



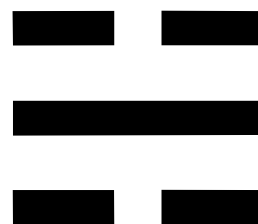
Yin Style Bagua Combatives

Training Intensive

Beijing 2024

尹氏八卦掌技击功法培训

北京 2024年



三 離卦雞形學

離卦者，火之象，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，有翻身之功。以拳術之用言，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，此拳外剛健而內柔順，心中有空虛之象，故取象為離卦。

Li Trigram Rooster System

The Li Trigram is the image of fire. It is the Lying Palm in martial arts. Li is attaching. Li obtains the middle Yin from Kun, Yin attached to Yang, Yin borrowing Yang to produce brightness, thus occupying due south, the position of abundant fire. 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 the pressing hacking palm. 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 image of the Li Trigram.

March 18 - 21 Objectives

3月18日－3月21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 Rushing, Dodging, Extending, and Rising attack methods.
教鸡形 冲，闪，展，腾 本意 以及劲力
4. Learn, train, and use combinations of the foundational Rushing, Dodging, Extending, and Rising attack methods.
教 冲，闪，展，腾 组合散手以及用法
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 以及转圈技击作用
6. Learn, understand, train, and apply the Rooster system forms: Holding & Lifting Rushing, Windmill Dodging, Turning the Back Extending and Enfolding Rising.
教和拆鸡形套路：平托冲，风轮闪，背身展，抱式腾：动作，身法，步法，用法与变化。

3月18日- 上午 Monday, March 18 - morning

三 冲 组合散手 Rushing Combinations

600-610 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

610-630 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)

630-700 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

700-800 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

基本剑法

Sword Attack Methods

截劈 Severing Chopping	挂劈 Hooking Chopping	掬劈 Swinging Chopping
旋扫 Whirling Clearing	雲扫 High Clearing	吊扫 Hanging Clearing
片撩 Slicing Arcing	劈撩 Chopping Arcing	攪撩 Stirring Arcing
推崩 Pushing Springing	挑崩 Rising Up Springing	掃崩 Clearing Springing

1000-1030 剑基本功 Foundational Sword Technique Practice

Chopping, Clearing, Arcing, and Springing attacks 教基本剑法 劈, 扫, 撩, 崩 单式

1030-1115 组合剑法 Sword Technique Combinations

Sword combination drills – Chopping, Clearing, Arcing, and Springing

教剑 劈, 扫, 撩, 崩 组合练法.

1115-1200 剑对打练习 Sword Partner Drills

Sword usage partner drills – Chopping, Clearing, Arcing, and Springing

教剑 劈, 扫, 撩, 崩 组合用法. 对打练习

备注 Notes:

3月18日- 下午 Monday, March 18 - afternoon

三 平托冲套路，拆手 Rushing Form

200-230 鸡形站桩 Strength Posture Training

1. 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

2. 教鸡形冲桩

230-300 平托冲套路 Holding & Lifting Rushing form

教平托冲套路，解释平托的风格 Learn form and Holding & Lifting characteristics

目标：教套路内的身法以及步法作用

平托冲套路

1. 向外抹打 直上步 / 副手下按 / 弹拳
2. 向内掩化 / 撤拉步 / 斜上步 卧式冲
3. 绕上步 / 挪手冲
4. 向内捍掩 / 副手向外钩挂 / 直上步 卧式进
5. 撤拉步 转身 / 斜上步 / 挪手冲
6. 收步向内旋转 转身闪 上步 抹打
7. 斜上步 / 旋身闪 还原

Holding & Lifting Rushing

- Wipe strike, straight adv., press down + Shooting Punch
Cover in, withdraw then angle advance, Lying Rushing
Advance around and Shifting Rushing
Cover in, support hand hooks out, straight advance Lying Enter
Withdraw the foot, turn body, angle adv. Shifting Rushing
Whirl into a Turning Body Dodge, step out and Wipe strike
Angle advance into a Whirling Body Dodge

300-400 平托冲拆手 Application of Rushing Form

拆平托冲套路 Apply the Holding & Lifting Rushing form

目标：拆冲手法与平托身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 闪中带攻 / 连环而用 Striking while dodging / Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

400-445 冲组合散手加深 Rushing Attack Combination Review

Review of Rushing attack force and usage in combination

目标：通过组合散手练习，加强拆手记忆与效率

445-515 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

备注 Notes:

3月19日- 上午 Tuesday, March 19 - morning

三 闪 组合散手 Dodging Combinations

600-630 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	
旋身闪	Whirling Body Dodging	(xuán shēn shǎn)
顺式闪	Moving With the Force Dodging	(shùn shì shǎn)
卧式闪	Lying Dodging	(wò shì shǎn)

630-700 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

700-800 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

基本剑法

Sword Attack Methods

立推 Upright Pushing	斬推 Slaying Pushing	吊推 Hoisting Pushing
架托 Supported Lifting	推托 Pushing Lifting	撩托 Arcing Lifting
提吊 Lifting Hanging	攪吊 Stirring Hanging	垂吊 Dropping Hanging
劈壓 Chopping Pressing	按壓 Hand Pressing	下壓 Downward Pressing

1000-1030 剑基本功 Foundational Sword Technique Practice

Pushing, Lifting, Hanging, and Pressing attacks 教基本剑法 推, 托, 吊, 压 单式

1030-1115 组合剑法 Sword Technique Combinations

Sword combination drills – Pushing, Lifting, Hanging, and Pressing

教剑 推, 托, 吊, 压 组合练法.

