

BA GUA ZHANG

八卦掌

WDP FUNDAMENTALS

Spiral Theory
Yin Yang Shou Dan
Xuan Shen Ba Gua



The Founder: DONG HAI CHUAN

Don Hai Chuan is considered to be the father of Ba Gua Zhang. According to the legend, he had learned the Taoist circle walking in the early 19th century by a wandering Taoist master in the mountains. He later passed this art onto various students, all of whom were already masters in different styles of martial arts. Their backgrounds subsequently influenced the stylistic development and directions of Ba Gua Zhang.

Cheng Ting Hua and Yin Fu

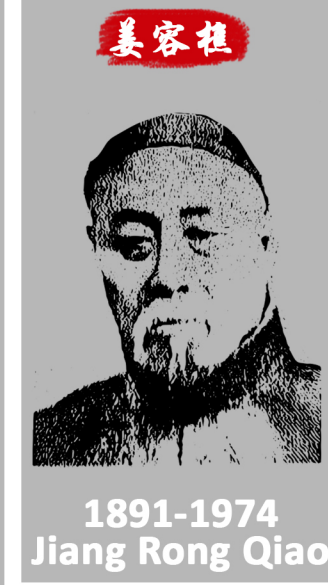
Cheng Ting Hua and Yin Fu were Dong Hai Chuan's most prominent students. Yin Fu had a strong background in Southern Shaolin, which influenced him to use striking and stinging methods in his development of Ba Gua. Cheng Ting Hua was a famous undefeated Chinese and Mongolian wrestler. After losing a match to Dong Hai Chuan, he graciously became his student. In his variation of Ba Gua, most of the applications include wristlocks and takedowns given his wrestling background.

The Long Zhang (Dragon Palm) is owed to Cheng Ting Hua

JIANG RONG QIAO

Jiang Rong Qiao was a student of Cheng Ting Hua and Zhang Zhao Dong (known for his specific structural work in Ba Gua). He also later became a student of the famous Wudang sword master Li Jing Lin. As he exchanged his knowledge and style of Ba Gua Zhang with the Wudang masters, Jiang style Ba Gua subsequently found its way into the Wudang arts and was passed on to other teachers like Xu Ben Shan and Ji Ling Jin (Dan Dao Pai lineage). You Xuan De (presently the highest master in the Wudang Xuan Wu lineage) learned Ba Gua Zhang from Zu Zheng De, Tong Shen Wang and Lu Ming Dao who also were students of Xu Ben Shan. Over the years, Jiang Style Ba Gua Zhang developed into what we know today as Wudang Ba Gua Zhang.

The structural importance can be traced back to Zhang Zhao Dong.

