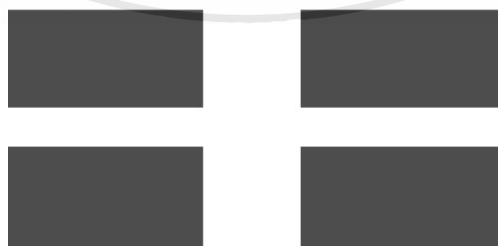




# Yin Style Bagua Workshop Ann Arbor 2015

INTERNATIONAL™



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# 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 Penetrating, Carrying, Shocking, Following, Rushing, Soft, Leaning, and Withdrawing attack methods 教穿, 带, 振, 随, 冲, 绵, 靠, 撤本意以及劲力	
4. Learn, train, and use the 24 foundational Penetrating, Carrying, Shocking, Following, Rushing, Soft, Leaning, and Withdrawing strikes 教24个基本穿, 带, 振, 随, 冲, 绵, 靠, 撤打法以及用法	
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 foundational Bear system direction change methods Piercing Rushing, Covering Rushing and Soft/Following 教熊形贯冲, 盖冲, 绵随基本换式法: 动作, 身法, 步法, 用法与变化。	
8. Learn, understand, train, and apply the Bear system forms: Enfolding Rushing, Lying step Soft, Interlocking Leaning and Moving with the force Withdrawing 教熊形抱式冲, 卧式绵, 连环靠, 顺式撤套路: 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.

## 10月16日课程时间表 October 16<sup>th</sup> Class Schedule

### 穿，带 Penetrating, Carrying

Time 时间	Objective 目标	完成划勾 Complete
9:00-9:45 熊形介绍 和站桩	Bear system introduction. Representational, Penetrating & Carrying strength postures 熊形背身掌概括介绍。教熊形本桩,穿桩,带桩功法要求和概念。	
9:45-10:45 穿基本 散手	Penetrating attacks. Learn meaning, force, and use. Practice Upper, Horizontal and Low Penetrating attacks. 介绍穿的意思,劲力,用法。教上手穿,横手穿,下手穿	
10:45-11:15 变化 拆手	Learn and practice application of Penetrating attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教穿用法:手法与角度,位置,力法,步法,身法以及概念结合 1. 上手穿 Upper Penetrating 2. 横手穿 Horizontal Penetrating 3. 下手穿 Lower Penetrating	
11:15-12:15 穿散手 与步法	Review Penetrating attack meaning, force, and use. Practice Upper, Horizontal and Low Penetrating attacks with various footwork. 复习穿的意思,劲力,用法。复习直手推,内手推,转手推 用熊形4点和3点步法练法。	
12:15-12:45 复习拆手	Review application of Pushing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习穿用法:手法与角度,位置,力法,步法,身法以及概念结合。	
2:30-3:30 带基本 散手	Introduction to Carrying attacks. Learn meaning, force, and use. Practice Upper, Horizontal and Low Carrying attacks. 介绍带的意思,劲力,用法。教上手带,横手带,下手带	
3:30-4:00 变化 拆手	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。 1. 上手带 Upper Carrying 2. 横手带 Horizontal Carrying 3. 下手带 Lower Carrying	
4:00-4:45 带散手 与步法	Review Carrying attack meaning, force, and use. Practice Upper, Horizontal and Low Carrying attacks. 复习带的意思,劲力,用法。复习上手带,横手带,下手带 用熊形4点和3点步法练法。	
4:45-5:15 复习拆手	Review application of Carrying attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习带用法:手法与角度,位置,力法,步法,身法以及概念结合。	

#### 穿手打法

上手穿  
横手穿  
下手穿

#### Penetrating Attack Methods

Upper Penetrating (shang shou chuan)  
Horizontal Penetrating (heng shou chuan)  
Lower Penetrating (xia shou chuan)

#### 带手打法

上手带  
横手带  
下手带

#### Carrying Attack Methods

Upper Carrying (shang shou dai)  
Horizontal Carrying (heng shou dai)  
Lower Carrying (xia shou dai)