1115-1200 剑对打练习 Sword Partner Drills

Sword usage partner drills – Pushing, Lifting, Hanging, and Pressing

教剑 推, 托, 吊, 压 组合用法. 对打练习

备注 Notes:

3月19日- 下午 Tuesday, March 19 - afternoon

三 风轮闪套路，拆手 Dodging Form

200-230 鸡形站桩 Strength Posture Training

1. 站鸡形本桩 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

2. 站鸡形闪桩

230-300 风轮闪套路 Windmill Dodging form

教风轮闪套路，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

风轮闪套路

1. 抹手 / 斜上步卧式闪
2. 绕上步旋身闪
3. 斜上步抹掌
4. 撤步闪化 / 斜上步抹掌
5. 绕上步旋身闪
6. 斜上步卧式闪
7. 上两步挪手冲还原

Windmill Dodging

- Wipe open / angular advance step into Lying Dodging attack
- Advance step around into Whirling Body Dodging attack
- Angular advance step into Wiping palm attack
- Withdraw step dodging transform / angular advance into Wiping palm attack
- Advance step around into Whirling Body Dodging attack
- Angular advance step into Lying Dodging attack
- Advance two steps into Shifting Rushing attack return to the beginning

300-400 风轮闪拆手 Application of Dodging Form

拆抱式冲套路 Apply the Windmill Dodging form

目标：拆冲手法与抱式身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 闪中带攻 / 连环而用 Striking while dodging / Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

400-445 闪组合散手加深 Dodging Attack Combination Review

Review of Dodging attack force and usage in combination

目标：通过组合散手练习，加强拆手记忆与效率

445-515 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

备注 Notes:

3月20日- 上午 Wednesday, March 20 - morning

三 展 组合散手 Extending Combinations

600-630 展基本散手 Foundational Extending Strikes

教搗手展，抹手展，旋手展 Introduction to three foundational Extending strikes

目标：教展的劲力特点，鸡形发力方法特点，三个基本展散手的区别

展手打法	Extending Strike Attack Methods
搗手展	Covering Extending Strike (wǔ shǒu zhǎn)
抹手展	Wiping Extending Strike (mā shǒu zhǎn)
旋手展	Whirling Extending Strike (xuán shǒu zhǎn)

630-700 展基本散手加步法 Extending Strikes with Footwork

三个基本展加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

700-800 展组合散手 Extending Strike Combinations

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

目标：组合散手劲力的转换与协调

基本剑法	Sword Attack Methods	
挂挑 Hooking Rising	崩挑 Springing Rising	撩挑 Arcing Rising
颤搅 Shaking Stirring	摇搅 Swaying Stirring	研搅 Grinding Stirring
钩挂 Scraping Hooking	豁挂 Breaking Hooking	挑挂 Rising Hooking
抹带 Wiping Carrying	压带 Pressing Carrying	云带 High Clearing Carrying

1000-1030 剑基本功 Foundational Sword Technique Practice

Rising Up, Stirring, Hooking, and Carrying attacks 教基本剑法 挑, 搅, 挂, 带 单式

1030-1115 组合剑法 Sword Technique Combinations

Sword combination drills – Rising Up, Stirring, Hooking, and Carrying

教剑 挑, 搅, 挂, 带 组合练法.

1115-1200 剑对打练习 Sword Partner Drills

Sword usage partner drills – Rising Up, Stirring, Hooking, and Carrying

教剑 挑, 搅, 挂, 带 组合用法. 对打练习

备注 Notes:

3月20日- 下午 Wednesday, March 20 - afternoon

三 背身展套路，拆手 Extending Form

200-230 鸡形站桩 Strength Posture Training

1. 站鸡形本桩 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

2. 教鸡形展桩

230-300 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. 开步向外抹打 转手
斜上步 成下手挂
2. 转手 撤步回原位 回手成抹手展
3. 顺式上步 从手下 向外成抹手展
4. 从手上刁领对方手腕 背步
再上步 旋手展
5. 顺式向内捍掩 上手抹击颈部 下手缠对方手臂
撤背步 成 捂手展
6. 顺式转身 上步 抹手展
7. 绕上步 双手向外分 成卧式冲 还原

Turning the Back Extending

Step out and Wipe Strike, rotate the hand
Angle adv. and Low Hook strike (open palm)
Turn the arm, withdraw to orig. position and Wipe Extend
Advance & Wipe Extend from underneath
Grasp the wrist from on top, back step,
Continue into advance step and Whirl Extend
Cover in, Wipe strike head & Bind oppt's arm
Back withdraw step into a Covering Extend
Turn body and advance step into Wipe Extend
Advance around, both arms separate down into a
Lying Rushing strike, return to the beginning

300-400 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

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 闪中带攻 / 连环而用 Striking while dodging / Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

400-445 展组合散手加深 Extending Strike Combination Review

Review of Extending attack force and usage in combination

目标：通过组合散手练习，加强拆手记忆与效率

445-515 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

备注 Notes:

3月21日- 上午 Thursday, March 21 - morning

三 腾 组合散手 Rising Combinations

600-630 腾基本散手 Foundational Rising Strikes

教卧式腾，单手腾，旋手腾 Introduction to three foundational Rising strikes

目标：教腾的劲力特点，鸡形发力方法特点，三个基本腾散手的区别

腾手打法	Rising Strike Attack Methods	
卧式腾	Lying Rising	(wò shì téng)
单手腾	Single Hand Rising	(dān shǒu téng)
旋手腾	Whirling Rising	(xuán shǒu téng)

