



**Yin Style Bagua  
Combatives**

**Training Workshop  
San Francisco 2017**

**尹氏八卦掌技击功法培训  
旧金山 2017年**



## 三 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.

## September 23 - 26 Objectives

### 9月23日 - 26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 Entering, Carrying, Lifting, Pushing, Chopping, and Capturing attack methods.  
教龙形 进, 带, 托, 推, 劈, 扣 本意 以及劲力
4. Learn, train, and use the 18 foundational Entering, Carrying, Lifting, Pushing, Chopping, and Capturing attacks  
教18个基本 进, 带, 托, 推, 劈, 扣 打法, 组合散手, 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 Entering + Carrying, Pushing + Chopping attacks  
教 进与带, 推与劈 组合散手
7. Learn, understand, train, and apply the Dragon system forms: Windmill Lifting and Reversing the Body Capturing. 教龙形套路: 风轮托, 返身扣: 动作, 身法, 步法, 用法与变化。

9月23日- 上午 Saturday, September 23 - morning

## 三 进 组合散手 Entering combinations

### 800-810 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

### 810-830 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

### 830-900 进基本散手 Foundational Entering Strikes

教借手进, 抢手进, 领手进 Introduction to three foundational Entering strikes

目标: 教进的劲力特点, 龙形发力方法特点, 三个基本进散手的区别

进手打法

Entering Attack Methods

借手进

Borrowing Entering (jiè shǒu jìn)

抢手进

Stealing Entering (qiǎng shǒu jìn)

领手进

Leading Entering (lǐng shǒu jìn)

### 900-930 进基本散手加步法 Entering Strikes with Footwork

三个基本进加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

### 930-1000 进拆手 Foundational Entering Strike Application

拆三个基本进 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

### 1000-1100 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

### 1100-1130 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:

9月23日- 下午 Saturday, September 23 - afternoon

## 三 进 + 带 组合散手 Entering + Carrying

### 100-130 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)

### 130-200 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

### 200-230 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

### 230-330 进 + 带组合散手 Entering + Carrying Combinations

进与带组合散手 Entering and Carrying strikes in combination

目标：组合散手劲力的转换

### 330-430 拆进与带组合散手 Entering + Carrying Combination Application

拆进+带组合散手 Apply Entering and Carrying attack combinations

目标：组合散手劲力的转换

备注 Notes:

9月24日- 上午 Sunday, September 24 - morning

## 三 带 组合散手 Lifting combinations

### 800-850 龙形转圈 Circle Turning Training

教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

### 900-930 托基本散手 Foundational Lifting Attacks

教扣手托，扬手托，转手托 Introduction to three foundational Lifting attacks

目标：教托的劲力特点，龙形发力方法特点，三个基本托散手的区别

托手打法	Lifting Attack Methods	
扣手托	Capturing Lifting	(kòu shǒu tuō)
扬手托	Rising Lifting	(yáng shǒu tuō)
转手托	Rotating Lifting	(zhuǎn shǒu tuō)

### 930-1000 托基本散手加步法 Lifting Attacks with Footwork

三个基本托加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

### 1000-1100 托组合散手 Lifting Attack Combinations

三个基本托组合散手 Combinations of the three foundational Lifting attacks

目标：组合散手劲力的转换

### 1100-1130 拆托组合散手 Lifting Combination Application

拆托组合散手 Apply Lifting attack combinations

目标：组合散手劲力的转换

备注 Notes:

9月24日- 下午 Sunday, September 24 - afternoon

## 三 托套路, 托加腿法 Lifting Form, Kicks

### 100-145 复习托散手 Review Foundational Lifting Attacks

复习扣手托, 扬手托, 转手托 Review the three foundational Lifting attacks

目标: 加深理解托的劲力特点, 龙形发力方法特点

### 145-230 风轮托套路 Windmill Lifting form

教风轮托套路, 解释风轮的风格 Learn form and Windmill characteristics

目标: 教套路内的身法以及步法作用

#### 风轮托套路

1. 击上半步挺手推
2. 斜上步转手托  
绕上步扬手托
3. 斜上步扬手托  
绕上步扣手托
4. 上步转手托
5. 绕上步扬手托
6. 上步扬手托
7. 绕上步转身搬手换式还原

#### Windmill Lifting Attack Form

- Half advance step into Stopping Pushing attack  
Diagonal advance into Rotating Lifting attack  
Step around into Rising Lifting attack  
Diagonal advance into Rising Lifting attack  
Step around into a Capturing Lifting attack  
Advance step into a Rotating Lifting attack  
Step around and Rising Lifting attack  
Advance step and Rising Lifting attack  
Advance around into Moving strike direction change