## 10月17日课程时间表 October 17<sup>th</sup> Class Schedule

### 振，随 **Shocking, Following**

Time 时间	Objective 目标	完成划勾 Complete
9:00-9:45 振,随站桩	Representational posture review. Learn Shocking & Following strength postures 复习熊形本桩。教振桩,随桩功法要求和概念。	
9:45-10:45 振基本 散手	Introduction to Shocking attacks. Learn meaning, force, and use. Practice Turning, Pouncing, and Back Shocking attacks. 介绍振的意思,劲力,用法。教 转手振,扑手振,背手振	
10:45-11:15 变化 拆手	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。 1. 转手振 Turning Shocking 2. 扑手振 Pouncing Shocking 3. 背手振 Back Shocking	
11:15-12:15 振散手 与步法	Review Shocking attack meaning, force, and use. Practice Turning, Pouncing, and Back 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。	
12:15-12:45 复习拆手	Review application of Shocking attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习振用法: 手法与 角度,位置, 力法,步法,身法以及概念结合	
2:30-3:30 随基本 散手	Introduction to Following attacks. Learn meaning, force, and use. Practice Covering In, Soft, and Separating Following attacks. 介绍随的意思,劲力,用法。教 掩手随, 绵手随, 分手随	
3:30-4:00 变化 拆手	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。 1. 掩手随 Covering In Following Attack 2. 绵手随 Soft Following Attack 3. 分手随 Separating Following Attack	
4:00-4:45 随散手 与步法	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。	
4:45-5:15 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	

#### 振手打法

转手振  
扑手振  
背手振

#### Shocking Strike Attack Methods

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

#### 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)

# 10月18日课程时间表 October 18<sup>th</sup> Class Schedule

## 冲 Rushing

Time 时间	Objective 目标	完成划勾 Complete
9:30-10:30 熊形转圈	Learn and practice the Bear system circle turning method 教熊形转圈方法，特点，和功法要求与技击结合	
10:30-11:30 冲基本 散手	Introduction to 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	
11:30-12:00 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. 踏手冲 Stamping Rushing 2. 贯手冲 Piercing Rushing 3. 盖手冲 Covering Rushing	
2:00-2:30 冲散手 与步法	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。	
2:30-3:00 冲站桩	Review representational posture. Learn Rushing attack strength posture 复习熊形本桩。教冲桩功法要求和概念与技击结合。	
3:00-3:30 套路练习	Train the Enfolding Rushing attack form 介绍抱式冲,熊形抱式概念. 抱式冲套路练习。	
3:30-4:30 变化	Learn and practice application of Enfolding Rushing and these concepts: technique and angle, position, use of force, footwork, body movement 教抱式冲用法: 手法与 角度,位置, 力法,步法,身法以及概念结合。	
拆手	1. 并上步 / 按手冲 feet step together and Pressing Rushing strike downward 2. 向回钩挂 / 并上步截手冲 Hook inward, feet step together, Breaking Rushing attack 3. 上步翻带手 / 绕上步钻手下冲 Advance step, turned over carry, advance around and downward Drilling Rushing attack	
4:30-5:00 复习散手 复习套路	Review foundational Rushing attacks and Enfolding Rushing form 复习基本冲手打法以及抱式冲套路	
5:00-5:30 复习散手 复习套路	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	

### 冲手打法

踏手冲

贯手冲

盖手冲

抱式冲

1. 抽/撤进步 踏手冲

2. 转身并上步 / 按手冲

3. 上步带手 / 绕上钻手下冲

4. 向回钩挂 / 并上步截手冲

5. 上步翻带手 / 绕上步钻手下冲

6. 上步弹手冲

7. 绕上步盖手冲式还原

### Rushing Strike Attack Methods

Stamping Rushing (ta shou chong)

Piercing Rushing (guan shou chong)

Covering Rushing (gai shou chong)

### Enfolding Rushing

Withdrawing advance into a Stamping Rushing attack

Turn the body, feet step together and Pressing Rushing strike downward

Advance and carry, advance around and execute a downward Drilling Rushing attack

Hook inward, feet step together, Breaking Rushing attack

Advance step, turned over carry, advance around and downward Drilling Rushing attack

Advance step and Shooting fist Rushing attack

Advance around and Covering Rushing direction change, return to the beginning.

