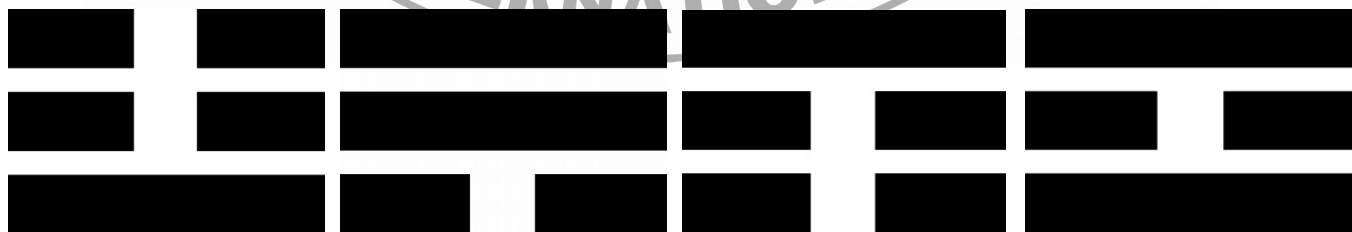


# Yin Style Bagua Training Intensive London 2015



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# 尹氏八卦掌震卦龙形学习目标

## Zhen Trigram Dragon System Objectives

Objective 目标	完成划勾 Complete
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	
3. Understand the meaning and force of the Dragon System Pushing and Entering attack methods. 教推, 进本意 以及劲力	
4. Learn, train, and use the 6 foundational Pushing, and Entering strikes 教6个基本推和进打法以及用法	
5. Learn, understand and train the Dragon system strengthening posture. 教龙形本桩站桩功法要求和概念	
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, 和功法要求	
7. Learn, understand, train, and apply the three foundational Dragon system direction change methods. 教龙形3个基本换式法: 动作, 身法, 步法, 用法与变化。	
8. Learn, understand, train, and apply the Dragon system forms: Moving with the force and Lying step Entering. 教龙形顺式进和卧式进套路: 动作, 身法, 步法, 用法与变化。	

### 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，其物為鱗蟲之長，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 bones, the ability to change unexpectedly, and the appearance of rising and 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 is taken from the Zhen Trigram.

## 7月11日课程时间表 July 11<sup>th</sup> Class Schedule

### 推 Pushing

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:45 龙形凤形 介绍与站桩	Introduction to Dragon and Phoenix systems and strength postures. 龙形平托掌概括介绍。凤形风轮掌概括介绍。 教龙形和凤形本桩功法要求和概念。	
8:45-9:45 推散手	Pushing attacks. Learn meaning, force, and use. Practice Straight, Inside and Rotating Pushing attacks. 介绍推的意思, 劲力, 用法。教直手推, 内手推, 转手推	
9:45-10:15 拆手  变化	Learn and practice application of Pushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教推用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。 1. 直手推 Straight Pushing (zhi shou tui) 2. 内手推 Inside Pushing (nei shou tui) 3. 转手推 Rotating Pushing (zhuan shou tui)	
10:15-11:15 复习散手	Review Pushing attack meaning, force, and use. Practice Straight, Inside and Rotating Pushing attacks. 复习推的意思, 劲力, 用法。复习直手推, 内手推, 转手推 用龙形4点和3点步法练法。	
11:15- 11:45 组合拆手	Apply combined Pushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教推组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
1:30-2:15 龙形基本 换式	Learn and practice the three foundational direction change methods of Dragon system 教龙形三个基本换式法	
2:15-3:00 龙形换式 拆手	Learn and practice application of direction changes and these concepts: technique and angle, position, use of force, footwork, body movement 教龙形基本换式用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
3:00-3:45 凤形基本 换式	Learn and practice the three foundational direction change methods of Phoenix system 教凤形三个基本换式法	
3:45-4:30 凤形换式 拆手	Learn and practice application of direction changes and these concepts: technique and angle, position, use of force, footwork, body movement 教凤形基本换式用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	

#### 推手打法

直手推  
内手推  
转手推

#### Pushing Strike Attack Methods

Straight Pushing (zhi shou tui)  
Inside Pushing (nei shou tui)  
Rotating Pushing (zhuan shou tui)

## 7月12日课程时间表 July 12<sup>th</sup> Class Schedule

### 进 Entering

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:45 龙形转圈	Learn and practice the Dragon system circle turning method 教龙形转圈方法, 特点, 和功法要求	
8:45-9:45 进散手	Introduction to Entering attacks. Learn meaning, force, and use. Practice Leading, Stealing, and Borrowing Entering attacks. 龙形进手介绍。介绍进的意思, 劲力, 用法。教领手进, 抢手进, 借手进	
9:45-10:15 变化 拆手	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。 1. 领手进 Leading Entering (ling shou jin) 2. 抢手进 Stealing Entering (qiang shou jin) 3. 借手进 Borrowing Entering (jie shou jin)	
10:15-11:15 复习散手	Review Entering attack meaning, force, and use. Practice Leading, Stealing, and Borrowing Entering attacks. 复习进的意思, 劲力, 用法。复习挡手进, 抢手进, 借手进 用龙形4点和3点步法练法。	
11:15-11:45 组合拆手	Apply combined Entering attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教进组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
1:30-2:15 套路练习	Train the Moving with the force Entering attack form 介绍顺式进, 顺式概念. 顺式进套路练习.	
2:15-3:00 变化 拆手	Learn and practice application of Moving with the force Entering attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教顺式进用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 捍掩 / 挡手 / 逆势借手进 rotate and cover inward, reverse Borrowing Entering 2. 捍掩 / 借手式领手进 Cover in, borrowing Leading Entering	
3:00-3:45 套路练习	Train the Lying step Entering attack form 介绍卧式进, 卧式概念. 卧式进套路练习.	
3:45-4:30 变化 拆手	Learn and practice application of Lying step Entering attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教卧式进用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 向下领手 / 击上卧步, 推手进 Lead downward, lying step advance into Pushing Entering 2. 挡手 / 逆势立手式挡手进 Reverse Blocking Entering (upright palm) 3. 内捍掩, 领手, 背撤卧步 / 翻插式进 Cover in, Leading attack, back lying step into turned over fist Enter	

#### 进手打法

领手进  
抢手进  
借手进

#### Entering Strike Attack Methods

Leading Entering (ling shou jin)  
Stealing Entering (qiang shou jin)  
Borrowing Entering (jie shou jin)

### 顺式进

1. 击上步挺手掌
2. 捍掩 / 上步 / 挡手 / 逆势借手进
3. 下按 / 绕上步 / 抢手进
4. 捍掩 / 上步 / 借手式领手进
5. 绕上步 / 领手进
6. 下按 / 上步 / 抢手进
7. 绕上步搬手式还原

