



# **Yin Style Bagua Combatives**

**Training Intensive**

**Ann Arbor 2017**

**尹氏八卦掌技击功法培训**

**密西根 2017年**



## ☶ 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 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.

## October 20 - 23 Objectives

### 10月20日－23日 目标

#### 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 foundational Rushing, Soft, Penetrating, Leaning, Following, and Withdrawing attack methods.

教熊形冲，绵，穿，靠，随，撤 本意 以及劲力

#### 4. Learn, train, and use the 18 foundational Rushing, Soft, Penetrating, Leaning, Following, and Withdrawing strikes

教 18个基本 冲，绵，穿，靠，随，撤 打法以及用法

#### 5. 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 – 以及转圈技击作用

#### 6. Learn, train, and use combinations of Rushing + Soft, Leaning + Following attacks

教 冲与绵, 靠与随 组合散手

#### 7. Learn, understand, train, and apply the Bear system forms: Lying Step Penetrating and Moving With the Force Withdrawing

教熊形套路：卧式穿, 顺式撤：动作，身法，步法，用法与变化。

10月20日- 上午 Friday, October 20 - morning

## ☰ 冲 组合散手 Rushing combinations

### 900-910 艮卦熊形概括介绍 Bear System Introduction

介绍艮卦熊形背身掌风格特点 Understanding Bear System Characteristics

目标: 介绍熊形技击战略特点, 发力方法, 以及功法

### 910-930 熊形站桩 Strength Posture Training

教熊形本桩 Bear System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含冲穿撤带靠振绵随的劲力

### 930-1000 冲基本散手 Foundational Rushing Strikes

教踏手冲, 贯手冲, 盖手冲 Introduction to three foundational Rushing strikes

目标: 教冲的劲力特点, 熊形发力方法特点, 三个基本冲散手的区别

冲手打法	Rushing Attack Methods	
踏手冲	Stamping Rushing Attack	(tà shǒu chōng)
贯手冲	Piercing Rushing Attack	(guàn shǒu chōng)
盖手冲	Covering Rushing Attack	(gài shǒu chōng)

### 1000-1030 冲基本散手加步法 Rushing Strikes with Footwork

三个基本冲加3点, 4点步法 (上 / 背, 全上)

目标: 练习手与脚合, 艮卦熊形的后背, 腰, 腿 协调

### 1030-1100 冲拆手 Foundational Rushing Strike Application

拆三个基本冲 Apply the three foundational Rushing strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

### 1100-1200 冲组合散手 Rushing Strike Combinations

三个基本冲组合散手 Combinations of the three foundational Rushing strikes

目标: 组合散手劲力的转换

### 1200-1230 拆冲组合散手 Rushing Combination Application

拆冲组合散手 Apply Rushing strike combinations

目标: 组合散手劲力的转换

备注 Notes:

10月20日- 下午 Friday, October 20 - afternoon

## 三 冲 + 绵 组合散手 Rushing + Soft

### 200-230 绵基本散手 Foundational Soft Attacks

教研手绵，转手绵，化手绵 Introduction to three foundational Soft attacks

目标：教绵的劲力特点，熊形绵随力方法特点，三个基本绵散手的区别

绵手打法	Soft Attack Methods	
研手绵	Grinding Soft Attack	(yán shǒu mián)
转手绵	Revolving Soft Attack	(zhuàn shǒu mián)
化手绵	Transforming Soft Attack	(huà shǒu mián)

### 230-300 绵基本散手加步法 Soft Attacks with Footwork

三个基本绵加3点，4点步法 (上 / 背，全上)

目标：练习手脚合，艮卦熊形的后背，腰，腿 协调

### 300-330 绵拆手 Foundational Soft Attack Application

拆三个基本绵 Apply the three foundational Soft attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

### 330-430 冲 + 绵组合散手 Rushing + Soft Combinations

冲与绵组合散手 Rushing and Soft strikes in combination

目标：组合散手劲力的转换

### 430-500 冲 + 绵组合拆手 Rushing + Soft Application

拆冲与绵组合散手 Apply Rushing and Soft strike combinations

目标：组合散手劲力的转换

备注 Notes:

10月21日- 上午 Saturday, October 21 - morning

## 三 穿 组合散手 Penetrating combinations

### 900-950 熊形转圈 Circle Turning Training

教熊形转圈方法以及基本换式 Bear 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

### 1000-1030 穿基本散手 Foundational Penetrating Attacks

教 横手穿，上手穿，下手穿 Introduction to three foundational Penetrating attacks

目标：教穿的劲力特点，熊形发力方法特点，三个基本穿散手的区别

穿手打法	Penetrating Attack Methods	
上手穿	Upper Penetrating	(shàng shǒu chuān)
横手穿	Horizontal Penetrating	(héng shǒu chuān)
下手穿	Lower Penetrating	(xià shǒu chuān)

### 1030-1100 穿基本散手加步法 Penetrating Attacks with Footwork

三个基本穿加3点，4点步法 (上 / 背，全上)

目标：练习手与脚合，艮卦熊形的后背，腰，腿 协调

### 1100-1200 穿组合散手 Penetrating Attack Combinations

三个基本穿组合散手 Combinations of the three foundational Penetrating attacks

目标：组合散手劲力的转换

### 1200-1230 拆穿组合散手 Penetrating Combination Application

拆穿组合散手 Apply Penetrating attack combinations

目标：组合散手劲力的转换

备注 Notes:

10月21日- 下午 Saturday, October 21 - afternoon

## 三 穿套路, 穿加腿法 Penetrating Form, Kicks

### 200-300 复习穿散手 Review Foundational Penetrating Attacks

复习 横手穿, 上手穿, 下手穿 Review the three foundational Penetrating attacks

目标: 加深理解穿的劲力特点, 熊形发力方法特点

### 300-330 卧式穿套路 Windmill Carrying form

教卧式穿套路, 解释卧式的风格 Learn form and Lying Step characteristics

目标: 教套路内的身法以及步法作用

#### 卧式穿套路

1. 抽 / 撤步 踏手冲
2. 并步上手穿
3. 卧步下手穿
4. 背步搂带 / 闪身卧步正手下穿
5. 上两步搂带 / 横手穿
6. 上步钩挂 / 横手穿
7. 贯手冲还原

#### Lying Step Penetrating Attack Form

- Withdraw / advance and Stamping Rushing strike  
Advance into feet together step Upper Penetrating attack  
Lying step Lower Penetrating attack  
Back step scoop/ dodging body lying step upright Low Penetrating  
Advance two steps and supporting hand scoops into Horizontal Penetrating  
Advance step support arm hooks into Horizontal Penetrating attack  
Piercing Rushing attack return to the beginning

### 330-415 卧式穿拆手 Application of Penetrating Form

拆卧式穿套路 Apply the Lying Step Penetrating form

目标: 拆穿手法与卧式身法以及步法的击技应用

### 415-430 复习套路 Review Penetrating Form

复习卧式穿套路 Review the Lying Step Penetrating form

目标: 加深理解套路内的身法以及步法作用

### 430-500 穿+猴形连环腿法 Penetrating Attacks + Kicks

熊形穿与猴形 屈, 踹, 蹯, 跨, 劈, 摆, 结, 蹲 任意组合

强调尹氏八卦“使腿不显腿, 用腿不见腿”和连环腿组合使用

备注 Notes:

10月22日- 上午 Sunday, October 22 - morning

## 三 靠 组合散手 Leaning combinations

### 930-1000 熊形站桩 Strength Posture Training

复习以及加深理解熊形本桩 Bear System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含冲穿撒带靠振绵随的劲力

### 1000-1030 靠基本散手 Foundational Leaning Attacks

教冲肩靠，穿背靠，崩肋靠 Introduction to three foundational Leaning attacks

目标：教靠的劲力特点，熊形发力方法特点，三个基本靠散手的区别

靠打法	Leaning Attack Methods
冲肩靠	Rushing Shoulder Leaning (chōng jiān kào)
穿背靠	Penetrating Back Leaning (chuān bèi kào)
崩肋靠	Popping Ribs Leaning (bēng lèi kào)