# 10月19日课程时间表 October 19<sup>th</sup> Class Schedule

## 绵 Soft

Time 时间	Objective 目标	完成划勾 Complete
9:00-9:50 熊形转圈	Review and add depth to the Bear system circle turning method 复习, 纠正, 加深了解熊形转圈方法, 特点, 和功法要求与技击结合	
10:00-11:00 绵基本 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	
11:00-12:00 变化  拆手	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 1. 研手绵 Grinding Soft Attack 2. 转手绵 Revolving Soft Attack 3. 化手绵 Transforming Soft Attack	
12:00-1:00 绵散手 与步法	Review Soft attack meaning, force, and use. Practice Grinding, Revolving, and Transforming Soft attacks with various footwork. 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。	
2:30-3:00 绵站桩	Review representational posture. Learn Soft attack strength posture 复习熊形本桩。教绵桩功法要求和概念与技击结合。	
3:00-3:30 套路练习	Train the Lying Step Soft attack form 介绍卧式绵, 熊形卧式概念. 卧式绵套路练习。	
3:30-4:15 变化  拆手	Learn and practice application of Lying step Soft and these concepts: technique and angle, position, use of force, footwork, body movement 教卧式绵用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。 1. 击上并步 / 内转手 / 绵手推 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	
4:15-4:45 复习散手 复习套路	Review foundational Soft attacks and Lying step Soft 复习基本绵手打法以及卧式绵套路	
4:45-5:15 复习拆手	Review application of Soft attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习绵用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	

### 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)

### 卧式绵

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

### 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

# 10月20日课程时间表 October 20<sup>th</sup> Class Schedule

## 靠 Leaning

Time 时间	Objective 目标	完成划勾 Complete
9:00-10:00 熊形转圈	Review and add depth to the Bear system circle turning method 复习, 纠正, 加深了解熊形转圈方法, 特点, 和功法要求与技击结合	
10:00-11:00 靠基本 散手	Introduction to Leaning attacks. Learn meaning, force, and use. Practice Rushing Shoulder, Penetrating Back and Popping Ribs Leaning attacks. 熊形靠打介绍。介绍靠的意思, 劲力, 用法。教 冲肩靠, 穿背靠, 崩肋靠	
11:00-12:00 变化	Learn and practice application of Leaning attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教靠打用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。	
拆手	1. 冲肩靠 Rushing Shoulder Leaning 2. 穿背靠 Penetrating Back Leaning 3. 崩肋靠 Popping Ribs Leaning	
12:00-1:00 靠散手 与步法	Review Chopping attack meaning, force, and use. Practice Rushing Shoulder, Penetrating Back and Popping Ribs Leaning attacks with various footwork. 复习靠的意思, 劲力, 用法。复习冲肩靠, 穿背靠, 崩肋靠 用熊形 4 点和 3 点步法练法。	
2:30-3:00 靠站桩	Review representational posture. Learn Leaning attack strength posture 复习熊形本桩。教靠桩功法要求和概念与技击结合。	
3:00-3:30 套路练习	Train the Interlocking Leaning attack form 介绍连环靠, 熊形连环概念。连环靠套路练习。	
3:30-4:15 变化	Learn and practice application of Interlocking Leaning and these concepts: technique and angle, position, use of force, footwork, body movement 教连环靠用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。	
拆手	1. 斜上步转手 / 穿背靠 Angle advance, rotate the arm and Penetrating Back Lean attack 2. 斜上步 / 冲肩靠 Angular advance and Rushing Shoulder Lean attack 3. 背撤步 / 钩挂撞肩式靠 Withdraw back step Crashing Shoulder Lean attack	
4:15-4:45 复习散手 复习套路	Review foundational Leaning attacks and Interlocking Leaning form 复习基本靠打法以及连环靠套路	
4:45-5:15 复习拆手	Review application of Leaning attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习靠用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	

### 靠手打法

冲肩靠  
穿背靠  
崩肋靠

### Leaning Strike Attack Methods

Rushing Shoulder Leaning (chong jian kao)  
Penetrating Back Leaning (chuan bei kao)  
Popping Ribs Leaning (beng lei kao)