### **Moving with the Force Entering**

- Half advance step and Holding Out palm  
Advance step, rotate and cover inward, reverse Borrowing Entering  
Press down, advance around, Forcing Entering  
Cover in, advance step, borrowing Leading Entering  
Advance around, Leading Entering  
Press down, advance step, Forcing Entering  
Advance around and Moving Strike return to the beginning

### 卧式进

1. 击上步挺手掌
2. 向下领手 / 击上卧步, 推手进
3. 上步 / 挡手 / 逆势立手式挡手进
4. 内捍掩, 领手, 背撤卧步 / 翻插式进
5. 上步 / 搬手进
6. 向下按 / 绕上步 / 逆势弹拳式抢手进
7. 向外顺化 / 上步 / 推手式还原

### **Lying Step Entering**

- Half advance step and Holding Out palm  
Lead downward, lying step advance into Pushing Entering  
Advance step, reverse Blocking Entering (upright palm)  
Cover in, Leading attack, back lying step into turned over fist Enter  
Advance step, Moving Attack Entering  
Pull down and out, advance step, shooting punch Forcing Entering  
Advance step, Pushing attack return to the beginning



# 尹氏八卦掌巽卦凤形学习目标

## Xun Trigram Phoenix System Objectives

Objective 目标	完成划勾 Complete
1. Understand Phoenix system fighting strategy 介绍凤形风轮掌技击方法(战备概念, 特点, 变化, 等)	
2. Understand Phoenix system force generation body mechanics 教凤形发力方法	
3. Understand the meaning and force of the Phoenix System Dodging, Shocking, and Transforming attack methods. 教闪, 振, 化本意 以及劲力	
4. Learn, train, and use the 9 foundational Removing, Shocking, and Transforming strikes 教9个基本卸, 振, 化打法以及用法	
5. Learn, understand and train the Phoenix system strengthening posture. 教凤形本桩站桩功法要求和概念	
6. Learn, understand and train the developmental methods and special characteristics of Phoenix system circle turning training. 教凤形转圈方法, 特点, 和功法要求	
7. Learn, understand, train, and apply the three foundational Phoenix system direction change methods. 教凤形3个基本换式法: 动作, 身法, 步法, 用法与变化。	
8. Learn, understand, train, and apply the Phoenix system forms: Moving with the force and Lying step Transforming, Moving with the force and Lying step Shocking, Moving with the force and Lying step Removing. 教凤形顺式和卧式卸, 顺式和卧式振, 顺式和卧式化套路: 动作, 身法, 步法, 用法与变化。	

### 巽卦鳳形學

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。

### Xun Trigram Phoenix System Theory

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.

## 7月13日课程时间表 July 13<sup>th</sup> Class Schedule

# 卸 Removing

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:45 凤形转圈	Learn and practice the Phoenix system circle turning method 教凤形转圈方法, 特点, 和功法要求	
8:45-9:45 卸散手	Introduction to Removing attacks. Learn meaning, force, and use. Practice Dropping, Flowing, and Pressing Removing attacks. 凤形卸手介绍。介绍扣的意思, 劲力, 用法。教垂手卸, 顺手卸, 按手卸	
9:45-10:15 变化 拆手	Learn and practice application of Removing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教卸用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。 1. 垂手卸 Dropping Removing (chui shou xie) 2. 顺手卸 Flowing Removing (shun shou xie) 3. 按手卸 Pressing Removing (an shou xie)	
10:15-11:15 复习散手	Review Removing attack meaning, force, and use. Practice Dropping, Flowing, and Pressing Removing attacks. 复习卸的意思, 劲力, 用法。复习垂手卸, 顺手卸, 按手卸 用龙形4点和3点步法练法。	
11:15-11:45 组合拆手	Apply combined Removing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教卸组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
1:30-2:15 套路练习	Train the Moving with the force Removing attack form 介绍顺式卸, 顺式概念。顺式卸套路练习。	
2:15-3:00 变化 拆手	Learn and practice application of Moving with the force Removing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教顺式卸用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 从手上开手闪 / 垂手卸 from above Opening Dodging / Dropping Removing 2. 从手下抢手化 / 向上冲手卸 Force Transform / Rushing Removing attack 3. 向内推手卸 Inward Pushing Removing attack	
3:00-3:45 套路练习	Train the Lying step Removing attack form 介绍卧式卸, 卧式概念。卧式卸套路练习。	
3:45-4:30 变化 拆手	Learn and practice application of Lying step Removing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教卧式卸用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 斜上步 / 贯手卸 Diagonal advance, Passing Through Removing 2. 回转身 / 拧转手 / 撤卧步 / 滚手卸 / 抢手化 Rotate arm, withdraw to lying step, Rolling Remove / Force Transform 3. 按手卸 / 上步 / 开手 Press Remove, advance step, Opening Palm	

### 卸手打法

垂手卸

顺手卸

按手卸

### Removing Attack Methods

Dropping Removing (chui shou xie)

Flowing Removing (shun shou xie)

Pressing Removing (an shou xie)

## 7月14日课程时间表 July 14<sup>th</sup> Class Schedule

# 振 Shocking

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:45 凤形转圈	Practice and review the Phoenix system circle turning method 纠正凤形转圈方法，特点，和功法要求	
8:45-9:45 振散手	Introduction to Shocking attacks. Learn meaning, force, and use. Practice Pulling, Upright, and Whipping Shocking attacks. 凤形振手介绍。介绍劈的意思，劲力，用法。教拉手振，掸手振，正手振	
9:45-10:15 变化	Learn and practice application of Shocking attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教振用法: 手法与角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 拉手振 Pulling Shocking (la shou zhen) 2. 掸手振 Whipping Shocking (dan shou zhen) 3. 正手振 Upright Shocking (zheng shou zhen)	
10:15-11:15 复习散手	Review Shocking attack meaning, force, and use. Practice Pulling, Upright, and Whipping Shocking attacks.. 复习振的意思，劲力，用法。复习拉手振，掸手振，正手振 用凤形4点和3点步法练法。	
11:15-11:45 组合拆手	Apply combined Shocking attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教振组合用法: 手法与角度，位置，力法，步法，身法以及概念结合	
1:30-2:15 套路练习	Train the Moving with the force Shocking attack form 介绍顺式振，顺式概念。顺式振套路练习。	
2:15-3:00 变化	Learn and practice application of Moving with the force Shocking attacks and these concepts: technique and angle, position, use of force, footwork, body movement	
拆手	教顺式振用法: 手法与步法（角度，位置，力法，身法以及概念结合） 1. 双手撩闪手振 Both arms scissor motion Arcing Dodging Shock 2. 滚手振 Rolling shock attack 3. 钉手振 Nailing Shocking attack	
3:00-3:45 套路练习	Train the Lying step Shocking attack form 介绍卧式振，卧式概念。卧式振套路练习。	
3:45-4:30 变化	Learn and practice application of Lying step Shocking attacks and these concepts: technique and angle, position, use of force, footwork, body movement	
拆手	教卧式振用法: 手法与步法（角度，位置，力法，身法以及概念结合） 1. 回转身 / 收掩手 / 撤卧步 / 向下内手振 Cover in, withdraw to lying step, strike downward Inside Shock attack 2. 翻手带手 / 旋手钉手振 Hand turns over & carries, Whirling Nailing Shock 3. 转身 / 背撤卧步 / 冲肩振打 Turn the body and back withdraw into lying step, Rushing Shoulder Shock	