### 1030-1100 靠基本散手加步法 Leaning Attacks with Footwork

三个基本靠加4点步法(上 / 背，全上)

目标：练习手与脚合，艮卦熊形的后背，腰，腿 协调

### 1100-1130 靠拆手 Foundational Leaning Attack Application

拆三个基本靠 Apply the three foundational Leaning attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

### 1130-1230 靠组合散手 Leaning Strike Combinations

三个基本靠组合散手 Combinations of the three foundational Leaning strikes

目标：组合散手劲力的转换

### 1230-100 拆靠组合散手 Leaning Combination Application

拆靠组合散手 Apply Leaning strike combinations

目标：组合散手劲力的转换

备注 Notes:

10月22日- 下午 Sunday, October 22 - afternoon

## 三 随 + 靠 组合散手 Following + Leaning

### 230-300 靠基本散手 Foundational Following Attacks

教掩手随，绵手随，分手随 Introduction to three foundational Following attacks

目标：教随的劲力特点，熊形随力方法特点，三个基本随散手的区别

随打法	Following Attack Methods
掩手随	Covering In Following Attack (yǎn shǒu suí)
绵手随	Soft Following Attack (mián shǒu suí)
分手随	Separating Following Attack (fēn shǒu suí)

### 300-330 靠基本散手加步法 Following Attacks with Footwork

三个基本随加4点步法(上 / 背，全上)

目标：练习手与脚合，艮卦熊形的后背，腰，腿 协调

### 330-400 靠拆手 Foundational Following Attack Application

拆三个基本随 Apply the three foundational Following attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

### 400-500 随 + 靠组合散手 Following + Leaning Combinations

随与靠组合散手 Following and Leaning strikes in combination

目标：组合散手劲力的转换

### 500-530 振 + 靠组合拆手 Following + Leaning Application

拆随与靠组合散手 Apply Following and Leaning strike combinations

目标：组合散手劲力的转换

备注 Notes:



10月23日- 上午 Monday, October 23 - morning

## 三 撤 组合散手 Withdrawing combinations

### 900-950 熊形转圈 Circle Turning Training

加深熊形转圈方法以及基本换式 Bear 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

### 1000-1030 撤基本步法 Foundational Withdrawing Attacks

教抽步撤，进步撤，背步撤 Introduction to three foundational Withdrawing attacks

目标：教撤的卸力特点，熊形步法特点，三个基本撤步步法的区别

撤步打法	Withdrawing Attack Methods	
抽步撤	Removing Withdrawing	(chōu bù chè)
进步撤	Entering Withdrawing	(jìn bù chè)
背步撤	Back Step Withdrawing	(bèi bù chè)

### 1030-1100 撤基本步法加手法 Withdrawing Attacks with Strikes

三个基本撤加冲穿带靠振绵随不同的手法搭配

目标：练习手与脚合，艮卦熊形的后背，腰，腿 协调

### 1100-1130 撤拆手 Foundational Withdrawing Attack Application

拆三个基本撤 Apply the three foundational Withdrawing attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

### 1130-1200 撤组合散手 Withdrawing Attack Combinations

三个基本撤组合散手 Combinations of the three foundational Withdrawing attacks

目标：组合散手劲力的转换

### 1200-1230 拆撤组合散手 Withdrawing Combination Application

拆撤组合散手 Apply Withdrawing attack combinations

目标：组合散手劲力的转换

备注 Notes:

10月23日- 下午 Monday, October 23 - afternoon

## ☰ 撤套路, 撤加腿法 Withdrawing Form, Kicks

### 200-300 复习撤散手 Review Foundational Withdrawing Attacks

复习 抽步撤, 进步撤, 背步撤 Review the three foundational Withdrawing attacks

目标: 加深理解撤的卸力特点, 熊形步法特点

### 300-330 顺式撤套路 Moving With the Force Withdrawing form

教顺式撤套路, 解释顺式的风格 Learn form and Moving With the Force characteristics

目标: 教套路内的身法以及步法作用

#### 顺式撤套路

#### Moving With the Force Withdrawing

- |                        |   |
|------------------------|---|
| 1. 撤步/击步 踏手冲           | Withdraw step / Attacking advance step into Stamping Rushing                            |
| 2. 向回收/背步撤摔手砸          | Arm returns, turns over and executes Flinging Smash with Back step Withdraw             |
| 3. 扣步式进步撤/撩阴拳          | Foot hook steps, execute an Entering Withdraw with an Arcing Fist to the crotch         |
| 4. 带手绕上步绵手 /<br>进步撤推手绵 | Open step, carry, advance around and Soft attack<br>Enter Withdraw, Pushing Soft attack |
| 5. 领带绕上步/弹手冲           | Grab and carry around, advance around and Shooting Rushing attack                       |
| 6. 向内捍掩 /<br>进步撤穿背靠    | Cover in,<br>Entering Advance and Penetrating Back Lean attack                          |
| 7. 贯手冲还原               | Piercing Rushing attack return to the beginning   |

### 330-415 顺式撤拆手 Application of Withdrawing Form

拆顺式撤套路 Apply the Moving With the Force Withdrawing form

目标: 拆撤步法与顺式身法以及步法的击技应用

### 415-430 复习套路 Review Withdrawing Form

复习顺式撤套路 Review the Moving With the Force Withdrawing form

目标: 加深理解套路内的身法以及步法作用

### 430-500 撤 + 猴形连环腿法 Withdrawing attacks + Kicks

熊形撤与猴形 屈, 踹, 蹯, 跨, 劈, 摆, 结, 蹲 任意组合

强调尹氏八卦“使腿不显腿, 用腿不见腿”和连环腿组合使用

备注 Notes:

## ☵ 坎卦蛇形學

坎卦者，水之象也；順勢掌者，拳之式也。坎者陷也，坎得乾之中陽，陽陷陰中，陽入而生潮，有坎中滿之象，故居正北水旺之方。其於物也，則為蛇形，其物最毒，其性最玲瓏，最活潑者也。有撥草之能。以拳式之用言，則有白蛇吐信之法，有雙頭蛇纏身之巧；以拳之形式言，謂之順勢掌，此拳外柔順，而內剛健，有丹田氣足之形，內外如水曲曲順流，無隙而不入，故取象為坎卦。

## Kan Trigram Snake System Theory

The Kan Trigram is symbolic of water. In martial arts, it is the Moving With the Force Palm. Kan is getting stuck in a trap. Kan obtains the middle Yang from Qian, Yang sunk within Yin, Yang entering and producing a swell, giving the shape of Kan full in the middle, occupying due north, the position of the water element. It is the form of the Snake, the most poisonous, the most nimble and lively of things. It has the ability to part the grass. As applied in martial arts, it has the method of white snake spitting out its tongue, cunning skill that plagues like a two-headed snake. The martial form is called the Moving With the Force Palm. This form is outwardly yielding, while strong within, having the shape of full breath in the lower abdomen, limbs and torso bending and flowing along like water, no crack that won't be entered, this is taken from the Kan Trigram.

## October 24 - 25 Objectives

### 10月24日 – 25日 目标

1. Understand Snake system fighting strategy  
介绍蛇形顺式掌技击方法(战备概念, 特点, 变化, 等)
2. Understand Snake system force generation body mechanics  
教蛇形用力方法
3. Learn, understand and train the developmental methods and special characteristics of Snake system circle turning training.  
教蛇形转圈方法, 特点, 功法要求以及转圈技击作用
4. Understand the meaning and force of the Snake System foundational Shoulder, Hip, Elbow, Knee, Searching/Shooting, Holding, Entrapping, and Grasping attack methods.  
教蛇形 肩, 肘, 膝, 胯, 探, 握, 刁, 拿 本意 以及劲力
5. Learn, train, and use the 24 foundational Shoulder, Hip, Elbow, Knee, Searching/Shooting, Holding, Entrapping, and Grasping attacks  
教 24个基本 肩, 肘, 膝, 胯, 探, 握, 刁, 拿 打法以及基本用法