### 230-315 风轮托拆手 Application of Lifting Form

拆风轮托套路 Apply the Windmill Lifting form

目标: 拆托手法与风轮身法以及步法的击技应用

### 315-345 复习套路 Review Lifting Form

复习风轮托套路 Review the Windmill Lifting form

目标: 加深理解套路内的身法以及步法作用

### 345-430 托 + 猴形连环腿法 Lifting Attacks + Kicks

龙形托与猴形 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:

9月25日- 上午 Monday, September 25 - morning

## 三 推 组合散手 Pushing combinations

### 800-830 龙形站桩 Strength Posture Training

复习以及加深理解龙形本桩 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

### 830-900 推基本散手 Foundational Pushing Strikes

教直手推，内手推，转手推 Introduction to three foundational Pushing strikes

目标：教推的劲力特点，龙形发力方法特点，三个基本推散手的区别

#### 推手打法

直手推

内手推

转手推

#### Pushing Strike Attack Methods

Straight Pushing (zhí shǒu tuī)

Inside Pushing (nèi shǒu tuī)

Rotating Pushing (zhuǎn shǒu tuī)

### 900-930 推基本散手加步法 Pushing Strikes with Footwork

三个基本推加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

### 930-1000 推拆手 Foundational Pushing Strike Application

拆三个基本推 Apply the three foundational Pushing strikes

目标：手法与 概念，角度，位置，力法变化，身法 结合

### 1000-1100 推组合散手 Pushing Strike Combinations

三个基本推组合散手 Combinations of the three foundational Pushing strikes

目标：组合散手劲力的转换

### 1100-1130 拆推组合散手 Pushing Combination Application

拆推组合散手 Apply Pushing strike combinations

目标：组合散手劲力的转换

备注 Notes:

9月25日- 下午 Monday, September 25 - afternoon

## 三 推 + 劈 组合散手 Pushing + Chopping

### 100-130 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)

### 130-200 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

### 200-230 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

### 230-300 推 + 劈组合散手 Pushing + Chopping Combinations

推与劈组合散手 Pushing and Chopping strikes in combination

目标：组合散手劲力的转换

### 300-430 推 + 劈组合拆手 Pushing + Chopping Application

拆推与劈组合散手 Apply Pushing and Chopping strike combinations

目标：组合散手劲力的转换

备注 Notes:



9月26日- 上午 Tuesday, September 26 - morning

## 三 扣 组合散手 Capturing combinations

### 800-850 龙形转圈 Circle Turning Training

教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

### 900-930 搬基本散手 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)

### 930-1000 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

### 1000-1100 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

### 1100-1130 拆扣组合散手 Capturing Combination Application

拆扣撤组合散手 Apply Capturing attack combinations

目标：组合散手劲力的转换

备注 Notes:

9月26日- 下午 Tuesday, September 26 - afternoon

## 三 扣套路, 扣加腿法 Capturing Form, Kicks

### 100-145 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

### 145-230 返身扣套路 Reversing the Body Capturing form

教返身扣套路, 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

#### 返身扣套路

1. 击上步挺手掌
2. 斜上步到圆心 / 捍掩 / 领手 /  
内手扣
3. 撤步捍掩 / 斜上步 / 领手 /  
内手扣
4. 斜上步/外手扣
5. 翻手手心向外/背步/拉手式扣
6. 转手式下手扣/斜上步/外手扣
7. 摆步/劈手式还原

#### Reversing the Body Capturing

- Half advance step and Holding Out palm  
Angle advance to center, cover in, leading hand,  
Inside Capture  
Withdraw step, cover in, angle advance, leading hand,  
Inside Capture  
Angular advance step and Outside Capturing Attack  
Hand turns over palm out, back step, Pulling Capture  
Turning hand Low Capture, angle advance, Outside Capture  
Swing open step, Chopping attack return to the beginning

### 230-315 返身扣拆手 Application of Capturing Form

拆返身扣套路 Apply the Reversing the Body Capturing form

目标: 拆扣手法与返身身法以及步法的击技应用

### 315-345 复习套路 Review Capturing Form

复习返身扣套路 Review the Reversing the Body Capturing form

目标: 加深理解套路内的身法以及步法作用

### 345-430 扣 + 猴形连环腿法 Capturing attacks + Kicks

龙形扣与猴形 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