630-700 腾基本散手加步法 Rising Strikes with Footwork

三个基本腾加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

700-800 腾组合散手 Rising Strike Combinations

三个基本腾组合散手 Combinations of the three foundational Rising strikes

目标：组合散手劲力的转换

基本剑法

Sword Attack Methods

托雲 Lifting High Clearing	撥雲 Pushing Aside High Clearing	攪雲 Stirring High Clearing
削片 Sweeping Slicing	旋片 Whirling Slicing	雲片 High Clearing Slicing
掃點 Clearing Point Attack	拿點 Grasping Point Attack	攪點 Stirring Point Attack
穿刺 Penetrating Stab	直刺 Straight Stab	點刺 Point Stab

1000-1030 剑基本功 Foundational Sword Technique Practice

High Clearing, Slicing, and Point Attacking, Stabbing attacks 教基本剑法 云, 片, 点, 刺 单式

1030-1115 组合剑法 Sword Technique Combinations

Sword combination drills – High Clearing, Slicing, Point Attacking, and Stabbing

教剑 云, 片, 点, 刺 组合练法.

1115-1200 剑对打练习 Sword Partner Drills

Sword usage partner drills – High Clearing, Slicing, Point Attacking, and Stabbing

教剑 云, 片, 点, 刺 组合用法. 对打练习

备注 Notes:

3月21日- 下午 Thursday, March 21 - afternoon

三 抱式腾套路，拆手 Rising Form

200-230 鸡形站桩 Strength Posture Training

1. 站鸡形本桩 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

2. 教鸡形腾桩

230-300 抱式腾套路 Enfolding Rising form

教抱式腾套路，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

抱式腾套路

1. 开步向外抹打 收并步 向外旋转成杨手托
向外旋转成杨手托式腾
2. 上步 转手抹打
3. 顺式化开 斜上步 单手腾
4. 收并步 顺式向外旋转 成托手式腾
上步 单手腾
5. 背撤步 仙人坠枝
6. 斜上步 挑肘式腾
7. 绕上步 双手向外分 成卧式冲 还原

Enfolding Rising

- Step out and Wipe Strike, feet together and whirl out into a Rising Lifting Rising
- Advance and rotate into a Wipe Strike
- Transform open, ang. adv. Single Rising
- Withdraw to feet together whirl out into Lifting Rising, advance and Single Hand Rising
- Back withdraw into Immortal Hangs from the Branch
- Angle advance into Lifting Elbow Rising
- Advance around, arms separate down into Lying Rushing

400-500 抱式腾拆手 Application of Rising Form

拆抱式腾套路 Apply the Enfolding form

目标：拆腾手法与抱式身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 闪中带攻 / 连环而用 Striking while dodging / Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

400-445 腾组合散手加深 Rising Attack Combination Review

Review of Rising attack force and usage in combination

目标：通过组合散手练习，加强拆手记忆与效率

445-515 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

备注 Notes:

☵ 坎卦蛇形學

坎卦者水之象，順式掌者拳之式，坎者陷也，坎者乾之中陽，陽陷陰中，陽入而生潮，有坎中滿之象，故居正北水旺之方。其於物則謂蛇形，其物最毒，其性最玲瓏最活潑者。能撥草，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，謂之順式拳，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

The Kan Trigram is the image of water. It is the Moving With the Force Palm in martial arts. Kan is a trap. Kan obtains the middle Yang from Qian, Yang trapped within Yin, Yang entering and producing a swell, giving the shape of Kan full in the middle, occupying due north, the position of abundant water. 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 wrapped around the body. 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, inside and outside bending and flowing along like water, no crack that won't be entered, this is taken from the image of the Kan Trigram.

March 22 - 30 Objectives

3月22日－30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

教蛇形发力方法

3. Understand the meaning and force of the Snake System foundational Shoulder, Elbow, Hip, Knee, Shooting, Holding, Entrapping, and Grasping attack methods.

教蛇形 肩, 肘, 膝, 胯, 探, 握, 刁, 拿 本意 以及劲力

4. Learn, train, and use combinations of the foundational Shoulder, Elbow, Hip, Knee, Shooting, Holding, Entrapping, and Grasping attack methods.

教 肩, 肘, 膝, 胯, 探, 握, 刁, 拿 组合散手以及用法

5. 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, 和功法要求 以及转圈技击作用

6. Learn 8 different Snake forms: Interlocking Shoulder, Enfolding Elbow, Interlocking Knee, Holding & Lifting Hip, Interlocking Shooting. Holding, Entrapping & Grasping forms will also be taught.

教八蛇形套路: 连环肩, 抱式肘, 连环膝, 平托胯, 连环探, 以及握, 刁, 拿 三个套路

3月22日- 上午 Friday, March 22 - morning

☯ 肩 组合散手 Shoulder Combinations

600-610 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, 发力方法, 以及功法

610-630 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)
扛肩	Carrying Shoulder	(káng jiān)
压肩	Pressing Shoulder	(yā jiān)

630-700 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

700-800 肩组合散手 Shoulder Attack Combinations

三个基本肩组合散手 Combinations of the three foundational Shoulder attacks

目标: 组合散手劲力的转换

基本剑法	Foundational Sword Attack Methods		
劈 Chopping	掃 Clearing	撩 Arcing	崩 Springing
推 Pushing	托 Lifting	吊 Hanging	壓 Pressing
挑 Rising Up	攪 Stirring	挂 Hooking	帶 Carrying
雲 High Clearing	片 Slicing	點 Point Attacking	刺 Stabbing

