



Yin Style Bagua Combatives

**Training Workshop
Florida 2017**

**尹氏八卦掌技击功法培训
佛罗里达 2017年**



☳ 巽卦鳳形學

巽卦者,風之象也;風輪掌者,拳之式也。巽者入也,巽得坤之初陰,初陰主潛進,故居東南陽盛之方。其於物也,則為鳳形,其物為羽蟲之長,有展翅之功;以拳式之用言,有點頭之式,有挾人之法,此拳亦為獅子滾球之形;以拳之形式言,謂之風輪掌。此拳上剛健,而下柔順,有風輪之形,故取象為巽卦。

Xun Trigram Phoenix System Theory

The Xun Trigram is symbolic of wind. In martial arts, it is the Windmill Palm. Xun is entering. Xun obtains the beginning of Yin from Kun, which signifies concealed entering, and occupies southeast, the position of abundant Yang. As to objects, it is the form of the Phoenix, the elder of all birds, having the ability to extend its wings. As applied in martial arts, it has the form of nodding the head and the ability to trap under the arm. It also has the form of the lion rolling the ball. The martial form is called the Windmill palm. It is strong above, while smooth below, having the form of a windmill; this is taken from the Xun Trigram.

October 14 - 17 Objectives

10月14日－17日 目标

1. Understand Phoenix system fighting strategy
介绍凤形风轮掌技击方法(战备概念, 特点, 变化, 等)
2. Understand Phoenix system force generation body mechanics
教凤形发力方法
3. Understand the meaning and force of the Phoenix System foundational Dodging, Transforming, Extending, Chopping, Removing, and Curling In attack methods.
教凤形 闪, 化, 展, 劈, 卸, 拳 本意 以及劲力
4. Learn, train, and use the 18 foundational Dodging, Transforming, Extending, Chopping, Removing, and Curling In attacks
教18个基本 闪, 化, 展, 劈, 卸, 拳 打法以及用法
5. Learn, understand and train the developmental methods and special characteristics of Phoenix system circle turning training.
教凤形转圈方法, 特点, 功法要求, 以及技击作用
6. Learn, train, and use combinations of Dodging + Transforming, Chopping + Removing attacks
教 闪与化, 劈与卸 组合散手
7. Learn, understand, train, and apply the Phoenix system forms: Turning the Back Extending and Lying Step Curling In.
教凤形套路: 背身展, 卧式拳: 动作, 身法, 步法, 用法与变化。

10月14日- 上午 Saturday, October 14 - morning

☯ 闪 组合散手 Dodging combinations

800-810 巽卦凤形概括介绍 Phoenix System Introduction

介绍巽卦凤形风轮掌风格特点 Understanding Phoenix System Characteristics

目标: 介绍凤形技击战略特点, 发力方法, 以及功法

810-830 凤形站桩 Strength Posture Training

教凤形本桩 Phoenix System Representational Posture

目标: 站桩功法要求包括: 结构, 技击作用; 以及怎么含闪展劈振化卸拳磕的劲力

830-900 闪基本散手 Foundational Dodging Attacks

教开手闪, 旋手闪, 撩手闪 Introduction to three foundational Dodging attacks

目标: 教闪的劲力特点, 凤形发力方法特点, 三个基本闪散手的区别

闪手打法	Dodging Strike Attack Methods	
开手闪	Opening Dodging	(kāi shǒu shǎn)
旋手闪	Whirling Dodging	(xuán shǒu shǎn)
撩手闪	Arcing Dodging	(liāo shǒu shǎn)

900-930 闪基本散手加步法 Dodging Attacks with Footwork

三个基本闪加3点, 4点步法 (上 / 背)

目标: 练习手与脚合, 巽卦凤形的肩, 腰 协调

930-1000 闪拆手 Foundational Dodging Strike Application

拆三个基本闪 Apply the three foundational Dodging strikes

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

1000-1100 闪组合散手 Dodging Attack Combinations

三个基本闪组合散手 Combinations of the three foundational Dodging attacks

目标: 组合散手劲力的转换

1100-1130 拆闪组合散手 Dodging Combination Application

拆闪组合散手 Apply Dodging attack combinations

目标: 组合散手劲力的转换

备注 Notes:

10月14日- 下午 Saturday, October 14 - afternoon

☯ 闪 + 化 组合散手 Dodging + Transforming

100-130 化基本散手 Foundational Transforming Attacks

教抢手化，顺手化，滚手化 Introduction to three foundational Transforming attacks

目标：教化的化力特点，凤形化劲方法特点，三个基本化散手的区别

化手打法	Transforming Attack Methods	
抢手化	Forcing Transforming	(qiǎng shǒu huà)
顺手化	Flowing Transforming	(shùn shǒu huà)
滚手化	Rolling Transforming	(gǔn shǒu huà)