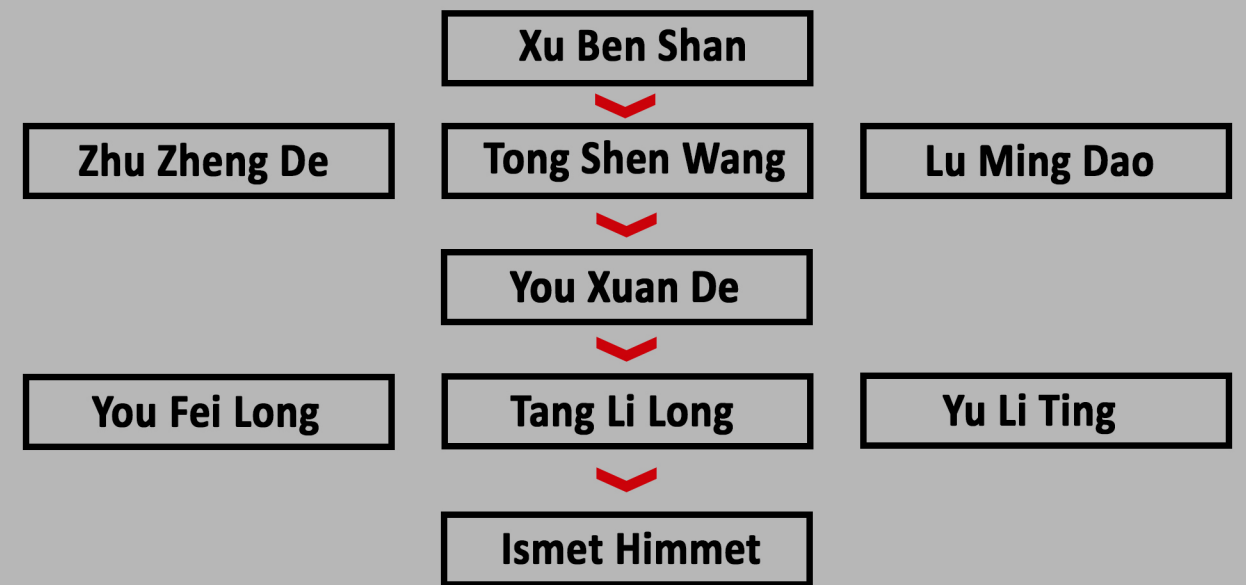


八卦掌 - BA GUA ZHANG

八 - ba - eight
挂 - gua - trigram
掌 - zhang - Palm

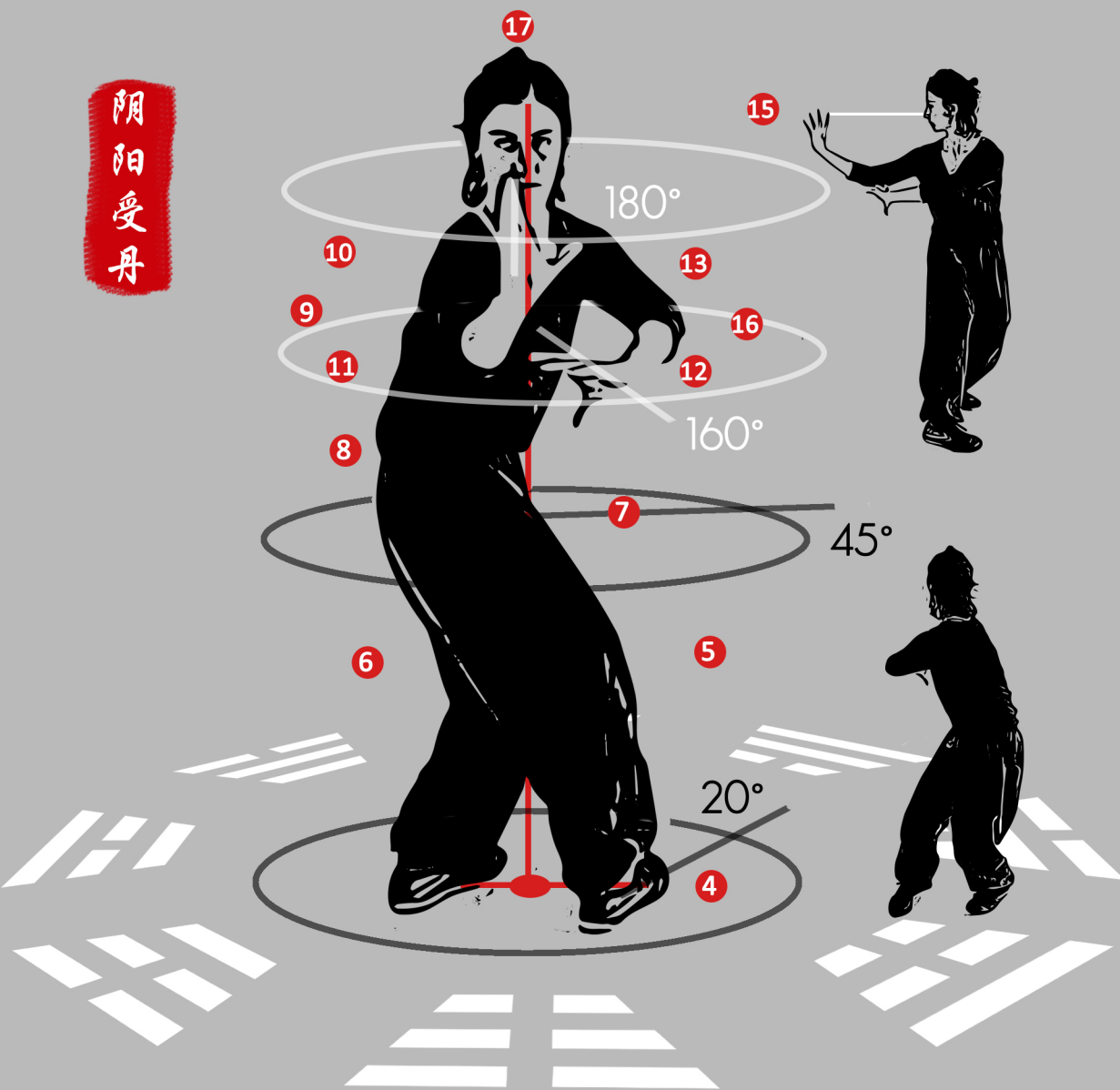
PALM OF EIGHT TRIGRAMS

WDP LINEAGE



Basic Key Points

阴阳受丹

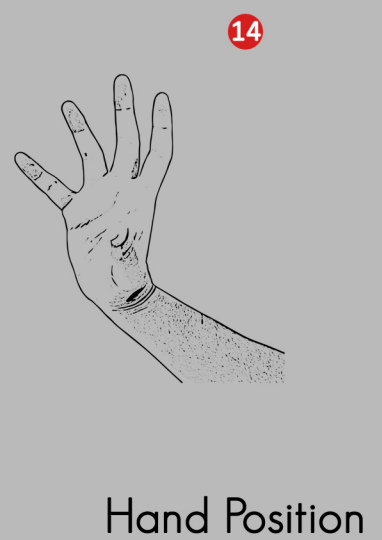
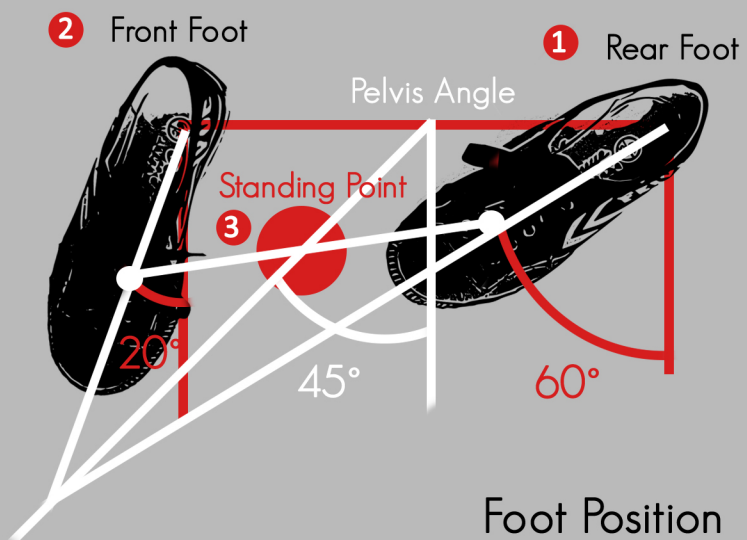


Lower Body - YIN

- 1 Rear foot turns around 60° in.
- 2 Front foot opens around 20°.
- 3 Standing point is on level of the Yong Quan point in between both legs. The legs are hip to shoulder width apart.
- 4 Both feet spiral into the floor releasing the weight of the body mainly through the rear leg from the Yong Quan points into the standing point in between.
- 5 Both knees are bent while continuing the spirals of the feet.
- 6 Rear leg becomes the receiving yin side, while the front leg becomes the sending and balancing yang side.
- 7 Pelvis position is "locked" at 45°.
- 8 Lower Back is round and relaxed, connecting lower and upper body.

Upper Body - YANG

- 9 Chest is empty and relaxed - turtle back - while rotating around 160°.
- 10 Head and hands turn 180° while staying in connection with the chest.
- 11 Front arm spirals in, with a low elbow cutting one's own centerline.
- 12 Rear arm spirals out, with the elbow high (shoulder stays low).
- 13 Both elbows have forward into the centerline, helping to rotate and bend the upper body towards the hands.
- 14 Both hands create the shape of a flower, creating a spiral with the thumb and small finger pulling towards each other. The wrists are bending away from the body.
- 15 Index finger of the front arm is in one line with the nosetip.
- 16 Index finger of the rear hand is close to the elbow of the front arm.