1000-1030 剑基本功 Foundational Sword Technique Review

Review the 16 foundational sword attack methods

八卦连环剑基本动作全面复习: 16个基本剑法

1030-1115 组合剑法 Comprehensive Review Sword Combinations

Review combinations of the 16 foundational sword attack methods

八卦连环剑基本动作全面复习: 剑法组合

1115-1200 剑对打练习 Sword Partner Drills

16 foundational sword attack method usage 剑法组合用法, 对打练习

备注 Notes:

3月22日- 下午 Friday, March 22 - afternoon

三 连环肩套路, 拆手 Shoulder Form

200-230 蛇形站桩 Strength Posture Training

1. 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

2. 教蛇形肩桩

230-300 蛇形连环肩套路 Snake Interlocking Shoulder Attack form

教蛇形连环肩套路, 解释连环的风格 Learn form and Interlocking characteristics

目标: 教套路内的身法以及步法作用

连环肩

Interlocking Shoulder

- | | |
|-----------------|---|
| 1. 顺式抹, 从手下探手 | Smooth wipe out, Shooting attack from under the arm |
| 2. 上步 钉肩 | Advance step and Nailing Shoulder |
| 3. 背撤步, 上步压肩 | Withdraw back step, advance and Pressing Shoulder |
| 4. 搂带, 绕上步冲撞式钉肩 | Scoop in, advance around and Crashing Nail Shoulder |
| 5. 上步勾挂式肩打 | Advance step and Hooked Hand Shoulder strike |
| 6. 击上步上手穿式靠肩 | Attack advance and Leaning Shoulder attack |
| 7. 往回内缠握式换式, 还原 | Reverse and Inside Bind Hold Direction change |

300-400 蛇形连环肩套路拆手 Application of Shoulder Form

拆蛇形连环肩套路 Apply the Snake system Interlocking Shoulder form

目标: 拆蛇形肩用法与连环身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

400-445 肩纵横组合散手 Shoulder Strike Integrated Combinations

三个基本肩与蛇形肘膝胯探握刁拿组合起来 Combinations of the three foundational Shoulder strikes with the other 7 Snake system attack methods

445-515 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

备注 Notes:

3月23日- 上午 Saturday, March 23 - morning

☯ 肘 组合散手 Elbow Combinations

600-630 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	Swaying Elbow	(yáo zhǒu)

630-700 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

700-800 肘组合散手 Elbow Attack Combinations

三个基本肘组合散手 Combinations of the three foundational Leaning attacks

目标：组合散手劲力的转换

游身八卦连环剑

- 1 混元一體 Original Oneness
- 3 盤龍舉首 Coiled dragon raises his head
- 5 天地交合 Heaven and Earth unite
- 7 磨身旋轉 Grind along the body and whirl
- 9 回身撩衣 Turn around and lift the skirt
- 11 青龍出水 Azure dragon rises from the water
- 13 撤步撩截 Withdraw step arc up cut
- 15 太公釣魚 Tai Gong hooks a fish
- 17 大蟒翻身 Great python overturns his body
- 19 葉裏崩花 Flower springs from leaves
- 21 抽身換影 Withdrawing body turns to a shadow
- 23 獅子張嘴 Lion opens his mouth

Swimming Body Bagua Interlocking Sword form

- 2 開步起勢 Open step to begin
- 4 嚇秦背劍 Su Qin carries the sword
- 6 黑熊背山 Black bear carries a mountain
- 8 獅子張嘴 Lion opens his mouth
- 10 青龍探海 Azure dragon shoots into the sea
- 12 左顧右盼 Glancing left and right
- 14 進步劈點 Advance step point chop
- 16 鷓子穿林 Sparrow hawk enters the forest
- 18 秋風掃地 Autumn wind sweeps the ground
- 20 走馬回頭 Gallop on horseback, glancing back
- 22 磨身攔腰 Grinding body midsection block

1000-1115 连环剑套路第 1 到 23 Sword form: techniques 1 to 23

Swimming Body Bagua Interlocking Sword form: learn and practice techniques 1 to 23

教游身八卦连环剑套路第 1 到 23 动作 - 强调套路里步法与身法练习

1115-1200 剑对打练习 Sword Partner Drills

Sword Form usage 剑法套路1-23用法，对打练习 - 强调套路里步法与身法应用

备注 Notes:

3月23日- 下午 Saturday, March 23 - afternoon

三 抱式肘套路, 拆手 Enfolding Elbow Form

200-230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 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

2. 教蛇形肘桩

230-300 蛇形抱式肘套路 Snake Enfolding Elbow Attack form

教蛇形抱式肘套路, 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

抱式肘

Enfolding Elbow Form

- | | |
|-------------------------|---|
| 1. 顺试抹, 上步旋式钉肘 | Wipe out, advance and Whirling Nail Elbow |
| 2. 撤成并步, 垂肘 | Withdraw into feet together and Dropping Elbow |
| 3. 击上步向外摇肘, 绕上步跟步式并步摇肘 | Attack advance and outward Sway Elbow
Advance around into feet together Sway Elbow |
| 4. 击上步挑肘 | Attack advance and Lifting Elbow |
| 5. 微扣步, 绕背步旋身式背身肘(掌心向下) | Hook step, back step around into palm down
Whirling Turning the Back Elbow (palm down) |
| 6. 倒步背身拉肘 (掌心向上) | Back step and Pulling Elbow (palm up) |
| 7. 内缠握式换式, 还原 | Inside Bind Hold Direction change |

