步 / 探打 / 向内旋转 / 上步 / 抹手展 Wipe strike + Withdraw back feet together, Wiping Extend attack + Advance, Shooting Palm, whirl in, advance step, Wiping Extend 2. 旋化 / 撤收并步 / 捂手展 / 进步 / 抹手展 + 向内掩化 / 背步 / 领带 / 旋手展 Whirl transform, withdraw to feet together, Covering Extend, enter step, Wiping Extend + Cover transform in, back step, Carry across, Whirling Extending	
3:00-4:00 复习展套路 复习展散手	Review foundational Extending attacks and Enfolding Extending form 复习基本展手打法以及抱式展套路	
4:00-4:30 复习拆手	Review application of Extending attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习展基本散手以及抱式展套路用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	

展手打法

- 挥手撻
- 抹手撻
- 抽手撻

Extending Attack Methods

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

抱式展

1. 抹打
2. 回撤并步 / 抹手展
3. 击上步 / 探打 / 向内旋转 / 上步 / 抹手展
4. 旋化 / 撤收并步 / 捂手展 / 进步 / 抹手展
5. 向内掩化 / 背步 / 领带 / 旋手展
6. 斜上步 / 捂手展
7. 绕上步 / 卧式冲, 还原

Enfolding Extending

- Wipe strike across
- Withdraw back feet together, Wiping Extend attack
- Advance, Shooting Palm, whirl in, advance step, Wiping Extend
- Whirl transform, withdraw to feet together, Covering Extend, enter step, Wiping Extend
- Cover transform in, back step, Carry across, Whirling Extending
- Angular advance, Covering Extending attack
- Advance around, Lying Rushing, return to the beginning

10月12日课程时间表 October 12th Class Schedule

腾，挪 Rising, Shifting

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:30 复习站桩	Review the Rooster system strength posture. 复习鸡形本桩功法要求和概念。	
8:30-9:30 腾基本 散手	Introduction to Rising attacks. Learn meaning, force, and use. Practice Lying, Single Hand and Whirling Rising attacks. 介绍闪的意思，劲力，用法。教卧式腾，单手腾，旋手腾	
9:30-10:00 变化	Learn and practice application of Rising attacks and these concepts: technique and angle, use of force, footwork, body movement 教腾用法: 手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 旋手腾 Whirling Rising (xuan shou teng) 2. 单手腾 Single Hand Rising (dan shou teng) 3. 卧式腾 Lying Rising (wo shi teng)	
10:00-11:00 腾散手 与步法	Review Rising attack meaning, force, and use. Practice Lying, Single Hand and Whirling Rising attacks with various footwork. 复习腾的意思，劲力，用法。复习卧式腾，单手腾，旋手腾 用鸡形4点和3点步法练法。	
11:00-11:30 复习拆手	Review application of Rising attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习腾用法: 手法与 角度，位置，力法，步法，身法以及概念结合	
1:00-2:00 挪基本 散手	Introduction to Rooster Shifting attacks. Learn meaning, force, and use. Practice Whirling, Closing / Squeezing In, and Grinding Shifting attacks. 介绍鸡形挪的意思，劲力，用法。教卧式挪，单手挪，旋手挪	
2:00-2:30 变化	Learn and practice application of Shifting attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教挪用法: 手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 旋手挪 Whirling Shifting (xuan shou nuo) 2. 掩手挪 Closing / Squeezing In Shifting (yan shou nuo) 3. 研手挪 Grinding Shifting (yan shou nuo)	
2:30-3:30 挪散手 与步法	Review Shifting attack meaning, force, and use. Practice Lying, Single Hand, and Whirling Shifting attacks with various footwork. 复习挪的意思，劲力，用法。复习卧式挪，单手挪，旋手挪 用鸡形4点和3点步法练法。	
3:30-4:30 复习拆手	Review application of Shifting attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习挪用法: 手法与 角度，位置，力法，步法，身法以及概念结合	

腾手打法

卧式腾
单手腾
旋手腾

Rising Attack Methods

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

挪手打法

旋手挪
掩手挪
研手挪

Shifting Attack Methods

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

10月13日课程时间表 October 13th Class Schedule

进 Entering

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:30 复习换式	Review the Rooster system foundational direction changes 复习鸡形基本换式法	
8:30-9:30 进基本 散手	Introduction to Rooster Entering attacks. Learn meaning, force, and use. Practice Wiping, Dodging, and Fist Entering attacks. 介绍鸡形进的意思, 劲力, 用法。教抹手进, 拳手进, 卧式进	
9:30-10:00 变化	Learn and practice application of Entering attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教进用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。	
拆手	1. 抹手进 Wiping Entering attack 2. 卧式进 Dodging Entering attack 3. 拳手进 Fist Entering attack	
10:00-11:00 进散手 与步法	Review Entering attack meaning, force, and use. Practice Wiping, Dodging, and Fist Entering attacks. 复习进的意思, 劲力, 用法。复习抹手进, 拳手进, 卧式进 用鸡形4点和3点步法练法。	
11:00-11:30 复习拆手	Review application of Entering attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习进用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
1:00-1:50 鸡形转圈	Practice and review the Rooster system circle turning method 纠正鸡形转圈方法, 特点, 和功法要求与技击结合	
2:00-2:30 套路练习	Train the Reversing the body Entering attack form 介绍返身进套路, 鸡形返身概念. 返身进套路练习.	
2:30-3:00 变化	Learn and practice application of Reversing the body Entering and these concepts: technique and angle, position, use of force, footwork, body movement 教返身进用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。	
拆手	1. 向内钩挂, 上步 / 两手分手, 鸡形卧掌式进 advance both hands separate into Rooster palm Lying Entering 2. 背步向外抹掌 / 抹手进 Back step and wipe across into Wiping Entering 3. 向内抱收并步 Bring the foot in and Holding in attack	
3:00-3:45 复习进散手 复习进套路	Review foundational Entering attacks and Reversing the body Entering 复习基本进手打法以及返身进套路	
3:45-4:30 复习拆手	Review application of Entering attacks, Entering form and these concepts: technique and angle, position, use of force, footwork, body movement 复习基本进散手以及返身进套路用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	

进手打法

抹手进
卧式进
拳手进

Entering Strike Attack Methods

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

返身进

1. 抹打
2. 向内钩挂, 上步 / 两手分手, 鸡形卧掌式进
3. 背步向外抹掌 / 抹手进
4. 斜上步向外架, 卧式进
5. 向内抱收并步
6. 开上步抹手掌
7. 向内旋化绕上步 / 旋身闪还原

Reversing the body Entering

Wipe strike across
Hook in, advance both hands separate into Rooster palm Lying Entering
Back step and wipe across into Wiping Entering
Angle advance and bring arm up and across into Lying Entering
Bring the foot in and Holding in attack
Open step into a Wiping attack
Whirl transform in, adv. around Whirling Body Dodge, return to the beginning

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	drop
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