130-200 化基本散手加步法 Transforming Attacks with Footwork

三个基本化加3点，4点步法 (上 / 背)

目标：练习手与脚合，巽卦凤形的肩，腰 协调

200-230 化拆手 Foundational Transforming Attack Application

拆三个基本化 Apply the three foundational Transforming attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

230-330 闪+化组合散手 Dodging + Transforming Combinations

闪与化组合散手 Dodging and Transforming strikes in combination

目标：组合散手劲力的转换

330-430 闪+化 组合拆手 Dodging + Transforming Application

拆闪与化组合散手 Apply Dodging and Transforming strike combinations

目标：组合散手劲力的转换

备注 Notes:

10月15日- 上午 Sunday, October 15 - morning

三 展 组合散手 Extending combinations

800-850 凤形转圈 Circle Turning Training

教凤形转圈方法以及基本换式 Phoenix 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

900-930 展基本散手 Foundational Extending Attacks

教平手展，垂手展，内手展 Introduction to three foundational Extending attacks

目标：教展的劲力特点，凤形发力方法特点，三个基本展散手的区别

展手打法

平手展

垂手展

内手展

Extending Attack Methods

Horizontal Extending (píng shǒu zhǎn)

Dropping Extending (chuí shǒu zhǎn)

Inside Extending (nèi shǒu zhǎn)

930-1000 展基本散手加步法 Extending Attacks with Footwork

三个基本展加3点，4点步法 (上 / 背)

目标：练习手与脚合，巽卦凤形的肩，腰 协调

1000-1100 展组合散手 Extending Attack Combinations

三个基本展组合散手 Combinations of the three foundational Extending attacks

目标：组合散手劲力的转换

1100-1130 拆展组合散手 Extending Combination Application

拆展组合散手 Apply Extending attack combinations

目标：组合散手劲力的转换

备注 Notes:

10月15日- 下午 Sunday, October 15 - afternoon

三 展套路, 展加腿法 Extending Form, Kicks

100-145 复习闪散手 Review Foundational Extending Attacks

复习平手展, 垂手展, 内手展 Review the three foundational Extending attacks

目标: 加深理解展的劲力特点, 凤形发力方法特点

145-230 背身展套路 Turning the Back Extending form

教背身展套路, 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

背身展套路

1. 向外开手 / 顺式收手 / 斜上步 上手展
2. 撤步 / 斜上步 (从手下) 上手展
3. 撤步 / 斜上步 (下按) 平手展
4. 转手 / 上步 / 平手展
5. 向回掩手 / 撤背步 / 下手展
6. 下按 / 上步 / 上手展
7. 绕上步掩劈式还原

Turning the Back Extending Form

- Open outward, bring in the arm, ang. adv. Upper Extend
Withdraw / Advance and Upper Extend attack
Withdraw / Advance, press down and Horizontal Extend
Arm rolls over, advance step and Horizontal Extend
Cover in, back withdraw step, Low Extend attack
Press down, advance step and Upper Extend attack
Advance around and Chopping direction change

230-315 背身展拆手 Application of Extending Form

拆背身展套路 Apply the Turning the Back Extending form

目标: 拆展手法与背身身法以及步法的击技应用

315-345 复习套路 Review Extending Form

复习背身展套路 Review the Turning the Back Extending form

目标: 加深理解套路内的身法以及步法作用

345-430 展 + 猴形连环腿法 Extending Attacks + Kicks

凤形展与猴形 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:

10月16日- 上午 Monday, October 16 - morning

三 劈 组合散手 Chopping combinations

800-830 凤形站桩 Strength Posture Training

复习以及加深理解凤形本桩 Phoenix System Representational Posture

目标：站桩功法要求包括：结构，技击作用；以及怎么含闪展劈振化卸拳磕的劲力

830-900 劈基本散手 Foundational Chopping Strikes

教正手劈，撩手劈，掬手劈 Introduction to three foundational Chopping strikes

目标：教劈的劲力特点，凤形发力方法特点，三个基本劈散手的区别

劈手打法

Chopping Strike Attack Methods

正手劈

Upright Chopping Strike (zhèng shǒu pī)

撩手劈

Arcing Chopping Strike (liāo shǒu pī)

掬手劈

Swinging Chopping Strike (lūn shǒu pī)

900-930 劈基本散手加步法 Chopping Strikes with Footwork

三个基本劈加3点，4点步法 (上 / 背)