10月24日- 上午 Tuesday, October 24 - morning

## ☰ 蛇形肩肘散手 Snake attack methods

### 900-910 坎卦蛇形概括介绍 Snake System Introduction

介绍坎卦蛇形顺式掌风格特点 Understanding Snake System Characteristics

目标: 介绍蛇形技击战略特点, 用力方法, 以及功法

### 910-930 蛇形站桩 Strength Posture Training

教蛇形本桩 Snake System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含肩肘膝胯探握刁拿的劲力

### 930-1000 肩基本散手 Foundational Shoulder Attacks

教钉肩, 压肩, 扛肩 Introduction to three foundational Shoulder strikes

目标: 教肩的劲力特点, 蛇形用力方法特点, 三个基本肩散手的区别

肩打法	Shoulder Attack Methods	
钉肩	Nailing Shoulder	(dīng jiān)
压肩	Pressing Shoulder	(yā jiān)
扛肩	Carrying Shoulder	(káng jiān)

### 1000-1030 肩基本散手加步法 Shoulder Attacks with Footwork

三个基本肩 加3点, 4点步法 (上 / 背, 全上)

目标: 练习手与脚合, 坎卦蛇形玲珑活潑身法

### 1030-1100 肩拆手 Shoulder Attack Application

拆三个基本肩散手 Apply the three foundational Shoulder attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

### 1100-1130 肘基本散手 Foundational Elbow Attacks

教抱肘, 钉肘, 摇肘 Introduction to three foundational Elbow strikes

目标: 教肘的劲力特点, 蛇形用力方法特点, 三个基本肘散手的区别

肘打法	Elbow Attack Methods	
抱肘	Holding Elbow	(bào zhǒu)
钉肘	Nailing Elbow	(dīng zhǒu)
摇肘	Rocking Elbow	(yáo zhǒu)

### 1130-1200 肘基本散手加步法 Elbow Attacks with Footwork

三个基本肘加3点, 4点步法 (上 / 背, 全上)

目标: 练习手与脚合, 坎卦蛇形玲珑活潑身法

### 1200-1230 拆肘散手 Elbow Attack Application

拆三个基本肘散手 Apply the three foundational Elbow attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

10月24日- 下午 Tuesday, October 24 - afternoon

## ☰ 蛇形膝胯散手 Snake attack methods

### 200-230 膝基本散手 Foundational Knee Attacks

教别膝，钉膝，跪膝 Introduction to three foundational Knee attacks

目标：教膝的劲力特点，蛇形用力方法特点，三个基本膝散手的区别

膝打法	Knee Attack Methods	
别膝	Binding Knee	(bié xī)
钉膝	Nailing Knee	(dīng xī)
跪膝	Dropping Knee	(guì xī)

### 230-300 膝基本散手加步法 Knee Attacks with Footwork

三个基本膝加3点，4点步法 (上 / 背，全上)

目标：练习手与脚合，坎卦蛇形玲珑活潑身法

### 300-330 膝拆手 Knee Attack Application

拆三个基本膝打法 Apply the three foundational Knee attacks

目标：膝法与 概念，角度，位置，力法变化，身法 结合

### 330-400 胯基本散手 Foundational Hip Attacks

教钉胯，砸胯，挤胯 Introduction to three foundational Hip strikes

目标：教胯的劲力特点，蛇形用力方法特点，三个基本胯散手的区别

胯手打法	Hip Attack Methods	
钉胯	Nailing Hip	(dīng kuà)
砸胯	Smashing Hip	(zá kuà)
挤胯	Squeezing Hip	(jǐ kuà)

### 400-430 胯基本散手加步法 Hip Attacks with Footwork

三个基本胯加3点，4点步法 (上 / 背，全上)