### 振手打法

拉手振  
掸手振  
正手振

### Shocking Strike Attack Methods

Pulling Shocking (la shou zhen)  
Whipping Shocking (dan shou zhen)  
Upright Shocking (zheng shou zhen)



## 7月15日课程时间表 July 15<sup>th</sup> Class Schedule

# 化 Transforming

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:45 复习站桩	Review the Dragon & Phoenix system strength postures. 复习龙形和凤形本桩功法要求和概念.	
8:45-9:45 化散手	Introduction to Transforming attacks. Learn meaning, force, and use. Practice Rolling, Forcing, and Flowing Transforming attacks. 凤形化手介绍。介绍化的意思，劲力,用法。教顺手法，抢手法，滚手法	
9:45-10:15 变化 拆手	Learn and practice application of Transforming attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教化用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。 1. 顺手法 Flowing Transforming (shun shou hua) 2. 抢手法 Forcing Transforming (qiang shou hua) 3. 滚手法 Rolling Transforming (gun shou hua)	
10:15-11:15 复习散手	Review Transforming attack meaning, force, and use. Review Rolling, Forcing, and Flowing Transforming attacks.. 复习化的意思，劲力,用法。复习顺手法，抢手法，滚手法 用凤形4点和3点步法练法。	
11:15-11:45 组合拆手	Apply combined Transforming attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教化组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
1:30-2:15 套路练习	Train the Moving with the force Transforming attack form 介绍顺式化，顺式概念. 顺式化套路练习.	
2:15-3:00 变化 拆手	Learn and practice application of Moving with the force Transforming attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教顺式化用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 捋收 / 勾挂式化 Cover in, Hooking Transforming attack 2. 掩手法 Closing In Transforming attack 3. 捂手法 Covering Transforming attack	
3:00-3:45 套路练习	Train the Lying step Transforming attack form 介绍卧式化，卧式概念. 卧式化套路练习.	
3:45-4:30 变化 拆手	Learn and practice application of Lying step Transforming attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教卧式化用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 回转身 / 借手 / 撤卧步 / 勾挂手法 Rotate body, hand off, withdraw to lying step, Hooking Transform 2. 转身 / 背撤卧步 / 向下滚手法 / 捂手法 Turn, back withdraw to lying step, Rolling Transform / Cover Transform	

### 化手打法

顺手法  
抢手法  
滚手法

### Transforming Attack Methods

Flowing Transforming (shun shou hua)  
Forcing Transforming (qiang shou hua)  
Rolling Transforming (gun shou hua)

### 顺式卸

1. 击上步开手 / 向内转身 / 顺手卸
2. 上步 / 从手上开手闪 / 垂手卸
3. 绕上步 / 按手卸
4. 上步 / 从手下抢手化 / 向上冲手卸
5. 绕上步 / 向内推手卸
6. 上步 / 从手上开手闪
7. 上步抢手化式还原

### 卧式卸

1. 收并步 / 开手
2. 斜上步 / 贯手卸
3. 回转身 / 拧转手 / 撤卧步 / 滚手卸 / 抢手化
4. 上步 / 顺手卸
5. 转身 / 背撤卧步 / 开手闪
6. 按手卸 / 上步 / 开手
7. 绕上步抢化式还原

### 顺式振

1. 击上步开手
2. 上步 / 双手撩闪手振
3. 绕上步 / 滚手振
4. 上步 / 钉手振
5. 下带手 / 绕上步 / 撩闪式振
6. 上步 / 开手闪式振
7. 上步抢手化式还原

### 卧式振

1. 收并步 / 开手
2. 斜上步 / 下按 / 翻手拍手振
3. 回转身 / 收掩手 / 撤卧步 / 向下内手振
4. 翻手带手 / 上步 / 旋手钉手振
5. 转身 / 背撤卧步 / 冲肩振打
6. 转手 / 上步 / 正手振
7. 绕上步抢化式还原

### 顺式化

1. 击上步开手 / 顺手化
2. 捍收 / 上步 / 勾挂式化
3. 绕上步 / 掩手化
4. 上步 / 从手下, 抢手化
5. 绕上步 / 捂手化
6. 顺式外转 / 上步 / 抢手化
7. 上步抢手化式还原

### 卧式化

1. 收并步 / 开手
2. 斜上步 / 顺手化
3. 回转身 / 借手 / 撤卧步 / 勾挂手化
4. 上步 / 抢手化
5. 转身 / 背撤卧步 / 向下滚手化 / 捂手化
6. 上步 / 抢手化
7. 绕上步抢化式还原

### Moving with the force Removing

- Half advance step and Opening Palm / turn body in and Flowing Remove  
Advance step, from above Opening Dodging / Dropping Removing  
Advance around, Pressing Removing attack  
Advance step, Force Transform / Rushing Removing attack  
Advance around, inward Pushing Removing attack  
Advance step, from above the arm Opening Dodging  
Advance step Force Transform return to the beginning

### Lying Step Removing

- Foot comes in to feet together / Opening Palm  
Diagonal advance, Passing Through Removing  
Rotate arm, withdraw to lying step, Rolling Remove / Force Transform  
Advance step / Flowing Removing  
Turn the body and back withdraw into lying step, Opening Dodging  
Press Remove, advance step, Opening Palm  
Advance around Force Transform attack return to the beginning

### Moving with the force Shocking

- Half advance step and Opening Palm  
Advance step, both arms scissor motion Arcing Dodging Shock  
Advance around, Rolling shock attack  
Advance step, Nailing Shocking attack  
Carry attack and advance around, Arcing Dodging Shocking  
Advance step, from above the arm Opening Dodging Shock  
Advance step Force Transform return to the beginning

### Lying Step Shocking

- Foot comes in to feet together / Opening Palm  
Diagonal advance, Press down, Turned over Slapping Shock  
Cover in, withdraw to lying step, strike downward Inside Shock attack  
Hand turns over & carries, advance step, Whirling Nailing Shock  
Turn the body and back withdraw into lying step, Rushing Shoulder Shock  
Rotate the arm, advance step, Upright Shock Attack  
Advance around Force Transform attack return to the beginning