300-400 蛇形抱式肘套路拆手 Application of Elbow Form

拆蛇形抱式肘套路 Apply the Snake system Enfolding Elbow form

目标: 拆蛇形肘用法与抱式身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

400-445 肘纵横组合散手 Elbow Strike Integrated Combinations

三个基本肘与蛇形肩膝胯探握刁拿组合起来 Combinations of the three foundational Elbow strikes with the other 7 Snake system attack methods

445-515 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

备注 Notes:

3月25日- 上午 Monday, March 25 - morning

三 膝 组合散手 Knee Combinations

600-630 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)

630-700 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

700-800 膝组合散手 Knee Attack Combinations

三个基本膝组合散手 Combinations of the three foundational Knee attacks

目标：组合散手劲力的转换

游身八卦连环剑

24 掩肘撩衣 Bring in the elbow and lift the skirt
26 順風扯旗 Favorable wind hoists the flag
28 白蛇吐信 White snake spits out its tongue
30 海底撈月 Dredge the moon from the sea bottom
32 海底撈月 Dredge the moon from the sea bottom
34 回身撩衣 Turn back and lift the skirt
36 舉火燒天 Raise a torch to burn the sky
38 彩帶纏身 Colored ribbon wraps the body
40 力劈華山 Chop to split Mount Hua
42 海底撈月 Dredge the moon from the sea bottom
44 鳳凰展翅 Phoenix spreads his wings

Swimming Body Bagua Interlocking Sword form

25 天邊摘月 Pluck the moon from the sky
27 霸王舉鼎 Despot lifts the tripod
29 腦後摘盔 Take off helmet from behind your head
31 腦後摘盔 Take off helmet from behind your head
33 獅子張嘴 Lion opens his mouth
35 吊劍行走 Hanging sword walk
37 腦後摘盔 Take off helmet from behind your head
39 泰山壓頂 Press down with Mount Tai's weight
41 敗式抹帶 Facing defeat wipe across and carry
43 烏龍換背 Black dragon sheds his skin

1000-1115 连环剑套路第 24 到 44 Sword form: techniques 24 to 44

Swimming Body Bagua Interlocking Sword form: learn and practice techniques 24 to 44

教游身八卦连环剑套路第 24 到 44 动作 - 强调套路里步法与身法练习

1115-1200 剑对打练习 Sword Partner Drills

Sword Form usage 剑法套路24-44用法，对打练习 - 强调套路里步法与身法应用

备注 Notes:

3月25日- 下午 Monday, March 25 - afternoon

三 连环膝套路, 拆手 Interlocking Knee Form

200-230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 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

2. 教蛇形膝桩

230-300 蛇形连环膝套路 Snake Interlocking Knee Attack form

教蛇形连环膝套路, 解释连环的风格 Learn form and Interlocking characteristics

目标: 教套路内的身法以及步法作用

连环膝

Interlocking Knee

- | | |
|-------------------|---|
| 1. 顺试抹 钉膝 (环跳) | Wipe out and Nail Knee (<i>huantiao</i>) |
| 2. 迈摆步, 绕上提膝式打 | Swing open step down, advance around and Lifting Knee |
| 3. 落截(往回搂), 跌步式钉膝 | Sever attack down (pulling back in) and drop step Nail Knee |
| 4. 转身跪膝 | Turn the body and Dropping Knee attack |
| 5. 起身, 顺试别膝 迈摆步 | Come up and execute a Binding Knee, step down in open step |
| 6. 绕上提膝式打 | Advance around into a Lifting Knee attack |
| 7. 内缠握式换式, 还原 | Inside Bind Hold Direction change |

300-400 蛇形连环膝套路拆手 Application of Knee Form

拆蛇形连环膝套路 Apply the Snake system Interlocking Knee form

目标: 拆蛇形膝用法与连环身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

400-445 膝纵横组合散手 Knee Strike Integrated Combinations

三个基本膝与蛇形肩肘胯探握刁拿组合起来 Combinations of the three foundational Knee strikes with the other 7 Snake system attack methods

445-515 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

备注 Notes:

3月26日- 上午 Tuesday, March 26 - morning

三 胯 组合散手 Hip Combinations

600-630 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)

630-700 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

700-800 胯组合散手 Hip Attack Combinations

三个基本胯组合散手 Combinations of the three foundational Hip attacks

目标：组合散手劲力的转换

游身八卦连环剑

- 45 黃龍攪水 Yellow dragon stirs the water
- 47 磨身走轉 Grind along the body and turn
- 49 推波助瀾 Push the wave to add to the billows
- 51 順水推舟 Push the boat downstream
- 53 鳳凰點頭 Phoenix nods his head
- 55 翻江入海 Upturn a river into the sea
- 57 金針入地 Golden needle enters the ground
- 59 玉帶圍腰 Jade belt encircles the waist
- 61 猛虎回頭 Fierce tiger turns his head

Swimming Body Bagua Interlocking Sword form

- 46 大蟒翻身 Great python overturns his body
- 48 孤燕出群 Lonely swallow leaves the flock
- 50 坐舟分水 Ride the boat to part the waters
- 52 掃地搜根 Sweep the ground to find the root
- 54 快馬加鞭 Spur the horse to full speed
- 56 攔拿剪腕 Block and hold wrist cuts
- 58 大鵬展翅 Great roc spreads his wings
- 60 泰山壓頂 Press down with Mount Tai's weight
- 62 麒麟吐書 Unicorn spits out its tongue

1000-1115 连环剑套路第 45 到 62 Sword form: techniques 45 to 62

Swimming Body Bagua Interlocking Sword form: learn and practice techniques 45 to 62

