

Bagua Zhuan Huan Zhang

八卦转环掌

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Today, the spread of Song Style Baguazhang (full name is Bagua Zhuan Huan Zhang) in Dandong, is from second generation Song Style Baguazhang practitioner, Zhao Yanrong, who studied in the early years of the Republic. Around 1920, Zhao Yanrong opened the "Yanrong Martial Arts School" behind a "Manchu Restaurant" in Dandong. He mainly taught Shaolin Chang Quan and Baguazhang with weapons. At that time Shifu Zhao had quite a few students. They mainly practiced Chang Quan. The genuine students who studied Baguazhang were very few. According to our teacher, Lang Huiye, "There were only three students who studied Baguazhang with Shifu Zhao Yanrong. One was Wei Xiufang, one was Zhao Fengting and myself." Our teacher originally studied Chang Quan and Tanglang Quan. He also studied a little Baguazhang with Zhao Fengting, but it was not complete. After Zhao Fengting opened the "Chunyang Building" behind a restaurant, he was approached our teacher Lang Huiye, who asked to be introduced to Zhao Yanrong. He inherited the entire system of Song Style Baguazhang. In October 1950, Shifu Zhao Yanrong returned to his hometown and Zhao Fengting also returned to his village in Shandong. The important task of transmitting Song Style Baguazhang and its history fell on our teacher's shoulders. Our teacher, Lang Huiye died on November 11, 2004. Today on this anniversary we are presenting the Quan Pu of Song Style Baguazhang to the public in order to commemorate him.

1. Characteristics of Song Style Baguazhang

1. Roof Tile Palm (Walong Zhang). The thumb is spread open. The four fingers are close together. The tiger's mouth is rounded. The center of the palms is concave. The back of the palm is like a roof tile. The Roof Tile Palm is divided into vertical palm (li zhang) and flowing palm (shun zhang). In the vertical palm, the center of the palm faces the front and the heel of the palm pushes forward. In the flowing palm, the center of the palm faces the side with the hand and arm being level.

2. Walk the Circle when practicing the skills. Use the person's size to determine the size of the circle. Each circle should be encompassed by eight steps. Song Style Baguazhang is "Kan Gua". Because of this, the beginning posture is in the true north direction. That is, your back is to the north and your front faces south. Changing forms is symmetrical.

3. Song Style Baguazhang has the saying, "Hold three shapes at the same time." These are "monkey form", "chicken crop", and "tiger crouching".

4. The palm methods of Song Style Baguazhang use push (推), hold up (托), pull aside (带), lead (领), parry (搬), block (拦), intercept (截), cover (扣), scoop (撩), wipe (抹), hook (勾), strike (打), seal (封), close (闭), dodge (闪), spread (展) as the basics. Each palm is divided into "fixed form palms" and "changing form palms."

The fixed form palms are: whipping palm (抽掌), thrust between palm (掖掌), flicking palm (挑掌), wiping palm (抹掌), stick in palm (别掌), inserting palm (插掌), embracing palm (抱掌), piercing palm (穿掌), throwing palm (甩掌), holding up palm (托掌), probing palm (探掌), splitting palm (劈掌), pressing palm (塌掌), pushing down palm (按掌), scooping palm (撩掌), pounding palm (撞掌).

The changing form palms are: through the back palm (通背掌), turning rings palms (转环掌), double thrusting between palms (双掖掌), double inserting palms (双插掌), double pressing palms (双塌掌), continuous palms (连环掌), close the door palm (闭门掌), strike the heart palm (打心掌), double closed palms (双合掌), behind the back palm (反背掌), scoop the groin palm (撩阴掌), single sealing palm (单封掌), double pushing palms (双推掌), wipe the eyebrows palm (抹眉掌), cover and press palm (掩塌掌), leaning body palm (靠身掌).

5. The punching methods of Song Style Baguazhang are: falling punch (栽捶), inserting punch (插捶), horizontal punch (横捶), thrusting punch (崩捶), penetrate the ears punch (贯耳捶), coiling elbow punch (盘肘捶), point to the groin punch (指裆捶), stealthy punch (偷捶), lie on the belly punch (卧肚捶), backfist (反背捶), drilling punch (钻捶), slap the heart punch (扒心捶), surrounding punch (圈捶), diagonal punch (斜捶), strike the heart punch (打心捶), strike the ground punch (击地捶).