- 17 Head is centered on top of the spine, aligned with the standing point. The eyes glare through the hand into the horizon. The tip of the tongue is placed on the palate behind the teeth.



Tai Ji Layer

Yang Spiral



Dan Tian

Yin Spiral

Si Xiang Layer



阴阳受丹 Yin Yang Shou Dan

阴- YIN 阳- YANG 受- SHOU - to hold

丹- DAN - pellet, DAN TIEN the elixir field

: Meaning

Yin and Yang holding the elixir.

Structure:

Yin Spiral

Is the part of the spiral that is created through the lower body (feet, knees and pelvis) twisting downwards.

Yang Spiral

Is the part of the spiral that is created through the upper body (chest, hands and head) twisting upwards.

Dan Tian

Is the point where both powers Yin and Yang (downward spiral and upwards spiral) meet and reverse. It is the empty point that collects the main tension created through the opposite powers. The Dan Tian is the gravity center that is receiving and sending the power through the body.

Arch Structure

In addition to the twisting, the body is leaning forward towards the arms. This lean creates an arch like structure that is used to efficiently guide power from the arms into the floor or opposite (self holding arch).

4 Pictures

By twisting the arms upwards into opposite directions and emptying the chest (bagua turtle back), the second layer of spiral is created. One spiral up and down and one spiral forward and backwards, allowing the practitioner to form a ball like structure which is stable and powerful into all directions.

TAI JI AND THE SPIRAL

TAI JI SPIRAL

The Tai Ji ball is a Tai Ji Spiral

Yin and Yang are two opposite powers.

