



**Yin Style Bagua
Workshop
Colorado
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尹氏八卦掌乾卦獅形學習目標

Qian Trigram Lion System Objectives

Objective 目標	完成划勾 Complete
1. Understand Lion system fighting strategy 介绍獅形獅子连环掌技击方法(战备概念, 特点, 变化, 等)	
2. Understand Lion system force generation body mechanics 教獅形发力方法	
3. Understand the meaning and force of the Lion System Sweeping and Shocking attack methods. 教 削, 振 本意 以及劲力	
4. Learn, train, and use the 6 foundational Sweeping and Shocking strikes 教 6 个基本 削, 振 打法以及用法	
5. Learn, understand and train the Lion system strengthening posture. 教獅形本桩站桩功法要求和概念	

乾卦獅形學

乾卦者，天之象也。獅子掌者拳之式；乾者健陽之性也，三畫卦之名乾，乾以形體言謂之天，以性情言謂之乾。其於物也，則為獅形，其物最嚴烈，其性勇猛，能食虎豹之獸，有抖毛之威。以拳術式之用意言，則有金龍合口之式，有獅子張咀之式，有白猿拖刀之法。在腹內則為氣，能資始萬物；在拳中則為獅子掌，能萬法開端。此式以兩手開端，以兩手極力伸出，內外上下一氣，有乾三連之象，又有起手三點之式，故取象為乾卦。

Qian Trigram Lion System Theory

The Qian Trigram is symbolic of the heavens. In martial arts, it is the Lion Palm. Qian is strength, consisting of three solid lines. The form of Qian represents the heavens, which are Qian in nature. As to objects, it is the form of the Lion, the most violently strong and fiercely brave, able to hunt tigers and leopards, having the might of shaking its fur. As applied in martial arts, it has the form of Golden Dragon Closes His Mouth, the shape of Lion Opens His Mouth and the method of White Ape Drags the Saber. The breath is held in the lower abdomen, able to support the start of all things. In martial arts, this is the Lion Palm, with the ability to start all techniques. This palm begins with both arms, both arms extend out with extreme strength, the entire body, inside and out, acts as one, having the appearance of the three solid lines of Qian and having the form of bringing up hands with three points, this is taken from the Qian Trigram.

10月2日课程时间表 October 2nd Class Schedule

削，振 **Sweeping, Shocking**

Time 时间	Objective 目标	完成划勾 Complete
8:30-9:00 狮形介绍 本桩站桩	Lion system introduction. Learn representational strength posture 狮形狮子连环掌概括介绍。教狮形本桩功法要求和概念。	
9:00-10:00 削基本 散手	Introduction to Sweeping attacks. Learn meaning, force, and use. Practice Rising, Inside, and Capturing Sweeping attacks. 狮形削掌介绍。介绍削的意思,劲力,用法。教 扬手削,内手削,扣手削	
10:00-10:45 变化	Learn and practice application of Sweeping attacks and these concepts: technique and angle, position, use of force, footwork, body movement 教削用法: 手法与 角度,位置, 力法,步法,身法以及概念结合。	
拆手	1. 扬手削 Rising Sweeping 2. 内手削 Inside Sweeping 3. 扣手削 Capturing Sweeping	
10:45-11:30 削散手 与步法	Review Sweeping attack meaning, force, and use. Practice Rising, Inside, and Capturing Sweeping attacks with various footwork. 复习削的意思,劲力,用法。复习扬手削,内手削,扣手削 用狮形 4 点和 3 点步法练法。	
1:30-2:30 振基本 散手	Shocking attacks. Learn meaning, force, and use. Practice Upright, Rolling and Turning Body Shocking attacks. 介绍振的意思,劲力,用法。教 正手振, 滚手振, 转身振	
2:30-3:15 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. 正手振 Upright Shocking 2. 滚手振 Rolling Shocking 3. 转身振 Turning Body Shocking	
3:15-4:00 振散手 与步法	Review Shocking attack meaning, force, and use. Practice Upright, Rolling and Turning Body Shocking attacks with various footwork. 复习振的意思,劲力,用法。复习正手振, 滚手振, 转身振 用狮形 4 点和 3 点步法练法。	
4:00-4:30 踹腿介绍	Learn and practice 3 foundational Stomping kick attack methods 介绍 3 个基本踹腿法: 扬踹, 蹬踹, 后踹	

削手打法

扬手削
内手削
扣手削

Sweeping Strike Attack Methods

Rising Sweeping (yang shou xiao)
Inside Sweeping (nei shou xiao)
Capturing Sweeping (kou shou xiao)

振手打法

正手振
滚手振
转身振

Shocking Strike Attack Methods

Upright Shocking (zheng shou zhen)
Rolling Shocking (gun shou zhen)
Turning Body Shocking (zhuan shen zhen)

踹腿法

扬踹
蹬踹
后踹

Stomping Attack Methods

Rising Stomping (yang chuai)
Treading Stomping (deng chuai)
Back Stomping (hou chuai)

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, 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 Pushing and Moving Dragon system direction change methods. 教龙形推, 搬基本换式法: 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 Pushing and Turning the back Entering. 教龙形顺式推, 背身进套路: 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 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.