6. The kicking methods of Song Style Baguazhang are: bowed leg (弓腿), bent leg (曲腿), covering leg (扣腿), inserting leg (插腿), springing leg (弹腿), stick in leg (别腿), lifting leg (跷腿), inward closing leg (里合腿), outward swinging leg (外摆腿), pulling aside leg (带腿), slippery groin leg (滑裆腿), pressing leg (挤腿), wedging leg (垫腿), scooping leg (撩腿), intercepting leg (截腿).

2. The Aspects of Song Style Baguazhang

1. Song Style Baguazhang has three aspects. These are: Bagua Zhuan Huan Zhang, which contains each palm of the Eight Big Palms. Zhuan Huan Zhang #1, Zhuan Huan Zhang #2, Zhuan Huan Zhang #3, Zhuan Huan Zhang #4, and Eight Piercing Palms (Eight Cutting Palms). Bagua Pao Chui which contains Pao Chui #1, Pao Chui #2, Pao Chui #3, and Pao Chui #4.
2. In the course of practicing Song Style Baguazhang, frequently pay attention to “qi kou”. This precisely is, in the course of practicing, utilizing the qi. No matter whether practicing Zhuan Huan Zhang or Pao Chui, you must achieve “the hands arrive and the qi arrives”, “the body arrives and the qi arrives”, “the legs arrive and the qi arrives”. In practicing the entire palm method fully utilize “moist qi”, “inhaling qi”, “moving qi”, “combining qi”, “exhaling qi”, “filling qi”, “charging qi”, and “concealed qi”.
3. Song Style Baguazhang’s Hand Method (Fighting): In Song Style Baguazhang, besides the routines, there is also the Hand Method (Fighting) and Turning Rings Hand. These are the fighting applications of Baguazhang and Pao Chui.

3. Bagua Zhuan Huan Zhang (Pu)

Eight Big Mother Palms: (八大母掌)

1. Strike the Lintel to Change the Pillars (抽梁换柱)
2. Double Thrust Between Palm (双掖掌)
3. Wipe the Eyebrows Turning Rings Palm (抹眉转环掌)
4. Penetrate the Groin, Through the Back Palm (豁裆通背掌)
5. Twist Heaven, Stick into the Ground (扭天别地)
6. Rising and Falling Turning Rings Palm (起落转环掌)
7. Lion Embraces the Ball (狮子抱球)
8. Piercing Palm (穿掌)

Turning Rings Palm #1 (八卦一转环掌)

1. Hold up Heaven, Push Down the Earth (托天按地)
2. Big Lean (大靠)
3. Golden Chicken Pinches the Crop (金鸡掐嗦)
4. Shrink and Remove, Kick and Pounce (抽撤蹬扑)
5. Embrace the Moon to the Chest (怀中抱月)
6. Probing Palm (探掌)
7. Push Down the Hand, Double Pressing Palm (按手双塌掌)
8. Shrink and Remove, Close the Door Palm (抽撤闭门掌)

Turning Rings Palm #2 (八卦二转环掌)

1. Double Inserting Palm (双插掌)
2. Swallow and Press Down, Hard and Soft (吞塌刚柔)
3. Point the Road, Stealthy Fist (指路偷捶)
4. Immortal Binds and Blocks (仙人捆绑)
5. Fierce Tiger Pounces on Food (猛虎扑食)
6. Pushing Down Hands (按手)
7. Flick and Strike, Strike the Heart Palm (挑打顶心掌)
8. Strike the Doorposts Continuously Palm (顶门柱子连环)

Turning Rings Palm #3 (八卦三转环掌)

1. Pressing Down Palms (塌掌)
2. Smooth Hand Steals the Sheep (顺手牵羊)
3. Flicking Strike, Lie on the Belly Punch (挑打卧肚捶)
4. Stroking Hand, Block the Horse, Double Inserting Palms (捋手拦马双插掌)
5. Waist Drilling (腰钻)
6. Smash the Manger Palm (破槽掌)
7. Flick the Robes (挑袍)
8. Golden Thread Digs into the Eyebrows, Front Kick and Pounce (金丝挖眉前蹬扑)