Yin moves towards the center point.

Yang moves away from the center point.

The opposition of these two powers creates a twist that makes Yin and Yang wind around each other, which creates the spiral of life.

REALATIVITY OF YIN & YANG

The center point defines what is Yin and what is Yang.

On one side of the center Yin can be Yin, where on the other side, Yin becomes Yang.

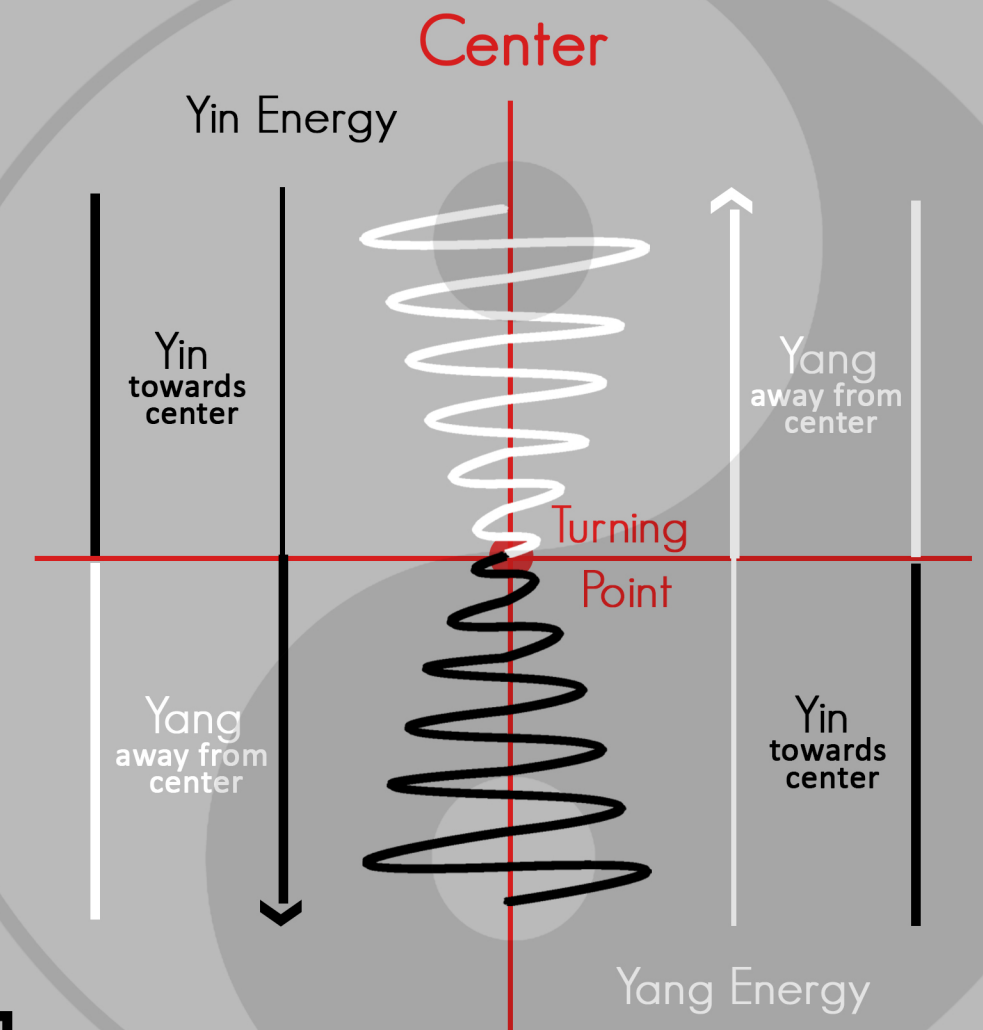
The spiral is expanding into all directions. The expanding force (Yang) on one side, becomes the counter force (receiving force Yin) on the other side. Yin and Yang are the same, the existence of Yin defines the existence of Yang and vice versa. There is no Yin without Yang.