教游身八卦连环剑套路第 45 到 62 动作 - 强调套路里步法与身法练习

1115-1200 剑对打练习 Sword Partner Drills

Sword Form usage 剑法套路45-62用法，对打练习 - 强调套路里步法与身法应用

备注 Notes:

3月26日- 下午 Tuesday, March 26 - afternoon

≡ 平托胯套路, 拆手 Holding & Lifting Hip Form

200-230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 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

2. 教蛇形胯桩

230-300 蛇形平托胯套路 Snake Holding & Lifting Hip Attack form

教蛇形平托胯套路, 解释平托的风格 Learn form and Holding & Lifting characteristics

目标: 教套路内的身法以及步法作用

平托胯

Holding & Lifting Hip

1. 顺试抹/探, 化开 从手下探
2. 转手托式转手 绕上步 钉胯
3. 击上步 仙人脱衣式砸胯
4. 踢腿式上步, 击上步
(内含搂带) 砸胯
5. 背转身, 背上步挤胯
6. 上步钉胯
7. 开摆步, 转身往回搂带, 顺试探还原

- Wipe and Shoot, transform and shoot from underneath
Rotating Lift, advance around and Nailing Hip attack
Attack Advance and Immortal Removes the Clothes Smash Hip
Kicking advance step, attack advance (containing a scoop back) into a Smash Hip
Turn the body back, back step and Squeezing Hip
Advance step and Nailing Hip attack
Open step, turn body & scoop back, reverse and shoot

300-400 蛇形胯套路拆手 Application of Hip Form

拆蛇形平托胯套路 Apply the Snake system Holding & Lifting Hip form

目标: 拆蛇形胯用法与平托身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

400-445 胯纵横组合散手 Hip Strike Integrated Combinations

三个基本胯与蛇形肩肘膝探握刁拿组合起来 Combinations of the three foundational Hip strikes with the other 7 Snake system attack methods

445-515 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

备注 Notes:

3月27日- 上午 Wednesday, March 27 - morning

三 探 组合散手 Shooting Combinations

600-630 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)
滚手探	Rolling Shooting (gǔn shǒu tàn)
抢手探	Grabbing Shooting (qiǎng shǒu tàn)

630-700 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

700-800 探组合散手 Shooting Attack Combinations

三个基本探组合散手 Combinations of the three foundational Shooting attacks

目标: 组合散手劲力的转换与协调

游身八卦连环剑

Swimming Body Bagua Interlocking Sword form

63 外挂壓劈 Outside hook and press chop

64 翻身劈虎 Overturn your body and chop the tiger

65 撩陰劈頂 Arc to the crotch and chop the head

66 立推千斤 Stand and push a thousand pounds

67 風捲殘雲 Wind carries away remaining clouds

68 反正穿挂 Upright and reverse penetrate and hook

69 力劈華山 Chop to split Mount Hua

70 左右穿挂 Left and right penetrate and hook

71 葉裏崩花 Flower springs up from within the leaves

72 風捲殘雲 Wind carries away remaining clouds

73 撥雲見日 Part the clouds to see the day

74 黃龍轉身 Yellow dragon turns his body

1000-1115 连环剑套路第 63 到 74 Sword form: techniques 63 to 74

Swimming Body Bagua Interlocking Sword form: learn and practice techniques 63 to 74

教游身八卦连环剑套路第 63 到 74 动作 - 强调套路里步法与身法练习

1115-1200 剑对打练习 Sword Partner Drills

Sword Form usage 剑法套路63-74用法, 对打练习 - 强调套路里步法与身法应用

备注 Notes:

3月27日- 下午 Wednesday, March 27 - afternoon

三 连环探套路, 拆手 Interlocking Shooting Form

200-230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 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

2. 教站蛇形探桩

230-300 蛇形连环探套路 Snake Interlocking Shooting Attack form

教蛇形连环探套路, 解释连环的风格 Learn form and Interlocking characteristics

目标: 教套路内的身法以及步法作用

连环探

1. 顺试抹 刁手探

2. 顺试化 上步 从手下 探手

(两手指式, 掌心向上)

3. 滚手化, 背步刁碗推肘式探

4. 上步 化卸式抢手探

5. 顺试化 从手下卡手刁 上步 探打

6. 上步 绵随从手上探手

(两手指式, 掌心向上)

7. 化卸 背步分手式内缠握式换式, 还原

Interlocking Shooting

Wipe out and Entrapping Shooting

Smooth transform, advance and Two Finger Shooting attack (palm up) from underneath the arm

Roll Transform, back step & Entrap the wrist and push the elbow Shooting

Advance and transforming Grabbing Shooting

Transform, advance & Clutching Entrap + Shoot strike

Advance, Soft Follow and Two Finger Shoot from above the hand (palm up)

Back step and separating Inside Bind Hold direction change

300-400 蛇形探套路拆手 Application of Shooting Form

拆蛇形连环探套路 Apply the Snake system Interlocking Shooting form

目标: 拆蛇形探用法与连环身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position

- 主/辅手配合使用 Use of primary / support hand

- 引空 / 打空 Draw out emptiness / attack emptiness

- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage

- 合理的劲力变化 Appropriate use of force changes

400-445 探纵横组合散手 Shooting Strike Integrated Combinations

三个基本探与蛇形肩肘膝胯握刁拿组合起来 Combinations of the three foundational Shooting strikes with the other 7 Snake system attack methods

445-515 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

备注 Notes:

3月28日- 上午 Thursday, March 28 - morning

三 握 组合散手 Holding Combinations

600-630 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)

