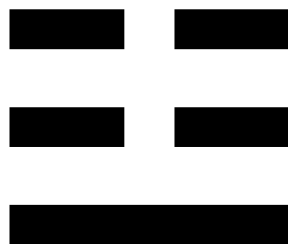




**Yin Style Bagua  
Combatives**

**Training Workshop  
Colorado 2017**

**尹氏八卦掌技击功法培训  
科罗拉多州 2017年**



## ☳ 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，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.

## September 29 - October 1 Objectives

### 9月29日 - 10月1日 目标

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  
教龙形发力方法以及续力用法
3. Understand the meaning and force of the Dragon System foundational Carrying, Chopping, Moving, and Capturing attack methods.  
教龙形 带, 劈, 搬, 扣 本意 以及劲力
4. Learn, train, and use the 12 foundational Carrying, Chopping, Moving, and Capturing attacks  
教12个基本 带, 劈, 搬, 扣 打法以及用法
5. 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, 功法要求, 以及技击作用
6. Learn, train, and use combinations of Carrying + Chopping attacks  
教 带与劈 组合散手
7. Learn, understand, train, and apply the Dragon system forms: Moving With the Force Moving and Enfolding Capturing.  
教龙形套路: 顺式搬, 抱式扣: 动作, 身法, 步法, 用法与变化。

9月29日- 上午 Friday, September 29 - morning

## 三 带 组合散手 Carrying combinations

### 1000-1010 震卦龙形概括介绍 Dragon System Introduction

介绍震卦龙形平托掌风格特点 Understanding Dragon System Characteristics

目标: 介绍龙形技击战略特点, 发力方法, 以及功法

### 1010-1030 龙形站桩 Strength Posture Training

教龙形本桩 Dragon System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含推托带领搬扣劈进的劲力

### 1030-1100 带基本散手 Foundational Carrying Attacks

教上手带, 旋手带, 下手带 Introduction to three foundational Carrying attacks

目标: 教带的劲力特点, 龙形发力方法特点, 三个基本带散手的区别

带手打法	Carrying Attack Methods	
上手带	Upper Carrying	(shàng shǒu dài)
旋手带	Whirling Carrying	(xuán shǒu dài)
下手带	Lower Carrying	(xià shǒu dài)

### 1100-1130 带基本散手加步法 Carrying Attacks with Footwork

三个基本带加3点, 4点步法 (龙形全上, 上 / 背)

目标: 练习手与脚合, 震卦龙形的腿, 腰 协调

### 1130-1200 带拆手 Foundational Carrying Attacks Application

拆三个基本带 Apply the three foundational Carrying attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

### 1200-1230 带组合散手 Carrying Attack Combinations

三个基本带组合散手 Combinations of the three foundational Carrying attacks

目标: 组合散手劲力的转换

### 1230-100 拆带组合散手 Carrying Combination Application

拆带组合散手 Apply Carrying attack combinations

目标: 组合散手劲力的转换

备注 Notes:

9月29日- 上午 Friday, September 29 - afternoon

## 三 带 + 劈 组合散手 Carrying + Chopping

### 300-330 劈基本散手 Foundational Chopping Strikes

教正手劈，砍手劈，翻手劈 Introduction to three foundational Chopping strikes

目标：教劈的劲力特点，龙形发力方法特点，三个基本劈散手的区别

劈手打法	Chopping Attack Methods	
正手劈	Upright Chopping	(zhèng shǒu pī)
砍手劈	Hacking Chopping	(kǎn shǒu pī)
翻手劈	Reversing Chopping	(fǎn shǒu pī)

### 330-400 劈基本散手加步法 Chopping Strikes with Footwork

三个基本劈加3点，4点步法 (龙形全上, 上 / 背)

目标：练习手与脚合，震卦龙形的腿，腰 协调

### 400-430 劈拆手 Foundational Chopping Strike Application

拆三个基本劈 Apply the three foundational Chopping strikes

目标：手法与 概念，角度，位置，力法变化，身法 结合

### 430-515 带 + 劈组合散手 Carrying + Chopping Combinations

带与劈组合散手 Carrying and Chopping strikes in combination

目标：组合散手劲力的转换

### 515-600 带 + 劈组合拆手 Carrying + Chopping Application

拆带与劈组合散手 Apply Carrying and Chopping strike combinations

目标：组合散手劲力的转换

备注 Notes:

9月30日- 上午 Saturday, September 30 - morning

## 三 搬 组合散手 Moving combinations

### 1000-1050 龙形转圈 Circle Turning Training

加深龙形转圈方法以及基本换式 Dragon 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

### 1050-1130 搬基本散手 Foundational Moving Strikes

教单手搬，双手搬，翻手搬 Introduction to three foundational Moving strikes

目标：教搬的劲力特点，龙形发力方法特点，三个基本搬散手的区别

#### 搬手打法

#### Moving Strike Attack Methods

单手搬

Single Hand Moving

(dān shǒu bān)

双手搬

Double Hand Moving

(shuāng shǒu bān)

翻手搬

Reversing Moving

(fān shǒu bān)

### 1130-1200 搬基本散手加步法 Moving Strikes with Footwork

三个基本搬加3点，4点步法 (龙形全上, 上 / 背)