### Moving with the force Transforming

- Half advance step and Opening Palm / Flowing Transform attack  
Cover in, advance step, Hooking Transforming attack  
Advance around, Closing In Transforming attack  
Advance step, Forcing Transforming attack  
Advance around, Covering Transforming attack  
Clear out, advance step, Force Transform attack  
Advance step Force Transform return to the beginning

### Lying Step Transforming

- Foot comes in to feet together / Opening Palm  
Diagonal advance, Flowing Transforming attack  
Rotate body, hand off, withdraw to lying step, Hooking Transform  
Advance step / Forcing Transform attack  
Turn, back withdraw to lying step, Rolling Transform / Cover Transform  
Advance step, Force Transform attack  
Advance around Force Transform attack return to the beginning

# 尹氏八卦掌艮卦熊形学习目标

## Gen Trigram Bear System Objectives

Objective 目标	完成划勾 Complete
1. Understand Bear system fighting strategy 介绍熊形背身掌技击方法(战备概念, 特点, 变化, 等)	
2. Understand Bear system force generation body mechanics 教熊形发力方法	
3. Understand the meaning and force of the Bear System Rushing, Carrying, Shocking, Soft and Following attack methods 教冲, 带, 振, 绵, 随本意以及劲力	
4. Learn, train, and use the 15 foundational Rushing, Carrying, Shocking, Soft, and Following strikes 教 15 个基本冲, 带, 振, 绵, 随打法以及用法	
5. Learn, understand and train the Bear system strengthening posture. 教熊形本桩站桩功法要求和概念	
6. Learn, understand and train the developmental methods and special characteristics of Bear system circle turning training. 教熊形转圈方法, 特点, 和功法要求	
7. Learn, understand, train, and apply the three foundational Bear system direction change methods. 教熊形 3 个基本换式法: 动作, 身法, 步法, 用法与变化。	
8. Learn, understand, train, and apply the Bear system forms: Moving with the force and Lying step Carrying, Moving with the force and Lying step Shocking, Moving with the force and Lying step Soft, Moving with the force and Lying step Following. 教熊形顺式和卧式带, 顺式和卧式振, 顺式和卧式绵, 顺式和卧式随套路: 动作, 身法, 步法, 用法与变化。	

### 艮卦熊形學

艮卦者，山之象也。背身掌者，拳之式也。艮者止也。艮得乾之末陽，末陽主靜，故居東北陽弱之方。其於物也，則為熊形，其性最鈍，其物最威嚴，有豎項之力。以拳式之用言，則有靠身之勇，有拔樹之能，有抖搜之法。以拳之形式言，謂之背身掌。此拳上剛健，而中下柔順，有靜止之形，故取象為艮卦。

### Gen Trigram Bear System Theory

The Gen Trigram is symbolic of mountains. In martial arts, it is the Turning the Back Palm. Gen is stillness. Gen obtains the end of Yang from Qian, which signifies stillness, and occupies the northeast, the direction of weak Yang. As to objects, it is the form of the Bear, having the most blunt nature, yet it is the most awe-inspiring, having an upright strength. As applied in martial arts, it has the courage of leaning into the body, the ability to uproot trees, and the skill of shaking the body. The martial form is called the Turning the Back palm. This form is strong above, while smooth in the middle and below. Having the form of stillness, this is taken from the Gen Trigram.

## 7月18日课程时间表 July 18<sup>th</sup> Class Schedule

### 冲 Rushing

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:45 熊形麟形 介绍与站桩	Introduction to Bear system and Bear and Unicorn strength postures. 熊形背身掌概括介绍。麟形返身掌括介绍。 教熊形和麟形本桩功法要求和概念。	
8:45-9:45 冲散手	Rushing attacks. Learn meaning, force, and use. Practice Stamping, Piercing and Covering Rushing attacks. 介绍冲的意思, 劲力, 用法。教踏手冲, 贯手冲, 盖手冲	
9:45-10:15 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. 踏手冲 Stamping Rushing (ta shou chong) 2. 贯手冲 Piercing Rushing (guan shou chong) 3. 盖手冲 Covering Rushing (gai shou chong)	
10:15-11:15 复习散手	Review Rushing attack meaning, force, and use. Practice Stamping, Piercing and Covering Rushing attacks. 复习冲的意思, 劲力, 用法。复习踏手冲, 贯手冲, 盖手冲 用熊形4点和3点步法练法。	
11:15-11:45 组合拆手	Apply combined Rushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教冲组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
1:30-2:15 熊形基本 换式	Learn and practice the three foundational direction change methods of Bear system 教熊形三个基本换式法	
2:15-3:00 熊形换式 拆手	Learn application of Bear direction changes and these concepts: technique, angle, position, use of force, footwork, body movement 教熊形基本换式用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
3:00-3:45 麟形基本 换式	Learn and practice the three foundational direction change methods of Unicorn system 教麟形三个基本换式法	
3:45-4:30 麟形换式 拆手	Learn application of Unicorn direction changes and these concepts: technique, angle, position, use of force, footwork, body movement 教麟形基本换式用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	

#### 冲手打法

踏手冲  
贯手冲  
盖手冲

#### Rushing Strike Attack Methods

Stamping Rushing (ta shou chong)  
Piercing Rushing (guan shou chong)  
Covering Rushing (gai shou chong)

## 7月19日课程时间表 July 19<sup>th</sup> Class Schedule

### 带 Carrying

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:45 熊形转圈	Learn and practice the Bear system circle turning method 教熊形转圈方法, 特点, 和功法要求	
8:45-9:45 带散手	Rushing attacks. Learn meaning, force, and use. Practice Horizontal, Upper and Lower Carrying attacks. 介绍带的意思, 劲力, 用法。教横手带, 上手带, 下手带	
9:45-10:15 变化	Learn and practice application of Carrying attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教带用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。	
拆手	1. 上手带 Upper Carrying (shang shou dai)	
	2. 横手带 Horizontal Carrying (heng shou dai)	
	3. 下手带 Lower Carrying (xia shou dai)	
10:15-11:15 复习散手	Review Carrying attack meaning, force, and use. Practice Horizontal, Upper and Lower Carrying attacks. 复习带的意思, 劲力, 用法。复习横手带, 上手带, 下手带 用熊形4点和3点步法练法。	
11:15-11:45 组合拆手	Apply combined Carrying attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教带组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
1:30-2:15 套路练习	Train the Moving with the force Carrying attack form 介绍顺式带, 顺式概念. 顺式带套路练习.	
2:15-3:00 变化	Learn and practice application of Moving with the force Carrying attacks and these concepts: technique and angle, position, use of force, footwork, body movement	
拆手	教顺式带用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合)	
	1. 踏冲 + 下按式带 Stamping Rushing + Pressing Carry	
	2. 弹掌 + 横手带 (两手掌冲下) Shooting Palm + Horizontal Carry	
	3. 双手拔手式带 Uprooting Carrying attack	
3:00-3:45 套路练习	Train the Lying step Carrying attack form 介绍卧式带, 卧式概念. 卧式带套路练习.	
3:45-4:30 变化	Learn and practice application of Lying step Carrying attacks and these concepts: technique and angle, position, use of force, footwork, body movement	
拆手	教卧式带用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合)	
	1. 抹手带+击上卧步 / 卧式带 Wiping Carry + lying step Carry	
	2. 背撤卧步 / 撤手带 Back withdraw into lying step, Withdrawing Carrying attack	
	3. 按手带 Pressing Carry	