630-700 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

700-800 握组合散手 Holding Attack Combinations

三个基本握组合散手 Combinations of the three foundational Holding attacks

目标：组合散手劲力的转换与协调

游身八卦连环剑

75 左右車輪 Wheeling left and right
77 撥草尋蛇 Part the grass to find the snake
79 霸王刺腹 Despot stabs the abdomen
81 烏龍盤柱 Black dragon coils around the column
83 野鳥旋窩 Wild bird whirls into his nest
85 鳳凰歸巢 Phoenix returns to his nest
87 嚇秦背劍 Su Qin carries the sword

Swimming Body Bagua Interlocking Sword form

76 橫掃千軍 Sweep across an entire battalion
78 力劈華山 Chop to split Mount Hua
80 大蟒翻身 Great python overturns his body
82 鷓子鑽天 Sparrow hawk drills through the sky
84 黑熊背山 Black bear carries a mountain
86 完璧歸趙 Return the jade intact to Zhao
88 收式還原 Close and return to the origin

1000-1115 连环剑套路第 75 到 88 Sword form: techniques 75 to 88

Swimming Body Bagua Interlocking Sword form: learn and practice techniques 75 to 88

教游身八卦连环剑套路第 75 到 88 动作 - 强调套路里步法与身法练习

1115-1200 剑对打练习 Sword Partner Drills

Sword Form usage 剑法套路75-88用法，对打练习 - 强调套路里步法与身法应用

备注 Notes:

3月28日- 下午 Thursday, March 28 - afternoon

三 握 套路, 拆手 Holding Form and application

200-230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 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

2. 教蛇形握桩

230-300 蛇形握套路 Snake System Holding Attack form

教蛇形握套路, 解释套路的风格 Learn form and characteristics

目标: 教套路内的身法以及步法作用

蛇形握套路

Snake System Holding

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

300-400 蛇形握套路拆手 Application of Holding Form

拆蛇形握套路 Apply the Snake system Holding form

目标: 拆蛇形握用法与身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

400-445 握纵横组合散手 Holding Attack Integrated Combinations

三个基本握与蛇形肩肘膝胯探刁拿组合起来 Combinations of the three foundational Holding attacks with the other 7 Snake system attack methods

445-515 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

备注 Notes:

3月29日- 上午 Friday, March 29 - morning

三 刁 组合散手 Entrapping Combinations

600-630 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	(jiē shǒu diāo)

630-700 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

700-800 刁组合散手 Entrapping Attack Combinations

三个基本刁组合散手 Combinations of the three foundational Entrapping attacks

目标：组合散手劲力的转换

游身八卦连环剑

- 1 混元一體 Original Singood
- 3 盤龍舉首 Coiled dragon raises his head
- 5 天地交合 Heaven and Earth unite
- 7 磨身旋轉 Grind along the body and whirl
- 9 回身撩衣 Turn around and lift the skirt
- 11 青龍出水 Azure dragon rises from the water
- 13 撤步撩截 Withdraw step arc up cut
- 15 太公釣魚 Tai Gong hooks a fish
- 17 大蟒翻身 Great python overturns his body
- 19 葉裏崩花 Flower springs from leaves
- 21 抽身換影 Withdrawing body turns to a shadow
- 23 獅子張嘴 Lion opens his mouth
- 25 天邊摘月 Pluck the moon from the sky
- 27 霸王舉鼎 Despot lifts the tripod
- 29 腦後摘盔 Take off helmet from behind your head
- 31 腦後摘盔 Take off helmet from behind your head
- 33 獅子張嘴 Lion opens his mouth
- 35 吊劍行走 Hanging sword walk
- 37 腦後摘盔 Take off helmet from behind your head
- 39 泰山壓頂 Press down with Mount Tai's weight
- 41 敗式抹帶 Facing defeat wipe across and carry
- 43 烏龍換背 Black dragon sheds his skin

Swimming Body Bagua Interlocking Sword form

- 2 開步起勢 Open step to begin
- 4 嚇秦背劍 Su Qin carries the sword
- 6 黑熊背山 Black bear carries a mountain
- 8 獅子張嘴 Lion opens his mouth
- 10 青龍探海 Azure dragon shoots into the sea
- 12 左顧右盼 Glancing left and right
- 14 進步劈點 Advance step point chop
- 16 鷓子穿林 Sparrow hawk enters the forest
- 18 秋風掃地 Autumn wind sweeps the ground
- 20 走馬回頭 Gallop on horseback, glancing back
- 22 磨身攔腰 Grinding body midsection block
- 24 掩肘撩衣 Bring in the elbow and lift the skirt
- 26 順風扯旗 Favorable wind hoists the flag
- 28 白蛇吐信 Whitesnake slip of the tongue
- 30 海底撈月 Dredge the moon from the sea bottom
- 32 海底撈月 Dredge the moon from the sea bottom
- 34 回身撩衣 Turn back and lift the skirt
- 36 舉火燒天 Raise a torch to burn the sky
- 38 彩帶纏身 Colored ribbon wraps the body
- 40 力劈華山 Chop to split Mount Hua
- 42 海底撈月 Dredge the moon from the sea bottom
- 44 鳳凰展翅 Phoenix spreads his wings

1000-1115 连环剑全面复习第一部分: 第 1 到 44

Sword form comprehensive review I: techniques 1 to 44.