目标：练习手与脚合，巽卦凤形的肩，腰 协调

930-1000 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

1000-1100 劈组合散手 Chopping Strike Combinations

三个基本劈组合散手 Combinations of the three foundational Chopping strikes

目标：组合散手劲力的转换

1100-1130 拆劈组合散手 Chopping Combination Application

拆劈组合散手 Apply Chopping strike combinations

目标：组合散手劲力的转换

备注 Notes:

10月16日- 下午 Monday, October 16 - afternoon

三 劈 + 卸 组合散手 Chopping + Removing

100-130 卸基本散手 Foundational Removing Attacks

教垂手卸, 顺手卸, 按手卸 Introduction to three foundational Removing attacks

目标: 教卸的力法特点, 凤形卸力方法特点, 三个基本卸散手的区别

卸手打法	Removing Attack Methods
垂手卸	Dropping Removing (chuí shǒu xiè)
顺手卸	Flowing Removing (shùn shǒu xiè)
按手卸	Pressing Removing (àn shǒu xiè)

130-200 卸基本散手加步法 Removing Attacks with Footwork

三个基本卸加3点, 4点步法(上 / 背)

目标: 练习手与脚合, 巽卦凤形的肩, 腰 协调

200-230 卸拆手 Foundational Removing Attack Application

拆三个基本卸 Apply the three foundational Removing attacks

目标: 手法与 概念, 角度, 位置, 力法变化, 身法 结合

230-300 劈 + 卸组合散手 Chopping + Removing Combinations

劈与卸组合散手 Chopping and Removing attacks in combination

目标: 组合散手劲力的转换

300-430 劈 + 卸组合拆手 Chopping + Removing Application

拆劈与卸组合散手 Apply Chopping and Removing attack combinations

目标: 组合散手劲力的转换

备注 Notes:

10月17日- 上午 Tuesday, October 17 - morning

三 拳 组合散手 Curling In combinations

800-850 凤形转圈 Circle Turning Training

加深凤形转圈方法以及基本换式 Phoenix 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

900-930 拳基本散手 Foundational Curling In Attacks

肘手拳，螭手拳，身手拳 Introduction to three foundational Curling In attacks

目标：教拳的劲力特点，凤形发力方法特点，三个基本拳散手的区别

拳手打法

Curling In Attack Methods

肘手拳

Elbow Curling In Strike (zhǒu shǒu quán)

螭手拳

Fist Curling In Strike (quán shǒu quán)

身手拳

Body Curling In Strike (shēn shǒu quán)

900-930 拳基本散手加步法 Curling In Attacks with Footwork

三个基本拳加3点，4点步法 (上 / 背)

目标：练习手与脚合，巽卦凤形的肩，腰 协调

930-1000 拳拆手 Foundational Curling In Attack Application

拆三个基本拳 Apply the three foundational Curling In attacks

目标：手法与 概念，角度，位置，力法变化，身法 结合

1000-1100 拳组合散手 Curling In Attack Combinations

三个基本拳组合散手 Combinations of the three foundational Curling In strikes

目标：组合散手劲力的转换

1100-1130 拆拳组合散手 Curling In Combination Application

拆拳组合散手 Apply Curling In attack combinations

目标：组合散手劲力的转换

备注 Notes:

10月17日- 下午 Tuesday, October 17 - afternoon

三 拳套路, 拳加腿法 Curling In Form, Kicks

100-145 复习拳散手 Review Foundational Curling In Attacks

复习肘手拳, 螭手拳, 身手拳 Review the three foundational Curling In attacks

目标: 加深理解拳的劲力特点, 凤形发力方法特点

145-230 卧式拳套路 Lying Step Curling In form

教卧式拳套路, 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

卧式拳套路

Lying Step Curling In Form

- | | |
|--------------------|---|
| 1. 並步开手闪 | Feet together Opening Dodging Strike |
| 2. 斜上步 (下按) 螭手拳 | Angle adv, press down and Fist Curling In |
| 3. 向下化 / 卧式螭手拳 | Transform down and Lying Step Fist Curling In |
| 4. 斜上步 / 下栽手拳 | Angle advance and Low Inserting Curling In |
| 5. 背撤卧步 / 卧式冲手拳 | Back withdraw into Lying Step and Rushing Curl In |
| 6. 上步 双手螭手拳 (掌心向外) | Advance and double fist curling in strike (palms out) |
| 7. 绕上步 抢化式还原 | Advance around and Forcing Transforming attack, return to the beginning |

230-315 卧式拳拆手 Application of Curling In Form

拆卧式拳套路 Apply the Lying Step Curling In form

目标: 拆拳手法与卧式身法以及步法的击技应用

315-345 复习套路 Review Curling In Form

复习卧式拳套路 Lying Step Curling In form

目标: 加深理解套路内的身法以及步法作用

345-430 拳 + 猴形连环腿法 Curling In Attacks + Kicks

凤形拳与猴形 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