Turning Rings Palm #4 (八卦四转环掌)

1. Drop off the Wall (掉墙)
2. Iron Ox Plows the Ground (铁牛耕地)
3. Left and Right Meet the Wind (左右碰风)
4. Immortal Points the Road, Pull Aside and Steal from his Pocket (仙人指路带掏包)
5. Stroking Hand, Wipe the Eyebrows, Double Inserting Palms (捋手扶眉双插掌)
6. Close Sideways, Press and Lean (挨傍挤靠)
7. Wipe the Eyebrows, Block the Horse, Through the Back Palm (扶眉拦马通背掌)
8. Big Boa Winds its Body, Overturn the Heavenly Seal (大蟒缠身翻天印)

Eight Piercing Palms (八穿掌)

1. Leading Hand Pierce (引手穿)
2. Yin and Yang Pierce (阴阳穿)
3. Flicking Hand Pierce (挑手穿)
4. Hang the Ear Pierce (挂耳穿)
5. Thrusting Punch Pierce (崩捶穿)
6. Throwing Hand Pierce (甩手穿)
7. Folding Elbow Pierce (叠肘穿)
8. Stroking Hand Pierce (捋手穿)

Bagua Pao Chui #1 (八卦一炮捶)

1. Praying Mantis Catches the Cicada (螳螂捕蝉)
2. Scoop the Moon from the Sea Bottom (海底撩阴)
3. Diagonal Shoulder (斜肩)
4. Inside Lean, Strike the Heart Palm (里靠顶心掌)
5. Diagonal Bind (斜搥)
6. Pull and Drill (拉钻)
7. Fierce Tiger Swings its Head (猛虎摆头)
8. Old Tiger Slaps the Heart Punch (老虎扒心捶)

Bagua Pao Chui #2 (八卦二炮捶)

1. White Crane Shows its Wings (白鹤亮翅)
2. Shoulder and Elbow (肩肘)
3. Hold Up the Pagoda (托塔)
4. Close the Door Palm (闭门掌)
5. Double Sealing Palms (双封掌)
6. Lean Three Hands (靠三手)
7. Lean on the Mountain (靠山)
8. Leading Hand Diagonal Surround (引手斜圈)

Bagua Pao Chui #3 (八卦三炮捶)

1. Old Tiger Chases the Body Kick (老虎追身蹬)
2. Buddha Three Saluting Hands (佛爷三_手)
3. Strike Up, Cover Strike, Lower Scoop the Yin (上打盖顶下撩阴)
4. Left and Right Coiling Elbows, Stand in the Center (左右盘肘站中心)
5. Black Dragon Probes with its Claws (乌龙探爪)
6. Shake the Manger, Open Palm (摇槽巴掌)
7. Immortal Passes over the Bridge (仙人过桥)
8. Three Emperor's Pao (三皇捶)

Bagua Pao Chui #4 (八卦四炮捶)

1. Steal the Lintel, Change the Posts (偷梁换柱)
2. Single Sealing Palm (单封掌)
3. Double Close Palms (双合掌)
4. Black Tiger Enters the Cave (黑虎入洞)
5. Butterfly Coiling Elbows (蝴蝶盘肘)
6. Inside the Sleeve Pao (袖里捶)
7. Monkey Takes off the Cap (猴摘帽)
8. Zhang Fei Alone Strikes Three Through the Drum (张飞独打三通鼓)

Bagua Turning Rings Hand (八卦转环手)

1. Tai Mountain Presses Down on Top (泰山压顶)
2. Both Ears Fanned by the Wind (两耳扇风)
3. Point to Heaven, Stick into the Ground (指天划地)
4. Wild Cat Climbs up the Tree (狸猫上树)
5. The Woodcutter Chops Firewood (樵夫砍柴)
6. Look at the Man's Palm (望夫掌)
7. Scoop the Moon from the Bottom of the Sea (海底捞月)
8. Inhale and Neutralize Palm (吸化掌)