10月3日课程时间表 October 3rd Class Schedule

推 Pushing

Time 时间	Objective 目标	完成划勾 Complete
9:00-9:30 龙形介绍 本桩站桩	Dragon system introduction. Learn representational strength posture 龙形平托掌概括介绍。教龙形本桩功法要求和概念与技击结合。	
9:30-10:30 推基本 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	
10:30-11:15 变化 拆手	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)	
11:15-12:00 推散手 与步法	Review Pushing attack meaning, force, and use. Practice Straight, Inside and Rotating Pushing attacks with various footwork. 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。	
2:00-2:50 龙形转圈	Learn and practice the Dragon system circle turning method 教龙形转圈方法,特点,和功法要求与技击结合	
3:00-3:30 套路练习	Train the Moving with the force Pushing attack form 介绍顺式推,龙形顺式概念。顺式推套路练习。	
3:30-4:15 变化 拆手	Learn and practice application of Moving with the force Pushing and these concepts: technique and angle, position, use of force, footwork, body movement 教顺式推用法:手法与角度,位置,力法,步法,身法以及概念结合。 1. 上步 / (从手上) 转手推 Advance step and (from above the arm) Rotating Pushing attack 2. 绕上步 / 直手推 Advance around and Straight Pushing attack 3. 上步 / 双手推 Advance step and Double Hand Pushing attack	
4:15-5:00 复习散手 复习套路	Review foundational Pushing attacks and Moving with the force Pushing 复习基本推手打法以及顺式推套路	

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)

抱式扣

1. 击上半步挺手掌
2. 上步 / 内手推
3. 绕上步 / 直手推
4. 上步 / (从手上) 转手推
5. 绕上步 / 直手推
6. 上步 / 双手推
7. 绕上步 / 搬手还原

Moving with the force Pushing

Half advance step and Holding Out palm
Advance step and Inside Pushing attack
Advance around and Straight Pushing attack
Advance step and (from above the arm) Rotating Pushing attack
Advance around and Straight Pushing attack
Advance step and Double Hand Pushing attack
Advance around and Moving attack direction change, return to the beginning

10月4日课程时间表 October 4th Class Schedule

进 Entering

Time 时间	Objective 目标	完成划勾 Complete
8:30-9:00 本桩站桩	Practice and refine Dragon system representational strength posture 复习, 纠正, 加深了龙形本桩功法要求和概念与技击结合.	
9:00-10:00 进基本 散手	Introduction to Entering attacks. Learn meaning, force, and use. Practice Blocking, Stealing, and Borrowing Entering attacks. 龙形进手介绍. 介绍进的意思, 劲力, 用法. 教挡手进, 抢手进, 借手进	
10:00-10:45 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 2. 抢手进 Stealing Entering 3. 借手进 Borrowing Entering	
10:45-11:30 进散手 与步法	Review Entering attack meaning, force, and use. Practice Leading, Stealing, and Borrowing Entering attacks with various footwork. 复习进的意思, 劲力, 用法. 复习领手进, 抢手进, 借手进 用龙形 4 点和 3 点步法练法。	
1:30-2:20 龙形转圈	Review and add depth to the Dragon system circle turning method 复习, 纠正, 加深了解龙形转圈方法, 特点, 和功法要求与技击结合	
2:30-3:00 套路练习	Train the Turning the Back Entering attack form 介绍背身进, 龙形背身概念. 背身劈套路练习.	
3:00-3:45 变化 拆手	Learn and practice application of Turning the back Entering and these concepts: technique and angle, position, use of force, footwork, body movement 教背身进用法: 手法与 角度, 位置, 力法, 步法, 身法以及概念结合。 1. 内手推 / 腕打进 Angular step, Inside Pushing attack / Wrist Strike Entering attack 2. 内手推 / 转手托式进 Inside Push / Rotating Lifting Entering attack 3. 转身 / 向内捍掩 / 勾挂式背打 Turn the body, cover in, Back Strike Entering	
3:45-4:30 复习散手 复习套路	Review foundational Entering attacks and Turning the back Entering form 复习基本进手打法以及背身进套路	

进手打法

领手进
抢手进
借手进

Entering Attack Methods

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

背身进

1. 击上半步挺手掌
2. 斜上步 / 内手推 / 腕打进
3. 撤步勾挂 / 内手推 / 转手托式进
4. 向下扣 / 上步扣手托式进
5. 转身 / 向内捍掩 / 勾挂式背打
6. 上步挺手式抢手进
7. 摆步 / 下按 / 劈手还原

Turning the Back Entering

Half advance step and Holding Out palm
Angular step, Inside Pushing attack / Wrist Strike Entering attack
Withdraw step, hook down, Inside Push / Rotating Lifting Entering attack
Capture down, advance step and Capturing Lifting Entering attack
Turn the body, cover in, Hooked hand Back Strike Entering
Advance step and Holding Out Forcing Entering
Open step, press down, Chopping attack, 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