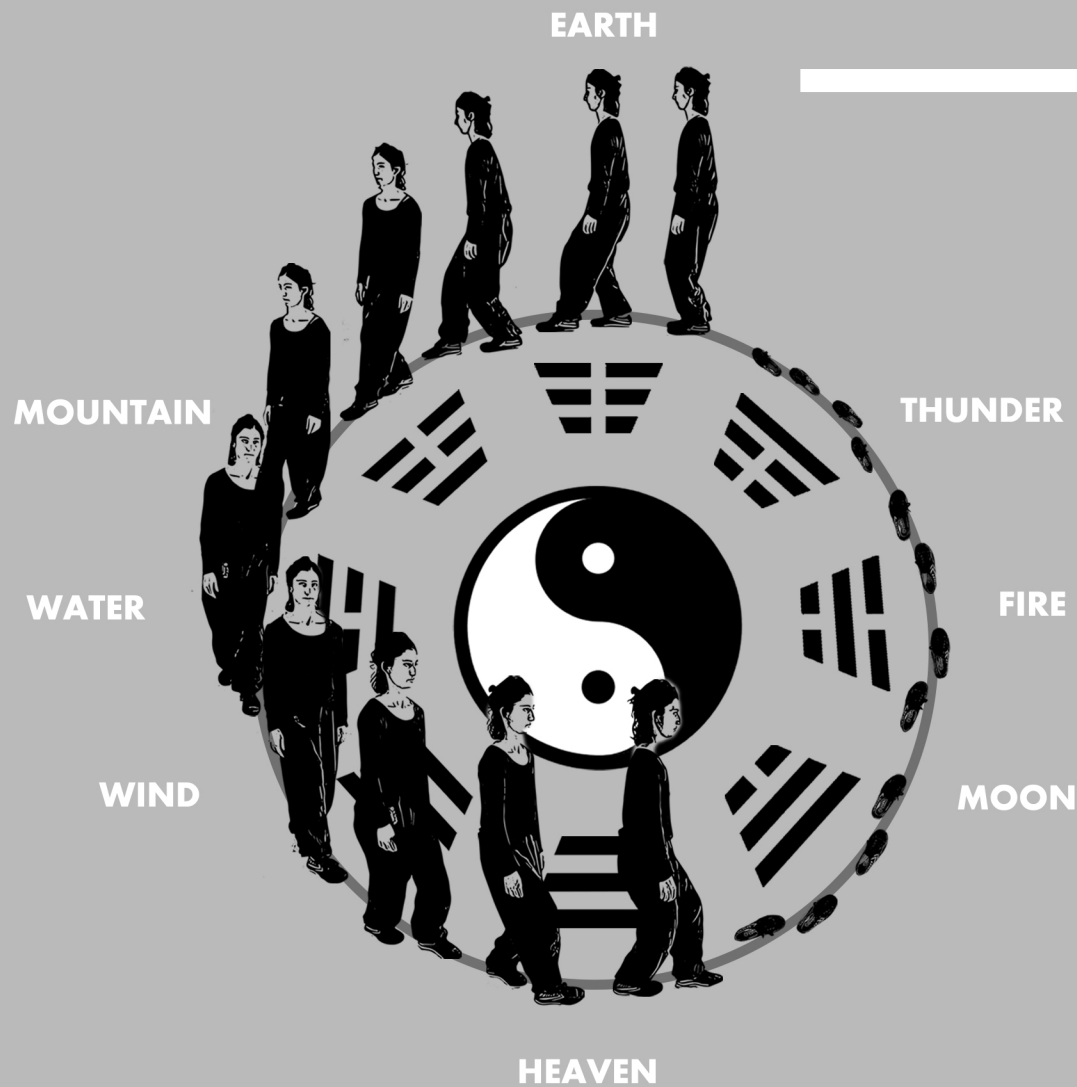
Center and Turning Point

The Spiral is a creation of the 3. Yin, Yang and the movement in between (Jing, Qi, Shen).

On the Turning Point both of the powers neutralize each other. Turning Point (Wu Ji).

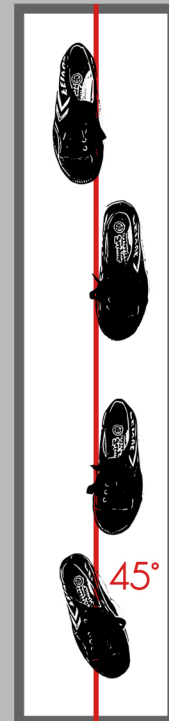
At the same time, the power is strongest around the empty point (eye of tornado).



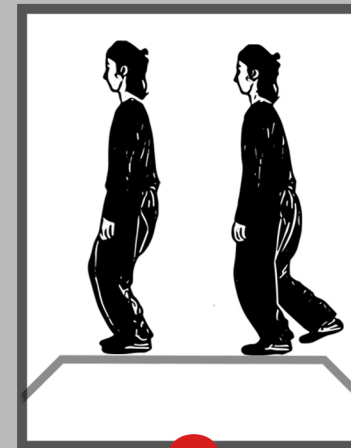


趟泥步 - tang ni bu - Mud Step

Inner foot
straight



Outer foot
hooking



- 一。 Start at Earth trigram - walking towards Mountain.
- 二。 Inner foot steps first.
- 三。 Inner foot steps in straight line forward.
- 四。 Weight shifts to front leg, heel of the rear leg stays heavy while the lower back stays round.
- 五。 The releasing of the tension, created by the heavy heel and round back, is lifting the foot without rolling (like pulling through mud).
- 六。 The rear foot exchanges close to front foot. Knee and ankle can touch.
- 七。 Outer foot steps with an 45° angle in, crossing the line defined by rear foot
- 八。 The foot is set with the Yong Quan point first (ball of the foot first). The foot is lifted and set as one unit (like a UFO).

