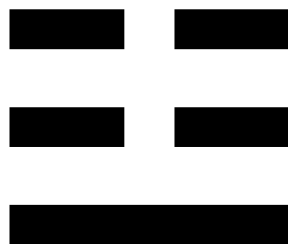




**Yin Style Bagua
Combatives**

**Training Workshop
Colorado 2019**

**尹氏八卦掌技击功法培训
科罗拉多州 2019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 27 - 29 Objectives

9月27日 - 9月29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 Pushing, Lifting, Moving and Chopping attack methods.
教龙形 推, 托, 搬, 劈 本意 以及劲力
4. Learn, train, and use combinations of Lifting + Pushing; Moving and Chopping attacks
教 推与托, 搬, 劈 组合散手
5. 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
6. Learn, understand, train, and apply the Dragon system form: Reversing the Body Moving and Reversing the Body Chopping.
教龙形套路: 返身搬, 返身劈: 动作, 身法, 步法, 用法与变化。

9月27日- 上午 Friday, September 27 - morning

三 推 组合散手 Pushing 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

910-940 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)

940-1010 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

1010-1040 拆解手 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

1040-1130 推纵横组合散手 Pushing Attack Combinations

三个基本推与龙形 托带领搬扣劈进 组合起来 Combinations of the three foundational Pushing strikes with the other 7 Dragon system attack methods

1130-1200 拆推组合散手 Pushing Combination Application

拆推组合散手 Apply Pushing attack combinations

目标: 组合散手劲力的转换

备注 Notes:

9月27日- 上午 Friday, September 27 - afternoon

三 推 + 托 组合散手 Pushing + Lifting

200-230 托基本散手 Foundational Lifting Strikes

教扣手托, 扬手托, 转手托 Introduction to three foundational Lifting strikes

目标: 教托的劲力特点, 龙形发力方法特点, 三个基本托散手的区别

托手打法

扣手托

扬手托

转手托

Lifting Attack Methods

Capturing Lifting (kòu shǒu tuō)

Rising Lifting (yáng shǒu tuō)

Rotating Lifting (zhuǎn shǒu tuō)

230-300 托基本散手加步法 Lifting Attacks with Footwork

三个基本托加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

300-330 托拆手 Foundational Lifting Strike Application

拆三个基本托 Apply the three foundational Lifting strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

330-400 推 + 托组合散手 Pushing + Lifting Combinations

推与托组合散手 Pushing and Lifting attacks in combination

目标: 组合散手劲力的转换

400-430 推 + 托组合拆手 Pushing + Lifting Application

拆推与托组合散手 Apply Pushing and Lifting attack combinations

目标: 组合散手劲力的转换

430-500 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

备注 Notes::

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

三 搬 组合散手 Moving combinations

1000-1030 搬基本散手 Foundational Moving Strikes

教单手搬，双手搬，翻手搬 Introduction to three foundational Moving strikes

目标：教搬的劲力特点，龙形发力方法特点，三个基本搬散手的区别

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)

1030-1100 搬基本散手加步法 Moving Strikes with Footwork

三个基本搬加3点，4点步法 (龙形全上, 上 / 背)

目标：练习手与脚合，艮卦熊形的后背，腰，腿 协调

1100-1130 搬拆手 Foundational Moving Strike Application

拆三个基本搬 Apply the three foundational Moving strikes

目标：手法与 概念，角度，位置，力法变化，身法 结合

1130-1230 搬纵横组合散手 Moving Attack Combinations

三个基本搬与龙形 推托带领扣劈进 组合起来 Combinations of the three foundational Moving strikes with the other 7 Dragon system attack methods

1230-100 搬组合散手 Moving Combination Application

拆搬 组合散手 Apply Capturing attack combinations

目标：组合散手劲力的转换

备注 Notes:

9月28日- 下午 Saturday, September 28 - afternoon

三 返身搬, 拆手 Moving Form

300-330 复习搬散手 Review Foundational Moving Attacks

复习单手搬, 双手搬, 翻手搬 Review the three foundational Moving attacks

目标: 加深理解搬的劲力特点, 龙形发力方法特点

330-400 返身搬套路 Reversing the Body Moving form

教返身搬套路, 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

返身搬套路

1. 击上半步 挺手推
2. 向内捍掩 斜上步 从手上搬
 辅手顺式上来成双手搬
3. 撤步 向回拉手 上步 从手上搬打
4. 向内捍掩 上步 从手下成翻手搬
5. 向内捍掩 从手上刁拿手腕
 背步 下式插手搬 (撩阴搬)
6. 斜上步 下按 从手上 搬手打
7. 向内捍掩 返身摆步 劈手式还原

Reversing the Body Moving

- Half attack step into Stopping Pushing attack
Cover in, angle advance and Moving strike from above
Support arm comes around on top into Double Moving
Withdraw step, pull back, advance and Moving strike
Cover in, advance and Reversing Moving from underneath
Cover in, grasp the wrist from on top
Back step and low Inserting Ban (crotch strike)
Angle advance, press down, Moving strike from above
Cover in, swing open step and Chopping strike direction change

400-500 返身搬拆手 Application of Moving Form

拆返身搬套路 Apply the Reversing the Body Moving form

目标: 拆搬力法与返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
- 连环而用 Interlocked usage

500-530 复习套路以及搬组合散手 Review Form & combinations

复习返身搬套路以及搬组合散手 Review the Reversing the Body Moving form & attack combinations

目标: 加深理解套路和组合散手里的身法以及步法作用

530-600 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 Sunday, September 29 - morning

三 劈 组合散手 Chopping combinations

1000-1030 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)

1030-1100 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

1100-1130 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

1130-1200 劈纵横组合散手 Chopping Attack Combinations

三个基本劈与龙形 推托带领搬扣进 组合起来 Combinations of the three foundational Chopping strikes with the other 7 Dragon system attack methods

1200-1230 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

1230-100 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

备注 Notes:

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

三 劈套路, 拆手 Chopping Form

300-330 复习劈散手 Review Foundational Chopping Attacks

复习正手劈, 砍手劈, 翻手劈 Review the three foundational Chopping attacks

目标: 加深理解劈的劲力特点, 龙形发力方法特点

330-400 返身劈套路 Reversing the Body Chopping form

教返身劈套路, 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

返身劈套路

1. 击上半步 挺手推
2. 向内捍掩 斜上步到圆心
从手下领手 砍手劈
3. 向内捍掩 砍手劈 撤步 从手下领手
斜上步到圆心 砍手劈
4. 向内捍掩 斜上步 从手下 翻手劈
5. 向内捍转 背撤步 从手上 翻手劈
6. 向下领带 斜上步 砍手劈
7. 向内捍掩 摆步 劈手式还原

Reversing the Body Chopping

- Half advance step into Stopping Pushing attack
Cover in, angle advance to the center of the circle
from under the arm lead across and Hacking Chop
Cover in, Hack Chop, withdraw, Lead from underneath
Angle advance to the center and Hack Chop
Cover in, angle advance and from underneath Reverse Chop
Cover in, back withdraw step and from on top Reverse Chop
Lead the arm downward, angle advance and Hacking Chop
Cover in, swing open step and Chopping strike direction change

400-500 返劈拆手 Application of Chopping Form

拆返身劈套路 Apply the Reversing the Body Chopping form

目标: 拆劈力法与返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
- 连环而用 Interlocked usage

500-530 复习套路以及劈组合散手 Review Form & combinations

复习返身劈套路以及劈组合散手 Review the Reversing the Body Chopping form & attack combinations

目标: 加深理解套路和组合散手里的身法以及步法作用

530-600 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:

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