

The logo is a circular emblem with a Bagua (Eight Trigrams) pattern in the background. The text "YIN STYLE BAGUAZHANG" is written along the top arc, and "INTERNATIONAL" is written along the bottom arc. The central text is bold and black.

Yin Style Bagua Combatives

Training Intensive
Boston 2017

尹氏八卦掌技击功法培训
波士顿 2017年



三 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 making use of 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, 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 chest having an empty shape, this is taken from the Li Trigram.

October 7 - 10 Objectives

10月7日－10日 目标

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 Entering, Shifting, Whipping, Dodging, and Rushing attack methods.
教鸡形 进, 挪, 捩, 闪, 冲 本意 以及劲力
4. Learn, train, and use the 15 foundational Entering, Shifting, Whipping, Dodging, and Rushing attacks
教15个基本 进, 挪, 捩, 闪, 冲 打法以及用法
5. 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, 功法要求, 以及技击作用
6. Learn, train, and use combinations of Entering + Shifting, Dodging + Rushing attacks
教 进与挪, 闪与冲 组合散手
7. Learn, understand, train, and apply the Rooster system forms: Turning the Back Entering and Reversing the Body Whipping.
教鸡形套路: 背身进, 返身捩: 动作, 身法, 步法, 用法与变化。

10月7日- 上午 Saturday, October 7 - morning

三 进 组合散手 Entering combinations

900-910 离卦鸡形概括介绍 Rooster System Introduction

介绍离卦鸡形卧式掌风格特点 Understanding Rooster System Characteristics

目标: 介绍鸡形技击战略特点, 发力方法, 以及功法

910-930 鸡形站桩 Strength Posture Training

教鸡形本桩 Rooster System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含闪展腾挪进挞冲扎的劲力

930-1000 进基本散手 Foundational Entering Strikes

教进手冲, 卧式冲, 腾手冲 Introduction to three foundational Entering strikes

目标: 教进的劲力特点, 鸡形发力方法特点, 三个基本进散手的区别

进手打法	Entering Attack Methods	
抹手进	Wiping Entering	(mǎ shǒu jìn)
拳手进	Fist Entering	(quán shǒu jìn)
卧式进	Lying Entering	(wò shì jìn)

1000-1030 进基本散手加步法 Entering Strikes with Footwork

三个基本进加3点, 4点步法 (上 / 背, 全上, 卧步 / 马步)

目标: 练习手与脚合, 离卦鸡形的膝, 肘部, 腰 协调

1030-1100 进拆手 Foundational Entering Strike Application

拆三个基本冲 Apply the three foundational Entering strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

1100-1200 进组合散手 Entering 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 拆进组合散手 Entering Combination Application

拆冲组合散手 Apply Entering strike combinations

目标: 组合散手劲力的转换

备注 Notes:

10月7日- 下午 Saturday, October 7 - afternoon

三 挪 + 进 组合散手 Shifting + Entering

200-230 挪基本散手 Foundational Shifting Attacks

教旋手挪，掩手挪，研手挪 Introduction to three foundational Shifting strikes

目标：教挪的劲力特点，鸡形发力方法特点，三个基本挪散手的区别

挪手打法	Shifting Attack Methods	
旋手挪	Whirling Shifting	(xuán shǒu nuó)
掩手挪	Closing / Squeezing In Shifting	(yǎn shǒu nuó)
研手挪	Grinding Shifting	(yán shǒu nuó)

230-300 挪基本散手加步法 Shifting Attacks with Footwork

三个基本挪加3点，4点步法 (上 / 背，全上，卧步 / 马步)

目标：练习手与脚合，离卦鸡形的膝，肘部，腰 协调

300-330 挪拆手 Foundational Shifting Attack Application

拆三个基本挪 Apply the three foundational Shifting attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

330-430 进 + 挪组合散手 Entering + Shifting Combinations

进与挪组合散手 Entering and Shifting strikes in combination

目标：组合散手劲力的转换

430-530 进 + 挪组合拆手 Entering + Shifting Application

拆进与挪组合散手 Apply Entering and Shifting strike combinations

目标：组合散手劲力的转换

备注 Notes:

10月8日- 上午 Sunday, October 8 - morning

三 捩 组合散手 Whipping combinations

900-950 鸡形转圈 Circle Turning Training

教鸡形转圈方法以及基本换式 Rooster 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 捩基本散手 Foundational Whipping Strikes

教掸手捩，抹手捩，抽式捩 Introduction to three foundational Whipping strikes

目标：教捩的劲力特点，鸡形发力方法特点，三个基本捩散手的区别

捩手打法

掸手捩

抹手捩

抽式捩

Whipping Attack Methods

Whisking Whipping Attack

Wiping Whipping Attack

Thrashing Whipping Attack

(dǎn shǒu tà)

(mā shǒu tà)

(chōu shǒu tà)

1030-1100 捩基本散手加步法 Whipping Strikes with Footwork

三个基本捩加3点，4点步法 (上 / 背，全上，卧步 / 马步)

目标：练习手与脚合，离卦鸡形的膝，肘部，腰 协调

1100-1200 捩组合散手 Whipping Strike Combinations

三个基本捩组合散手 Combinations of the three foundational Whipping strikes

目标：组合散手劲力的转换

1200-1230 拆捩组合散手 Whipping Combination Application

拆捩组合散手 Apply Whipping strike combinations

目标：组合散手劲力的转换

备注 Notes:

10月8日- 下午 Sunday, October 8 - afternoon

三 捩套路, 捩加腿法 Whipping Form, Kicks

200-245 复习捩散手 Review Foundational Whipping Attacks

复习掸手捩, 抹手捩, 抽式捩 Review the three foundational Whipping strikes

目标: 加深理解捩的劲力特点, 鸡形发力方法特点

245-330 返身捩套路 Reversing the Body Whipping form

教返身捩套路, 解释返身的风格 Learn form and Reversing the Body characteristics

目标: 教套路内的身法以及步法作用

返身捩套路

1. 抹打
2. 挺手掌 / 向内掩化 / 斜上步劈手捩
3. 向上挑打 / 转身背步 抹手捩
4. 向内钩挂 斜上步 下按 掸手捩
5. 向上挂 收并步 撩手捩
6. 向内捍掩 转身横开步 抹手捩
7. 向外旋身 绕上 逆势旋身闪 还原

Reversing the Body Whipping

- Wipe Strike
Palm strike / transform in / ang. adv. Chopping Whip
Rising strike up, back withdraw step, Wipe Whip
Hook down in, angle advance and Whisking Whip
Hook up, draw in the foot and Arcing Whip attack
Cover in, turn body, horiz. open step and Wipe Whip
Whirl body out, advance around Whirl Body Dodge

330-415 返身捩拆手 Application of Whipping Form

拆返身捩套路 Apply the Reversing the Body Whipping form

目标: 拆腾手法与返身身法以及步法的击技应用

415-445 复习套路 Review Whipping Form

复习返身捩套路 Review the Reversing the Body Whipping form

目标: 加深理解套路内的身法以及步法作用

445-530 捩 + 猴形连环腿法 Whipping Strikes + Kicks

鸡形捩与猴形 屈, 踹, 蹦, 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9日- 上午 Monday, October 9 - morning

三 冲 组合散手 Rushing combinations

900-930 鸡形站桩 Strength Posture Training

复习以及加深理解鸡形本桩 Rooster System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含闪展腾挪进挞冲扎的劲力

930-1000 冲基本散手 Foundational Rushing Strikes

教挪手冲，腾手冲，卧式冲 Introduction to three foundational Rushing strikes

目标：教冲的劲力特点，鸡形发力方法特点，三个基本冲散手的区别

冲手打法	Rushing Strike Attack Methods	
挪手冲	Shifting Rushing Strike	(nuó shǒu chōng)
腾手冲	Rising Rushing Strike	(téng shǒu chōng)
卧式冲	Lying Rushing Strike	(wò shì 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，卧步 / 马步)

目标：练习手与脚合，离卦鸡形的膝，肘部，腰 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9日- 下午 Monday, October 9 - afternoon