Benefits - Principles

Developing a step work with max. ground connection
opening the Yong Quan Points - **ROOTING**

Developing a constant spiral power in movement
foot spirals into the earth and heaven - **SPIRAL**

Developing a constant unification of the whole body
body becomes round and relaxed, joints connect- **BRIDGE**

Opening the body

Open the spine and the small cosmic circle - **QI, INNER FLOW**

Basic Keypoints

1. Inner foot straight, outer in angle
2. Ball of the foot sets first
3. Foot exchange is tight
4. Heel stays heavy, no rolling of the foot
5. Breath is natural and deep into the belly
6. Lower Back is round, tailbone heavy
7. Head is light, chest empty
8. Feet spiral into the floor

鑽身八卦 - Zuan Shen Ba Gua - Opening of the form



Embrace the endless, keep the one.

The horse is asking for the way.



1.

bao yuan shou yi

Start the form in the „Bao Yuan Shou Yi“ position, standing on the earth trigram, facing to the heaven trigram.

2.

yi ma wen lu

The elbows pull the arms apart towards the sides.

3.

The hands circle outwards and up. They meet on shoulder level in front of the body, stretching the arms out forward.

4.

Hands fall diagonally backwards below the Dan Tian area.

5.

The hands push to the left side with fingertips facing each other, from there drawing a wide flat circle to the otherside. With the turn of the hip the rear foot turns in.

Embracing the moon

Hidden flowers under leaves

Yin and yang embracing the elixir



6.

Arms open circularly to the side, while the foot draws a circle forward and backwards. Hands spiral in while the right knee moves close to the standing leg.

7.

Right leg steps out into Xu Bu while both hands sting forward and diagonally upwards.

8.

huai zhong bao yue

Right knee turns in while the hand circles in towards one's own center line (heavy elbow).

9.

ye di zhang hua

The right foot opens to the outside preparing the turn. The left foot steps around to the mountain trigram while turning into the „Hidden flower under leaves“ position.

10.

yin yang shou dan

Upper arm opens while the lower arm turns to heaven. Use the lower hand like a rail for the upper arm to change to the basic „Yin Yang Shou Dan“ stance.

第一掌 - di yi zhang - First Palm



Yin and yang embracing the elixir

Chasing the clouds away, seeing the sun

One handed pushing the mountain



1. 7 basic mud steps in Yin „Yang Shou Dan“ hand position.