#### 带手打法

上手带

横手带

下手带

#### Carrying Strike Attack Methods

Upper Carrying (shang shou dai)

Horizontal Carrying (heng shou dai)

Lower Carrying (xia shou dai)

## 7月20日课程时间表 July 20<sup>th</sup> Class Schedule

### 振 Shocking

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:45 熊形转圈	Practice and review the Bear system circle turning method 纠正熊形转圈方法，特点，和功法要求	
8:45-9:45 振散手	Shocking attacks. Learn meaning, force, and use. Practice Turning Hand, Back and Pounding Shocking attacks. 介绍振的意思，劲力，用法。教转手振，扑手振，背手振	
9:45-10:15 变化	Learn and practice application of Shocking attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教振用法: 手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 转手振 Turning Shocking (zhuan shou zhen) 2. 扑手振 Pounding Shocking (pu shou zhen) 3. 背手振 Back Shocking (bei shou zhen)	
10:15-11:15 复习散手	Review Shocking attack meaning, force, and use. Practice Turning Hand, Back and Pounding Shocking attacks.. 复习振的意思，劲力，用法。复习转手振，扑手振，背手振 用熊形4点和3点步法练法。	
11:15-11:45 组合拆手	Apply combined Shocking attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教振组合用法: 手法与 角度，位置，力法，步法，身法以及概念结合	
1:30-2:15 套路练习	Train the Moving with the force Shocking attack form 介绍顺式振，顺式概念. 顺式振套路练习.	
2:15-3:00 变化	Learn and practice application of Moving with the force Shocking attacks and these concepts: technique and angle, position, use of force, footwork, body movement	
拆手	教顺式振用法: 手法与 步法（角度，位置，力法，身法以及概念结合） 1. 踏手冲 + 向内绵随 / 盖手振 Stamping Rushing + Covering Shock attack 2. 推手振 Pushing Shock attack	
3:00-3:45 套路练习	Train the Lying step Shocking attack form 介绍卧式振，卧式概念. 卧式振套路练习.	
3:45-4:30 变化	Learn and practice application of Lying step Shocking attacks and these concepts: technique and angle, position, use of force, footwork, body movement	
拆手	教卧式振用法: 手法与 步法（角度，位置，力法，身法以及概念结合） 1. 击上并步 / 扑手振 Advance into feet together, Pounding Shocking attack 2. 击上卧步 / 带手 / 拍手振 lying step and carry, Slapping Shock attack 3. 背撤卧步 / 推手振 Back withdraw into lying step, Pushing Shocking attack	

#### 振手打法

转手振  
扑手振  
背手振

#### Shocking Strike Attack Methods

Turning Shocking (zhuan shou zhen)  
Pounding Shocking (pu shou zhen)  
Back Shocking (bei shou zhen)

## 7月21日课程时间表 July 21<sup>st</sup> Class Schedule

### 绵 Soft

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:45 熊形转圈	Practice and review the Bear system circle turning method 纠正熊形转圈方法, 特点, 和功法要求	
8:45-9:45 绵散手	Introduction to Soft attacks. Learn meaning, force, and use. Practice, Grinding, Revolving, and Transforming Soft attacks. 熊形绵手介绍。介绍绵的意思, 劲力, 用法。教研手绵, 转手绵, 化手绵	
9:45-10:15 变化	Learn and practice application of Soft attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教绵用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。	
拆手	1. 研手绵 Grinding Soft Attack 2. 转手绵 Revolving Soft Attack 3. 化手绵 Transforming Soft Attack	
10:15-11:15 复习散手	Review Soft attack meaning, force, and use. Practice Grinding, Revolving, and Transforming Soft attacks. 复习绵的意思, 劲力, 用法。复习研手绵, 转手绵, 化手绵 用熊形4点和3点步法练法。	
11:15-11:45 组合拆手	Apply combined Soft attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教绵组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
1:30-2:15 套路练习	Train the Moving with the force Soft attack form 介绍顺式绵, 顺式概念. 顺式绵套路练习.	
2:15-3:00 变化	Learn and practice application of Moving with the force Soft attacks and these concepts: technique and angle, position, use of force, footwork, body movement	
拆手	教顺式绵用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 踏手冲 + 向内捍掩 / 转手绵 Stamping Rushing + Revolving Soft attack 2. 冲手式化手绵 Rushing Transforming Soft attack 3. 摩手绵 Rubbing Soft attack	
3:00-3:45 套路练习	Train the Lying step Soft attack form 介绍卧式绵, 卧式概念. 卧式绵套路练习.	
3:45-4:30 变化	Learn and practice application of Lying step Soft attacks and these concepts: technique and angle, position, use of force, footwork, body movement	
拆手	教卧式绵用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 踏手冲 + 击上并步 / 内转手 / 绵手推 Stamping Rushing + Advance into feet together, rotate in, Pushing Soft attack 2. 击上卧步 / 带手 / 研手绵 Advance into lying step, Grinding Soft attack 3. 背撤卧步 / 推手绵 Back withdraw into lying step, Pushing Soft attack	

#### 绵手打法

研手绵  
转手绵  
化手绵

#### Soft Attack Methods

Grinding Soft Attack (yan shou mian)  
Revolving Soft Attack (zhuan shou mian)  
Transforming Soft Attack (hua shou mian)