### 连环靠

1. 抽/撤进步 踏手冲
2. 斜上步转手 / 穿背靠
3. 转身背撤步 / 横手靠
4. 斜上步 / 冲肩靠
5. 背撤步 / 钩挂撞肩式靠
6. 上步 / 冲肩靠
7. 向外抹冲 / 绕上步 / 绵随式还原

### Interlocking Leaning

Withdrawing advance into a Stamping Rushing attack  
Angle advance, rotate the arm and Penetrating Back Lean attack  
Turn and back step into a Horizontal Lean attack  
Angular advance and Rushing Shoulder Lean attack  
Withdraw back step and hooking arm Crashing Shoulder Lean attack  
Advance step and Rushing Shoulder Lean attack  
Wipe attack, advance around, Soft / Following return to the beginning

# 10月21日课程时间表 October 21<sup>st</sup> Class Schedule

## 撤 Withdrawing

Time 时间	Objective 目标	完成划勾 Complete
9:00-10:00 熊形转圈	Review and add depth to the Bear system circle turning method 复习, 纠正, 加深了解熊形转圈方法, 特点, 和功法要求与技击结合	
10:00-11:00 撤基本 散手	Introduction to Withdrawing attacks. Learn meaning, force, and use. Practice Removing, Entering, and Back Step Withdrawing attacks. 熊形撤手介绍。介绍撤的意思, 劲力, 用法。教 抽步撤, 进步撤, 背步撤	
11:00-12:00 变化	Learn and practice application of Withdrawing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教撤用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。	
拆手	1. 抽步撤 Removing Withdrawing 2. 进步撤 Entering Withdrawing 3. 背步撤 Back Step Withdrawing	
12:00-1:00 撤步法 与手法	Review Entering attack meaning, force, and use. Practice Removing, Entering, and Back Step Withdrawing attacks with various Bear system strikes. 复习撤的意思, 劲力, 用法。复习抽步撤, 进步撤, 背步撤 与用熊形多样手法组合	
2:30-3:00 撤站桩	Review representational posture. Learn Withdrawing attack strength posture 复习熊形本桩。教撤桩功法要求和概念。	
3:00-3:30 套路练习	Train the Moving with the force Withdrawing attack form 介绍顺式撤, 熊形顺式概念。顺式撤套路练习。	
3:30-4:15 变化 拆手	Learn and practice application of Moving with the force Withdrawing and these concepts: technique and angle, position, use of force, footwork, body movement 教顺式撤用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。 1. 向回收/背步撤摔手砸 Flinging Smash with Back step Withdraw 2. 扣步式进步撤 / 撩阴拳 Entering Withdraw with an Arcing Fist to the crotch 3. 带手绕上步绵手 / 进步撤推手绵 Soft attack. Enter Withdraw, Pushing Soft attack	
4:15-4:45 复习散手 复习套路	Review foundational Withdrawing attacks and Moving with the force Withdrawing 复习基本撤手打法以及顺式撤套路	
4:45-5:15 复习拆手	Review application of Withdrawing attacks and these concepts: technique and angle, position, use of force, footwork, body movement 复习撤用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合	

### 撤步打法

抽步撤

进步撤

背步撤

顺式撤

1. 抽/撤进步 踏手冲

2. 向回收/背步撤摔手砸

3. 扣步式进步撤 / 撩阴拳

4. 带手绕上步绵手 / 进步撤推手绵

5. 领带绕上步 / 弹手冲

6. 向内捍掩 / 进步撤穿背靠

7. 绕上步 / 贯冲式还原

### Withdrawing Attack Methods

Removing Withdrawing (chou bu che)

Entering Withdrawing (jin bu che)

Back Step Withdrawing (bei bu che)

### Moving with the force Withdrawing

Withdrawing advance into a Stamping Rushing attack

Arm returns, turns over and executes Flinging Smash with Back step Withdraw

Foot hook steps, execute an Entering Withdraw with an Arcing Fist to the crotch

Open step, carry, advance around and Soft attack. Enter Withdraw, Pushing Soft attack

Grab and carry around, advance around and Shooting Rushing attack

Cover in, Entering Advance and Penetrating Back Lean attack

Advance around, Piercing 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