2. The toes of the front foot turn towards the center. The front arm circles away from the center.

3. The front arm and body open, the weight is shifting forward.

4. The fingertips of the front arm lead the movement and spiral circularly inwards.

5. Rear foot steps forward in a straight line into Ban Ma Bu. Right arm pushes forward while left arm pushes backward.

Pushing the junk downstream

Hidden flowers under leaves

Yin and yang embracing the elixir



6. Rear foot opens and arms meet in front of the body (middle point).

7. Rear foot pushes into Gong Bu. Hands turn, open and push out. Right hand is on top.

8. Weight shifts back while front foot opens. Left hand turns away from center.

9. Left foot steps around while left hand is diving down into a ball holding position.

10. Right arm opens up into a basic palm change, ending in „Yin Yang Shou Dan“ on the other side.

第二掌 - di er zhang - Second Palm

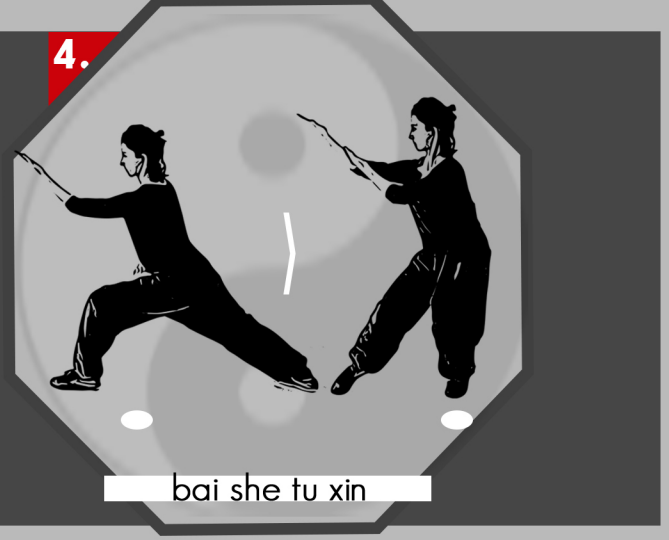
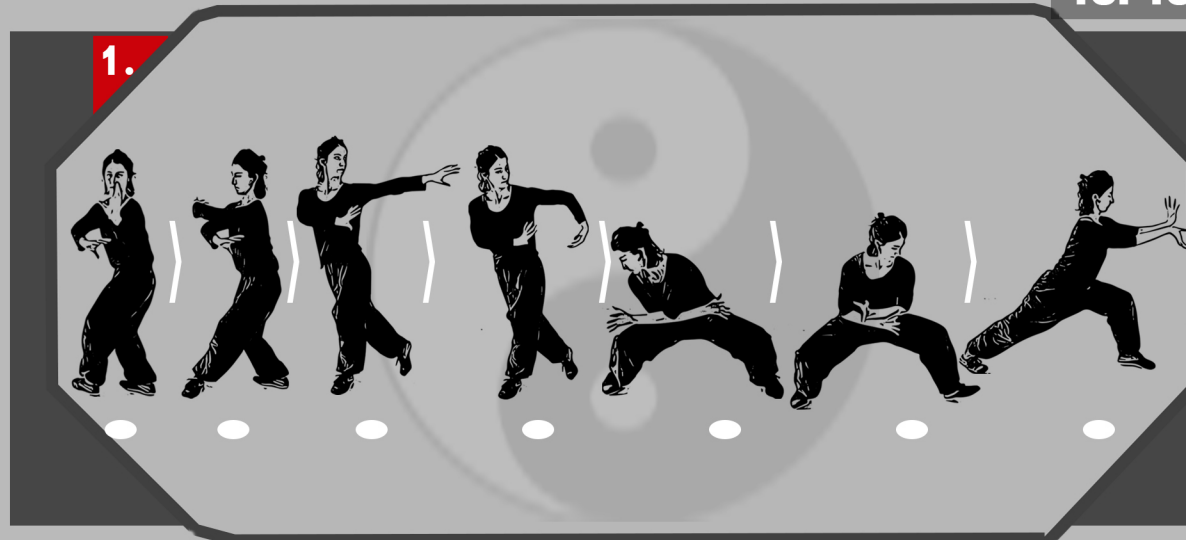


Beginning first palm

Snake and sparrow compete for food

The three layers sink

White snake spits venom



7 basic mud steps in „Yin Yang Shou Dan“ hand position. First Palm sequence until „Pushing the junk downstream“.

The left foot opens, the right foot steps through into Ban Ma Bu while arms circle backwards and out into double frame position.

The right arm folds over left arm, weight shifts to other side into Ban Ma Bu while arms open with power from the elbows.

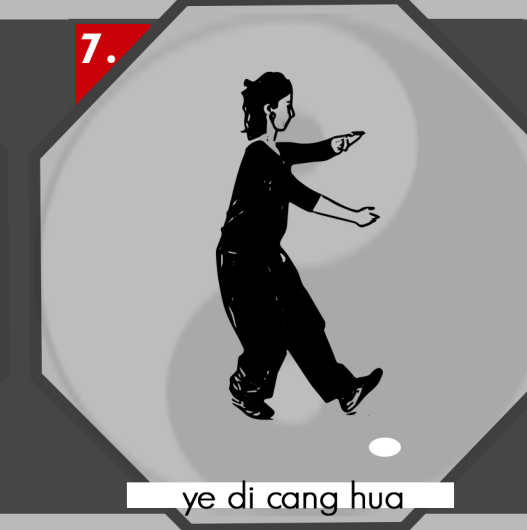
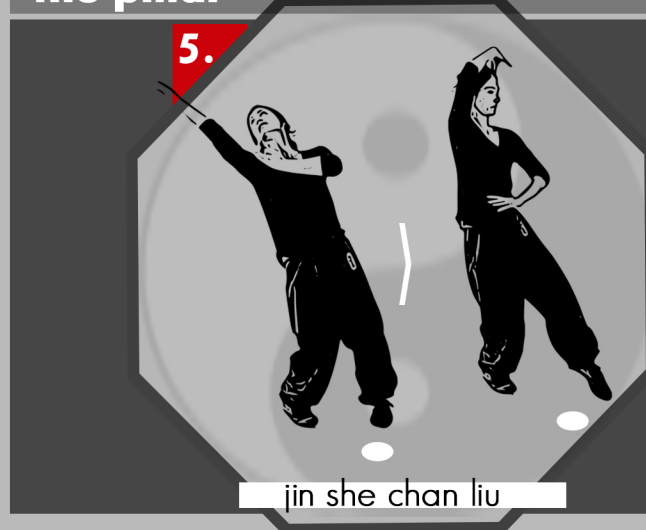
Change into Gong Bu with left hand stinging forward. Right foot follows into Xu Bu with right hand exchanging into sting.