## 7月22日课程时间表 July 22<sup>nd</sup> Class Schedule

### 随 Following

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:45 复习站桩	Review the Bear & Unicorn system strength postures. 复习熊形和麟形本桩功法要求和概念.	
8:45-9:45 随散手	Introduction to Following attacks. Learn meaning, force, and use. Practice Covering In, Soft, and Separating Following attacks. 熊形随手介绍。介绍随的意思，劲力，用法。教掩手随，绵手随，分手随	
9:45-10:15 变化	Learn and practice application of Following attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教随用法: 手法与 角度，位置，力法，步法，身法以及概念结合。	
拆手	1. 掩手随 Covering In Following 2. 绵手随 Soft Following 3. 分手随 Separating Following	
10:15-11:15 复习散手	Review Following attack meaning, force, and use. Practice Covering In, Soft, and Separating Following attacks. 复习随的意思，劲力，用法。复习掩手随，绵手随，分手随 用熊形4点和3点步法练法。	
11:15-11:45 复习拆手	Review application of Following attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习随用法: 手法与 角度，位置，力法，步法，身法以及概念结合	
1:30-2:15 套路练习	Train the Moving with the force Following attack form 介绍顺式随，顺式概念。顺式随套路练习。	
2:15-3:00 变化	Learn and practice application of Moving with the force Following attacks and these concepts: technique and angle, position, use of force, footwork, body movement	
拆手	教顺式随用法: 手法与 步法（角度，位置，力法，身法以及概念结合） 1. 踏手冲 + 捂手式随 Stamping Rushing + Covering Following attack 2. 分手随 Separating Following attack 3. 逆势掩手随 Opposite hand Covering Following attack	
3:00-3:45 套路练习	Train the Lying step Following attack form 介绍卧式随，卧式概念。卧式随套路练习。	
3:45-4:30 变化	Learn and practice application of Lying step Following attacks and these concepts: technique and angle, position, use of force, footwork, body movement	
拆手	教卧式随用法: 手法与 步法（角度，位置，力法，身法以及概念结合） 1. 踏手冲 + 击上并步 / 副手下插 / 抹手式贯打 Stamping Rush + feet together, low insert, Wiping Rush 2. 捍掩 / 击上卧步 / 顺手随 Cover in, advance into lying step, Flowing Following attack 3. 背撤卧步 / 踏手冲 Back withdraw into lying step, Stamping Rushing	

#### 随手打法

掩手随

绵手随

分手随

#### Following Attack Methods

Covering In Following Attack (yan shou sui)

Soft Following Attack (mian shou sui)

Separating Following Attack (fen shou sui)



### 顺式带

1. 抽/撤进步 踏手冲
2. 上步 / 下按式带
3. 绕上步 / 弹掌
4. 上步 / 横手带 ( 两手掌冲下 )
5. 绕上步 / 下手穿 ( 含肩靠 )
6. 上步 / 双手拔手式带
7. 绕上步 / 贯手冲式还原

### 卧式带

1. 抽/撤进步 踏手冲
2. 击上并步 / 抹手带
3. 击上卧步 / 卧式带
4. 背撤卧步 / 撤手带
5. 上步搂带手 / 上步横手带
6. 上步 / 按手带
7. 绕上步 / 贯手冲式还原

### 顺式振

1. 抽/撤进步 踏手冲
2. 上步 / 向内绵随 / 盖手振
3. 绕上步 / 单手式转手振
4. 上步 / 扑手振
5. 绕上步 / 转手振
6. 上步 / 推手振
7. 绕上步 / 贯手冲式还原

### 卧式振

1. 抽/撤进步 踏手冲
2. 击上并步 / 扑手振
3. 击上卧步 / 带手 / 拍手振
4. 背撤卧步 / 推手振
5. 上步搂带手 / 上步 单手式转手振
6. 上步 / 转手振
7. 绕上步 / 贯手冲式还原

### 顺式振

1. 抽/撤进步 踏手冲
2. 上步 / 向内捍掩 / 转手绵
3. 顺式往外拨转 / 绕上步 / 冲手式化手绵
4. 向内捍掩 / 上步 / 研手式下绵
5. 搂带手 / 绕上步 / 摩手绵
6. 上步 / 研手绵
7. 绕上步 / 贯手冲式还原

### 卧式振

1. 抽/撤进步 踏手冲
2. 击上并步 / 内转手 / 绵手推
3. 击上卧步 / 带手 / 研手绵
4. 背撤卧步 / 推手绵
5. 上步搂带手 / 上步 / 转手 / 研手绵
6. 上步 / 转手绵 / 抹手
7. 绕上步 / 贯手冲式还原

### Moving with the force Carrying

- Withdrawing advance into a Stamping Rushing attack  
Advance step, Pressing Carry  
Advance around, Shooting Palm  
Advance step, Horizontal Carry (palms down)  
Advance around and Low Penetrate (contain shoulder Lean)  
Advance step, Uprooting Carrying attack  
Advance around, Piercing Rushing return to the beginning

### Lying step Carrying

- Withdrawing advance into a Stamping Rushing attack  
Advance into feet together, Wiping Carrying attack  
Advance into lying step, Lying Step Carrying attack  
Back withdraw into lying step, Withdrawing Carrying attack  
Advance step & carry across, advance step & Horizontal Carry  
Advance step, Pressing Carry  
Advance around, Piercing Rushing return to the beginning

### Moving with the force Shocking

- Withdrawing advance into a Stamping Rushing attack  
Advance step, Soft/Follow inward, Covering Shock attack  
Advance around, Single Turning Hand Shock  
Advance step, Pounding Shocking attack  
Advance around, Turning Hand Shock  
Advance step, Pushing Shock attack  
Advance around, Piercing Rushing return to the beginning

### Lying step Shocking

- Withdrawing advance into a Stamping Rushing attack  
Advance into feet together, Pounding Shocking attack  
Advance into lying step and carry, Slapping Shock attack  
Back withdraw into lying step, Pushing Shocking attack  
Advance step & carry, advance step & Single Turning Hand Shock  
Advance step, Turning Hand Shock  
Advance around, Piercing Rushing return to the beginning

### Moving with the force Soft

- Withdrawing advance into a Stamping Rushing attack  
Advance step, cover inward, Revolving Soft attack  
Clear outward, advance around, Rushing Transforming Soft attack  
Cover inward, advance step, Grinding Low Soft attack  
Scooping Carry, advance around, Rubbing Soft attack  
Advance step, Grinding Soft attack  
Advance around, Piercing Rushing return to the beginning

### Lying step Soft

- Withdrawing advance into a Stamping Rushing attack  
Advance into feet together, rotate in, Pushing Soft attack  
Advance into lying step, Grinding Soft attack  
Back withdraw into lying step, Pushing Soft attack  
Advance step & carry, advance step & rotate arm, Grinding Soft  
Advance step, Revolving Soft, Wipe attack  
Advance around, Piercing Rushing return to the beginning

### 顺式随

1. 抽/撤进步 踏手冲
2. 上步 / 捂手式随
3. 搂带 / 绕上步 / 绵手随
4. 上步 / 分手随
5. 下按 / 绕上步 / 绵手随
6. 上步 / 逆势掩手随
7. 绕上步 / 贯手冲式还原

### Moving with the force Following

- Withdrawing advance into a Stamping Rushing attack  
Advance step, Covering Following attack  
Scooping Carry, advance around, Soft Following attack  
Advance step, Separating Following attack  
Press down, advance around, Soft Following attack  
Advance step, opposite hand Covering Following attack  
Advance around, Piercing Rushing return to the beginning