三 闪 + 冲 组合散手 Dodging + Rushing

200-245 闪基本散手 Foundational Dodging Attacks

教旋身闪，卧式闪，顺式闪 Introduction to three foundational Dodging attacks

目标：教闪的劲力特点，鸡形化卸力方法特点，三个基本闪散手的区别

闪手打法	Dodging Attack Methods	
旋身閃	Whirling Body Dodging	(xuán shēn shǎn)
順式閃	Moving With the Force Dodging	(shùn shì shǎn)
臥式閃	Lying Dodging	(wò shì shǎn)

245-315 闪基本散手加步法 Dodging Attacks with Footwork

三个基本闪加4点步法(上 / 背，全上，卧步)

目标：练习手脚合，离卦鸡形的膝，肘部，腰 协调

315-345 闪拆手 Foundational Dodging Attack Application

拆三个基本闪 Apply the three foundational Dodging attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

345-445 冲 + 闪组合散手 Rushing + Dodging Combinations

冲与闪组合散手 Rushing and Dodging strikes in combination

目标：组合散手劲力的转换

445-530 冲 + 闪组合拆手 Rushing + Dodging Application

拆冲与闪组合散手 Apply Rushing and Dodging strike combinations

目标：组合散手劲力的转换

备注 Notes:

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

三 进 组合散手 Entering combinations

900-950 鸡形转圈 Circle Turning Training

教鸡形转圈方法以及基本换式 Rooster 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

950-1030 进基本散手 Foundational Entering Strikes

教抹手进，卧式进，拳手进 Introduction to three foundational Entering strikes

目标：教进的劲力特点，鸡形发力方法特点，三个基本进散手的区别

进手打法	Entering Attack Methods	
抹手进	Wiping Entering	(mā shǒu jìn)
拳手进	Fist Entering	(quán shǒu jìn)
卧式进	Lying Entering	(wò shì jìn)

1030-1100 进基本散手加步法 Entering Attacks with Footwork

三个基本进加4点步法 (上 / 背，全上，卧步)

目标：练习手脚合，离卦鸡形的膝，肘部，腰 协调

1100-1200 进组合散手 Entering Strike Combinations

三个基本进组合散手 Combinations of the three foundational Entering strikes

目标：组合散手劲力的转换

1200-1230 拆进组合散手 Entering Combination Application

拆进组合散手 Apply Entering strike combinations

目标：组合散手劲力的转换

备注 Notes:

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

三 进套路, 进加腿法 Entering Form, Kicks

200-245 复习进散手 Review Foundational Entering Attacks

复习抹手进, 卧式进, 拳手进 Review the three foundational Entering strikes

目标: 加深理解进的劲力特点, 鸡形发力方法特点

245-330 背身进套路 Turning the Back Entering form

教背身进套路, 解释背身的风格 Learn form and Turning the Back characteristics

目标: 教套路内的身法以及步法作用

背身进套路

1. 抹打
2. 向内旋转 向外拨 斜上步撩手进
撤步回转身 抡手劈
3. 下带 斜上步 带手式卧式进
4. 转身 从手下外带
撤背步 / 斜上步 拳手进
5. 背撤步 内挂式进
6. 斜上步 抹打式进
7. 绕上步 卧式冲 还原

Turning the Back Entering Form

- Wipe strike
Rotate arm inward, clear out, ang. adv. Arcing Enter attack
withdraw step, rotate back and Swing Chop attack
Angle advance, grab and Lying Entering strike
Turn the body, grab from under and carry outward
withdraw step, angle advance and Fist Entering attack
Back withdraw step and Inside Hooking Entering attack
Angle advance and Wipe attack Entering
Advance around and Lying Rushing attack

330-415 背身进拆手 Application of Entering Form

拆背身进套路 Apply the Turning the Back Entering form

目标: 拆进手法与背身身法以及步法的击技应用

415-445 复习套路 Review Entering Form

复习背身进套路 Review the Turning the Back Entering form

目标: 加深理解套路内的身法以及步法作用

445-530 进+猴形连环腿法 Entering Strikes + Kicks

鸡形展与猴形 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:

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