目标：练习手与脚合，坎卦蛇形玲珑活潑身法

### 430-500 胯拆手 Hip Attack Application

拆三个基本胯打法 Apply the three foundational Hip attacks

目标：胯法与 概念，角度，位置，力法变化，身法 结合

备注 Notes:

10月25日- 上午 Wednesday, October 25 - morning

## 三 蛇形探握散手 Snake attack methods

### 900-930 蛇形转圈 Circle Turning Training

教蛇形转圈方法以及基本换式 Snake 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

### 930-1000 探基本散手 Foundational Shooting Attacks

教刁手探, 抢手探, 滚手探 Introduction to three foundational Shooting strikes

目标: 教探的劲力特点, 蛇形用力方法特点, 三个基本探散手的区别

探手打法	Shooting / Searching Attack Methods	
刁手探	Entrapping Shooting	(diāo shǒu tàn)
抢手探	Grabbing Shooting	(qiǎng shǒu tàn)
滚手探	Rolling Shooting	(gǔn shǒu tàn)

### 1000-1030 探基本散手加步法 Shooting Attacks with Footwork

三个基本探加3点, 4点步法 (上 / 背, 全上)

目标: 练习手与脚合, 坎卦蛇形玲珑活潑身法

### 1030-1100 探拆手 Shooting Attack Application

拆三个基本探散手 Apply the three foundational Shooting attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

### 1100-1130 握基本散手 Foundational Holding Attacks

教内缠握, 外缠握, 云缠握 Introduction to three foundational Holding strikes

目标: 教握的劲力特点, 蛇形用力方法特点, 三个基本握散手的区别

握手打法	Holding Attack Methods	
内缠握	Inside Binding Holding	(nèi chán wò)
外缠握	Outside Binding Holding	(wài chán wò)
云缠握	Figure 8 Binding Hold	(yún chán wò)

### 1130-1200 握基本散手加步法 Holding Attacks with Footwork

三个基本握加3点, 4点步法 (上 / 背, 全上)

目标: 练习手与脚合, 坎卦蛇形玲珑活潑身法

### 1200-1230 拆握散手 Holding Attack Application

拆三个基本握散手 Apply the three foundational Holding attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

备注 Notes:

10月25日- 下午 Wednesday, October 25 - afternoon

## ☰ 蛇形刁拿散手 Snake attack methods

### 200-230 刁基本散手 Foundational Entrapping Attacks

教握手刁，卡手刁，揭手刁 Introduction to three foundational Entrapping strikes

目标：教刁的劲力特点，蛇形用力方法特点，三个基本刁散手的区别

刁手打法	Entrapping Attack Methods	
握手刁	Holding Entrapping	(wò shǒu diāo)
卡手刁	Clutching Entrapping	(kǎ shǒu diāo)
解手刁	Tearing off Entrapping	(jiě shǒu diāo)

### 230-300 刁基本散手加步法 Entrapping Attacks with Footwork

三个基本刁加3点，4点步法 (上 / 背，全上)

目标：练习手与脚合，坎卦蛇形玲珑活潑身法

### 300-330 刁拆手 Entrapping Attack Application

拆三个基本刁散手 Apply the three foundational Entrapping attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

### 330-400 拿基本散手 Foundational Grasping Attacks

教探手拿，握手拿，刁手拿 Introduction to three foundational Grasping strikes

目标：教拿的劲力特点，蛇形用力方法特点，三个基本拿散手的区别

拿手打法	Grasping Attack Methods	
探手拿	Shooting Grasping	(tàn shǒu ná)
握手拿	Holding Grasping	(wò shǒu ná)
刁手拿	Entrapping Grasping	(diāo shǒu ná)

### 400-430 拿基本散手加步法 Grasping Attacks with Footwork

三个基本拿加3点，4点步法 (上 / 背，全上)

目标：练习手与脚合，坎卦蛇形玲珑活潑身法

### 430-500 拿拆手 Grasping Attack Application

拆三个基本拿散手 Apply the three foundational Grasping attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

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