### 卧式随

1. 抽/撤进步 踏手冲
2. 击上并步 / 副手下插 / 抹手式贯打
3. 捍掩 / 击上卧步 / 顺手随
4. 背撤卧步 / 踏手冲
5. 上步搂带手 / 上步 绵手随
6. 上步 / 绵手随
7. 绕上步 / 贯手冲式还原

### Lying step Following

- Withdrawing advance into a Stamping Rushing attack  
Advance into feet together, low insert, Wiping Rush  
Cover in, advance into lying step, Flowing Following attack  
Back withdraw into lying step, Stamping Rushing attack  
Advance step & carry, advance step & Soft Following attack  
Advance step, Soft Following attack  
Advance around, Piercing Rushing return to the beginning



# 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 foundational Dodging, Extending, Rising, Shifting, Entering, Whipping, Rushing and Piercing attack methods. 教鸡形闪, 展, 腾, 挪, 进, 挺, 冲, 扎本意以及劲力	
4. Learn, train, and use the 24 foundational Dodging, Extending, Rising, Shifting, Entering, Whipping, Rushing and Piercing strikes 教24个基本闪, 展, 腾, 挪, 进, 挺, 冲, 扎打法以及用法	
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. 教鸡形转圈方法, 特点, 和功法要求	
7. Learn, understand, train, and apply the three foundational Rooster system direction change methods. 教鸡形3个基本换式法: 动作, 身法, 步法, 用法与变化。	
8. Learn, understand, train, and apply the Rooster system forms: Moving with the force Entering and Moving with the force Whipping. 教鸡形顺式进 和 顺式撻套路: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.

## 7月25日课程时间表 July 25<sup>th</sup> Class Schedule

### 闪 Dodging

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:45 熊形麟形 介绍与站桩	Introduction to Rooster system and Rooster and Snake strength postures. 鸡形卧式掌概括介绍。蛇形顺式掌概括介绍。 教鸡形和蛇形本桩功法要求和概念。	
8:45-9:45 闪散手	Introduction to Dodging attacks. Learn meaning, force, and use. Practice Whirling Body, Moving With the Force and Lying Dodging attacks. 介绍闪的意思，劲力，用法。教旋身闪，顺式闪，卧式闪	
9:45-10:15 变化 拆手	Learn and practice application of Dodging attacks and these concepts: technique and angle, use of force, footwork, body movement 教闪用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。 1. 旋身闪 Whirling Body Dodging 2. 顺式闪 Moving With the Force Dodging 3. 卧式闪 Lying Dodging	
10:15-11:15 复习散手	Review Dodging attack meaning, force, and use. Practice Whirling Body, Moving With the Force and Lying Dodging attacks. 复习闪的意思，劲力，用法。复习旋身闪，顺式闪，卧式闪 用鸡形4点和3点步法练法。	
11:15-11:45 组合拆手	Apply combined Dodging attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教闪组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
1:30-2:15 鸡形基本 换式	Learn and practice the three foundational direction change methods of Rooster system 教鸡形三个基本换式法	
2:15-3:00 鸡形换式 拆手	Learn application of Rooster direction changes and these concepts: technique, angle, position, use of force, footwork, body movement 教鸡形基本换式用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念 结合	
3:00-3:45 蛇形基本 换式	Learn and practice the three foundational direction change methods of Snake system 教蛇形三个基本换式法	
3:45-4:30 蛇形换式 拆手	Learn application of Snake direction changes and these concepts: technique, angle, position, use of force, footwork, body movement 教蛇形基本换式用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念 结合	

闪手打法  
旋身闪  
顺式闪  
卧式闪

#### Dodging Attack Methods

Whirling Body Dodging (xuan shen shan)  
Moving With the Force Dodging (shun shi shan)  
Lying Dodging (wo shi shan)

## 7月26日课程时间表 July 26<sup>th</sup> Class Schedule

### 展, 腾 **Extending, Rising**

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:45 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	
8:45-9:45 展散手	Introduction to Extending attacks. Learn meaning, force, and use. Practice Covering Extending, Wiping Extending, and Whirling Extending attacks. 介绍展的意思, 劲力, 用法。教 搗手展, 抹手展, 旋手展	
9:45-10:15 变化	Learn and practice application of Extending attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教展用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。	
拆手	1. 搗手展 Covering Extending (wu shou zhan) 2. 抹手展 Wiping Extending (ma shou zhan) 3. 旋手展 Whirling Extending (xuan shou zhan)	
10:15-11:15 复习散手	Review Extending attack meaning, force, and use. Practice Covering, Wiping and Whirling Extending attacks. 复习展的意思, 劲力, 用法。复习搗手展, 抹手展, 旋手展 用鸡形4点和3点步法练法。	
11:15-11:45 组合拆手	Apply combined Extending attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教展组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
1:30-2:30 腾散手	Introduction to Rooster Rising attacks. Learn meaning, force, and use. Practice Lying, Single Hand, and Whirling Rising attacks. 介绍鸡形腾的意思, 劲力, 用法。教 臥式腾, 單手腾, 旋手腾	
2:30-3:00 变化	Learn and practice application of Rising attacks and these concepts: technique and angle, position, 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. 臥式腾 Lying Rising (wo shi teng) 2. 單手腾 Single Hand Rising (dan shou teng) 3. 旋手腾 Whirling Rising (xuan shou teng)	
3:00-4:00 复习散手	Review Rising attack meaning, force, and use. Practice Lying, Single Hand, and Whirling Rising attacks. 复习腾的意思, 劲力, 用法。复习臥式腾, 單手腾, 旋手腾 用鸡形4点和3点步法练法。	
4:00-4:30 组合拆手	Apply combined Rising attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教腾组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	

#### 展手打法

搗手展

抹手展

旋手展

#### 腾手打法

臥式腾

單手腾

旋手腾

#### **Extending Strike Attack Methods**

Covering Extending Strike(wu shou zhan)

Wiping Extending Strike (ma shou zhan)

Whirling Extending Strike (xuan shou zhan)

#### **Rising Attack Methods**

Lying Step Rising (wo shi teng)

Single Hand Rising (dan shou teng)

Whirling Rising (xuan shou teng)

## 7月27日课程时间表 July 27<sup>th</sup> Class Schedule

### 挪，进 **Shifting, Entering**

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:45 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	
8:45-9:45 挪散手	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	
9:45-10:15 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)	
10:15-11:15 复习散手	Review Shifting attack meaning, force, and use. Practice Lying, Single Hand, and Whirling Shifting attacks. 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。	
11:15-11:45 组合拆手	Apply combined Shifting attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教挪组合用法: 手法与角度，位置，力法，步法，身法以及概念结合	
1:30-2:30 进散手	Introduction to Entering attacks. Learn meaning, force, and use. Practice Lying Entering, Wiping Entering, and Fist Entering attacks. 介绍进的意思，劲力，用法。教卧式进，抹手进，拳手进	
2:30-3:00 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. 卧式进 Lying Entering (wo shi jin) 2. 抹手进 Wiping Entering (ma shou jin) 3. 拳手进 Fist Entering (quan shou jin)	
3:00-4:00 复习散手	Review Entering attack meaning, force, and use. Practice Lying Entering, Wiping Entering, and Fist Entering attacks. 复习进的意思，劲力，用法。复习卧式进，抹手进，拳手进 用鸡形4点和3点步法练法。	
4:00-4:30 组合拆手	Apply combined Entering attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教进组合用法: 手法与角度，位置，力法，步法，身法以及概念结合	