目标：练习手与脚合，艮卦熊形的后背，腰，腿 协调

### 1200-1230 搬组合散手 Moving Strike Combinations

三个基本搬组合散手 Combinations of the three foundational Moving strikes

目标：组合散手劲力的转换

### 1230-100 拆搬组合散手 Moving Combination Application

拆搬组合散手 Apply Moving strike combinations

目标：组合散手劲力的转换

备注 Notes:

9月30日- 上午 Saturday, September 30 - afternoon

## 三 搬套路, 搬加腿法 Moving Form, Kicks

### 300-345 复习搬散手 Review Foundational Moving Attacks

复习单手搬, 双手搬, 翻手搬 Review the three foundational Moving strikes

目标: 加深理解搬的劲力特点, 龙形发力方法特点

### 345-430 顺式搬套路 Moving with the Force Moving form

教顺式搬套路, 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

#### 顺式搬套路

#### Moving With the Force Moving Form

- |                     |  |
|---------------------|--|
| 1. 击上步挺手掌           | Half advance step and Stopping Pushing palm                    |
| 2. 上步/顺式向内捍掩/单手搬    | Advance step, rotate and cover inward, Single Hand Moving      |
| 3. 向外拨转/绕上步/掩手式内搬   | Clear to the outside, advance around, Closing in Inside Moving |
| 4. 上步/单手搬           | Advance step and Single Hand Moving                            |
| 5. 绕上步/双手转动/手指冲下双手搬 | Advance around, hands rotate, fingers down Double Hand Moving  |
| 6. 上步/交叉手/分手搬       | Advance step, arms cross, Separating Moving                    |
| 7. 绕上步搬手式还原         | Advance around and Moving Strike return to the beginning       |

### 430-515 顺式搬拆手 Application of Moving Form

拆顺式搬套路 Apply the Moving with the Force Moving form

目标: 拆搬手法与顺式身法以及步法的击技应用

### 515-530 复习套路 Review Moving Form

复习顺式搬套路 Moving with the Force Moving form

目标: 加深理解套路内的身法以及步法作用

### 530-600 搬 + 猴形连环腿法 Moving Strikes + Kicks

龙形搬与猴形 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1日- 上午 Sunday, October 1 - morning

## 三 扣 组合散手 Capturing combinations

### 1000-1050 龙形转圈 Circle Turning Training

加深龙形转圈方法以及基本换式 Dragon 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

### 1050-1130 扣基本散手 Foundational Capturing Attacks

教内手扣, 外手扣, 下手扣 Introduction to three foundational Capturing attacks

目标: 教扣的劲力特点, 龙形发力方法特点, 三个基本扣散手的区别

扣手打法	Capturing Attack Methods	
内手扣	Inside Capturing	(nèi shou kou)
外手扣	Outside Capturing	(wài shou kou)
下手扣	Low Capturing	(xià shou kou)

### 1130-1200 扣基本散手加步法 Capturing Attacks with Footwork

三个基本扣加4点步法 (龙形全上, 上 / 背)

目标: 练习手脚合, 震卦龙形的腿, 腰 协调

### 1200-1230 扣组合散手 Capturing Attack Combinations

三个基本扣组合散手 Combinations of the three foundational Capturing attacks

目标: 组合散手劲力的转换

### 1230-100 拆扣组合散手 Capturing Combination Application

拆扣组合散手 Apply Capturing attack combinations

目标: 组合散手劲力的转换

备注 Notes:

10月1日- 上午 Sunday, October 1 - afternoon

## 三 扣套路, 扣加腿法 Capturing Form, Kicks

### 300-345 复习扣散手 Review Foundational Capturing Attacks

复习内手扣, 外手扣, 下手扣 Review the three foundational Capturing attacks

目标: 加深理解扣的发力特点, 龙形步法特点

### 345-430 抱式扣套路 Enfolding Capturing form

教抱式扣套路, 解释抱式的风格 Learn form and Enfolding characteristics

目标: 教套路内的身法以及步法作用

#### 抱式扣套路

1. 击上半步挺手掌
2. 下扣/上步/外手扣
3. 向内捍掩 / 领手/ 收步  
并步式内手扣
4. 上步抡手式外扣/绕上步内手扣
5. 向外翻转/并上步/抱式双手下扣
6. 上步双手口/绕上步分手/双手扣
7. 下按/上步/推手还原

#### Enfolding Capturing

- Half advance step and Holding Out palm  
Capture down, advance step and Outside Capturing attack  
Cover in, Leading hand, pull in the foot  
and feet together Inside Capturing attack  
Advance and swing around Outside Capture, advance  
around and Inside Capture  
Hands separate, both feet come together and Downward  
Pulling Double Capture attack  
Advance and Double Capture, advance around,  
hands separate, Double Hand Capturing  
Press down, advance step and Pushing attack

### 430-515 抱式扣拆手 Application of Capturing Form

拆抱式扣套路 Apply the Enfolding Capturing form

目标: 拆扣手法与抱式身法以及步法的击技应用

### 515-530 复习套路 Review Capturing Form

复习抱式扣套路 Review the Enfolding Capturing form

目标: 加深理解套路内的身法以及步法作用

### 530-600 扣+猴形连环腿法 Capturing attacks + Kicks

龙形扣与猴形 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:



## 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