Swimming Body Bagua Interlocking Sword form: learn and practice techniques 1 to 44

教游身八卦连环剑套路第 1 到 44 动作 - 强调套路里步法与身法练习

1115-1200 剑对打练习 Sword Partner Drills

Sword Form usage 剑法套路1-44用法，对打练习 - 强调套路里步法与身法应用

3月29日- 下午 Friday, March 29 - afternoon

三 刁 套路, 拆手 Entrapping Form and application

200-230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 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

2. 教蛇形刁桩

230-300 蛇形抱式刁套路 Snake Entrapping Attack form

教蛇形刁套路, 解释套路的风格 Learn form and characteristics

目标: 教套路内的身法以及步法作用

蛇形刁套路

Snake System Entrapping

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

300-400 蛇形刁套路拆手 Application of Entrapping Form

拆蛇形刁套路 Apply the Snake system Entrapping form

目标: 拆蛇形刁用法与抱式身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

400-445 刁纵横组合散手 Entrapping Strike Integrated Combinations

三个基本刁与蛇形肩肘膝胯探握拿组合起来 Combinations of the three foundational

Entrapping strikes with the other 7 Snake system attack methods

445-515 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

备注 Notes:

3月30日- 上午 Saturday, March 30 - morning

三 拿组合散手 Grasping Combinations

600-630 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)

630-700 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

700-800 拿组合散手 Grasping Attack Combinations

三个基本拿组合散手 Combinations of the three foundational Grasping attacks

目标：组合散手劲力的转换

游身八卦连环剑

- 45 黃龍攪水 Yellow dragon stirs the water
- 47 磨身走轉 Grind along the body and turn
- 49 推波助瀾 Push the wave to add to the billows
- 51 順水推舟 Push the boat downstream
- 53 鳳凰點頭 Phoenix nods his head
- 55 翻江入海 Upturn a river into the sea
- 57 金針入地 Golden needle enters the ground
- 59 玉帶圍腰 Jade belt encircles the waist
- 61 猛虎回頭 Fierce tiger turns his head
- 63 外掛壓劈 Outside hook and press chop
- 65 撩陰劈頂 Arc to the crotch and chop the head
- 67 風捲殘雲 Wind carries away remaining clouds
- 69 力劈華山 Chop to split Mount Hua
- 71 葉裏崩花 Flower springs up from within the leaves
- 73 撥雲見日 Part the clouds to see the day
- 75 左右車輪 Wheeling left and right
- 77 撥草尋蛇 Part the grass to find the snake
- 79 霸王刺腹 Despot stabs the abdomen
- 81 烏龍盤柱 Black dragon coils around the column
- 83 野鳥旋窩 Wild bird whirls into his nest
- 85 鳳凰歸巢 Phoenix returns to his nest
- 87 嚇秦背劍 Su Qin carries the sword

Swimming Body Bagua Interlocking Sword form

- 46 大蟒翻身 Great python overturns his body
- 48 孤燕出群 Lonely swallow leaves the flock
- 50 坐舟分水 Ride the boat to part the waters
- 52 掃地搜根 Sweep the ground to find the root
- 54 快馬加鞭 Spur the horse to full speed
- 56 攔拿剪腕 Block and hold wrist cuts
- 58 大鵬展翅 Great roc spreads his wings
- 60 泰山壓頂 Press down with Mount Tai's weight
- 62 麒麟吐書 Unicorn spits out its tongue
- 64 翻身劈虎 Overturn your body and chop the tiger
- 66 立推千斤 Stand and push a thousand pounds
- 68 反正穿挂 Upright and reverse penetrate and hook
- 70 左右穿挂 Left and right penetrate and hook
- 72 風捲殘雲 Wind carries away remaining clouds
- 74 黃龍轉身 Yellow dragon turns his body
- 76 橫掃千軍 Sweep across an entire battalion
- 78 力劈華山 Chop to split Mount Hua
- 80 大蟒翻身 Great python overturns his body
- 82 鷓鴣鑽天 Sparrow hawk drills through the sky
- 84 黑熊背山 Black bear carries a mountain
- 86 完璧歸趙 Return the jade intact to Zhao
- 88 收式還原 Close and return to the origin

1000-1115 连环剑全面复习第一部分: 第 45到 88

Sword form comprehensive review I: techniques 45 to 88.

Swimming Body Bagua Interlocking Sword form: learn and practice techniques 45 to 88

教游身八卦连环剑套路第 45 到 88 动作 - 强调套路里步法与身法练习

1115-1200 剑对打练习 Sword Partner Drills

Sword Form usage 剑法套路45-88用法，对打练习 - 强调套路里步法与身法应用

3月30日- 下午 Saturday, March 30 - afternoon

三 拿 套路, 拆手 Grasping Form and application

200-230 蛇形站桩 Strength Posture Training

1. 站蛇形本桩 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

2. 教蛇形拿桩

230-300 蛇形拿套路 Snake System Grasping Attack form

教蛇形拿套路, 解释套路的风格 Learn form and characteristics

目标: 教套路内的身法以及步法作用

蛇形拿套路

Snake System Grasping

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

300-400 蛇形拿套路拆手 Application of Grasping Form

拆蛇形拿套路 Apply the Snake system Grasping form

目标: 拆蛇形拿用法与身法以及步法的击技应用

- 走步必须圈 / 抢侧面 Turn the circle / take side position
- 主/辅手配合使用 Use of primary / support hand
- 引空 / 打空 Draw out emptiness / attack emptiness
- 内外如水, 曲曲顺流, 连环而用 Like water, flowing smoothly, Interlocked usage
- 合理的劲力变化 Appropriate use of force changes

400-445 拿纵横组合散手 Grasping Strike Integrated Combinations

三个基本拿与蛇形肩肘膝胯探握刁组合起来 Combinations of the three foundational

Grasping strikes with the other 7 Snake system attack methods

445-515 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

515 Closing Remarks 概括结束语

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