#### 挪手打法

旋手挪

掩手挪

研手挪

#### 进手打法

抹手进

卧式进

拳手进

#### Shifting Attack Methods

Whirling Shifting (xuan shou nuo)

Closing / Squeezing In Shifting (yan shou nuo)

Grinding Shifting (yan shou nuo)

#### Entering Strike Attack Methods

Wiping Entering attack (ma shou jin)

Lying Entering attack (shan shou jin)

Fist Entering attack (quan shou jin)

## 7月28日课程时间表 July 28<sup>th</sup> Class Schedule

### 撻, 冲 Whipping, Rushing

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:45 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	
8:45-9:45 撻散手	Introduction to Rooster Whipping attacks. Learn meaning, force, and use. Practice Whisking, Wiping, and Thrashing Whipping attacks. 介绍鸡形撻的意思, 劲力, 用法。教掸手撻, 抹手撻, 抽手撻	
9:45-10:15 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. 掸手撻 Whisking Whipping 2. 抹手撻 Wiping Whipping 3. 抽手撻 Thrashing Whipping	
10:15-11:15 复习散手	Review Whipping attack meaning, force, and use. Practice Whisking, Wiping, and Thrashing Whipping attacks. 复习撻的意思, 劲力, 用法。复习掸手撻, 抹手撻, 抽手撻 用鸡形4点和3点步法练法。	
11:15-11:45 组合拆手	Apply combined Whipping attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教撻组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
1:30-2:30 挪散手	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	
2:30-3:00 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)	
3:00-4:00 复习散手	Review Rushing attack meaning, force, and use. Practice Lying, Shifting, and Rising Rushing attacks. 复习冲的意思, 劲力, 用法。复习卧式冲, 挪手冲, 腾手冲 用鸡形4点和3点步法练法。	
4:00-4:30 组合拆手	Apply combined Rushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教冲组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	

#### 撻手打法

掸手撻

抹手撻

抽手撻

#### 冲手打法

挪手冲

腾手冲

卧式冲

#### Whipping Strike Attack Methods

Whisking Whipping attack (dan shou ta)

Wiping Whipping attack (ma shou ta)

Thrashing Whipping attack (chou shou ta)

#### Rushing Attack Methods

Shifting Rushing Attack (nuo shou chong)

Rising Rushing Attack (teng shou chong)

Lying Rushing Attack (wo shi chong)

## 7月29日课程时间表 July 29<sup>th</sup> Class Schedule

# 扎 Piercing

Time 时间	Objective 目标	完成划勾 Complete
8:00-8:45 复习站桩	Review the Rooster & Snake system strength postures. 复习鸡形和蛇形本桩功法要求和概念.	
8:45-9:45 扎散手	Introduction to Piercing attacks. Learn meaning, force, and use. Practice Whirling, Whipping, and Wiping Piercing attacks. 鸡形扎手介绍. 介绍扎的意思, 劲力, 用法. 教旋手扎, 撻手扎, 抹手扎	
9:45-10:15 变化	Learn and practice application of Piercing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教扎用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合.	
拆手	1. 旋手扎 Whirling Piercing (xuan shou zha) 2. 撻手扎 Whipping Piercing (ta shou zha) 3. 抹手扎 Wiping Piercing (ma shou zha)	
10:15-11:15 复习散手	Review Piercing attack meaning, force, and use. Practice Whirling, Whipping, and Wiping Piercing attacks. 复习扎的意思, 劲力, 用法. 复习旋手扎, 撻手扎, 抹手扎 用鸡形4点和3点步法练法。	
11:15-11:45 组合拆手	Apply combined Piercing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教扎组合用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	
1:30-2:15 套路练习	Train the Moving with the force Entering attack form 介绍顺式进, 顺式概念. 顺式进套路练习.	
2:15-3:00 变化	Learn and practice application of Moving with the force Entering attacks and these concepts: technique and angle, position, use of force, footwork, body movement	
拆手	教顺式进用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 抹手进+平抹/闪手进 Wiping Entering + Level Wipe across, Dodging Entering 2. 旋手挪+拳手进 Whirling Shifting attack + Fist Entering attack	
3:00-3:45 套路练习	Train the Moving with the force Whipping attack form 介绍顺式撻, 顺式概念. 顺式撻套路练习.	
3:45-4:30 变化	Learn and practice application of Moving with the force Whipping attacks and these concepts: technique and angle, position, use of force, footwork, body movement	
拆手	教顺式撻用法: 手法与 步法 (角度, 位置, 力法, 身法以及概念结合) 1. 横抹+撻手撻+撻手撻 Wipe attack + Whisking Whip + Whisking Whip 2. 抹手撻+搂带/研手挪+抹手撻 Wiping Whip + Carry and Grinding Shifting attack + Wiping Whip attack	

### 扎手打法

旋手扎

撻手扎

抹手扎

### Piercing Attack Methods

Whirling Piercing Attack (xuan shou zha)

Whipping Piercing Attack (ta shou zha)

Wiping Piercing Attack (ma shou zha)



**顺式进**

1. 横抹
2. 上步/抹手进
3. 平抹/绕上步/闪手进
4. 斜上步/登手进 (头部)
5. 绕上步旋手挪
6. 斜上步拳手进
7. 绕上步挪手冲,还原

**Moving with the force Entering**

- Wipe attack
- Advance step, Wiping Entering
- Level Wipe across, advance around, Dodging Entering
- Angle advance, Treading Entering attack to head
- Advance around, Whirling Shifting attack
- Angle advance, Fist Entering attack
- Advance around, Shifting Rushing, return to the beginning

**顺式撻**

1. 横抹
2. 向内掩化 / 上步 / 挥手撻
3. 向内掩化/绕上步 / 挥手撻
4. 斜上步/抹手撻
5. 搂带 / 绕上步 / 研手挪
6. 斜上步 / 抹手撻
7. 绕上步挪手冲,还原

**Moving with the force Whipping**

- Wipe attack
- Cover in, advance step, Whisking Whipping attack
- Cover in, advance around, Whisking Whipping attack
- Angle advance, Wiping Whipping attack
- Carry and advance around, Grinding Shifting attack
- Angle advance, Wiping Whipping attack
- Advance around, Shifting Rushing, 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