Golden snake curls around the pillar

Embracing the moon

Hidden flowers under leaves

Yin Yang Shou Dan



The right foot shifts weight to the heel while right arm extends. Left arm drops while right arm dives with back of the hand to the head.

The right hand drops close to the body while the left hand rises far away from the body (circular exchange).

The left foot opens and the right hand is dives out into a wide circle in order to create momentum.

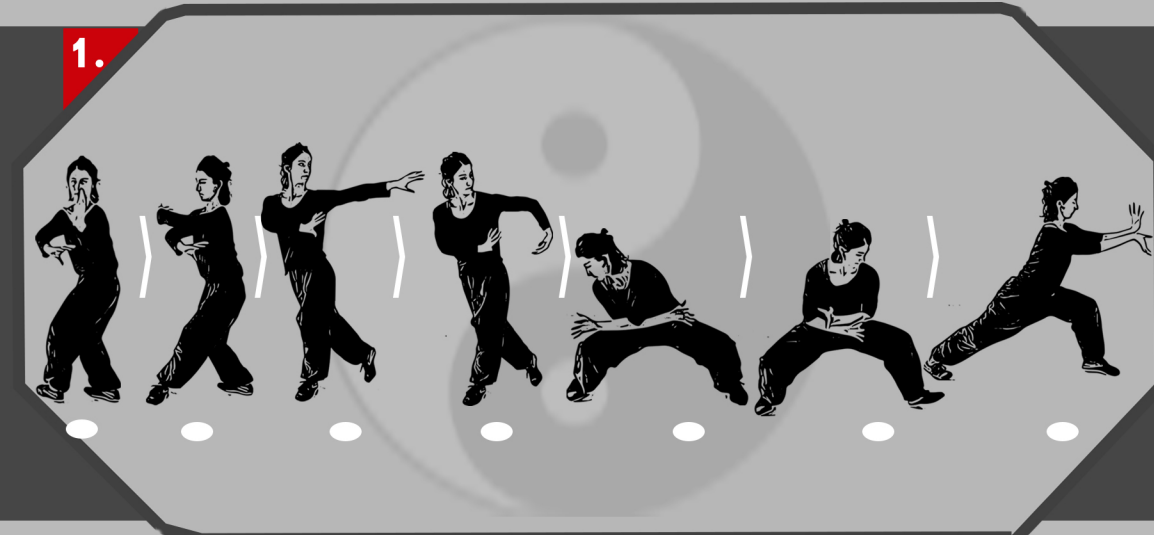
The right foot steps around while the right hand dives down into a ball holding position.

The left arm opens up into a basic palm change ending in „Yin Yang Shou Dan“ on the other side.

第三掌 - di san zhang - Third Palm



Beginning first palm



7 basic mud steps in „Yin Yang Shou Dan“ hand position. First palm sequence until „Pushing the junk downstream“.

The green dragon dives out of the water



qing long chu shui

Right hand turns finger tips away from center. Right foot opens up while weight shifts back. Left hand circles down, right hand out.

The jade emperor holds the pagoda



3.

Right foot steps forward into Xie Bu while left hand circels down and left hand up. left leg pulls up into Du Li Bu. Left hand blocks down while right hand stings out.

The jade emperor holds the pagoda



4.

Hand Position

yu wang tuo ta

Turn on right leg initiated by fast change of hands. Left hand pushes forward and up, and right hand forward and out.

Snake and sparrow compete for food



5.

she que zheng shi

Left foot steps down while hands cross and press downwards. Right leg steps through while arms circle into double frame position in Ban Ma Bu.

The three layers sink

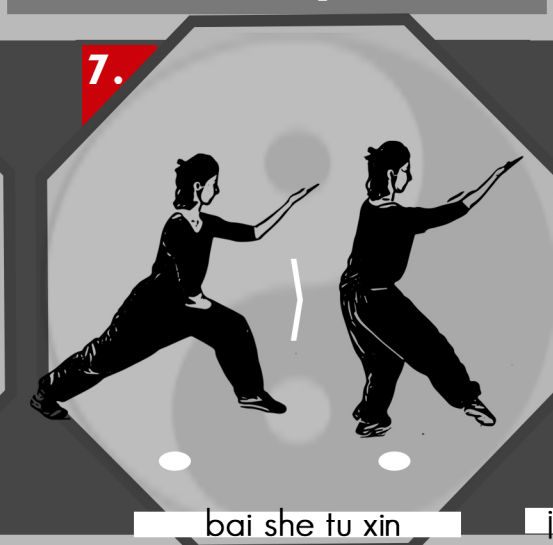


6.

san pan luo di

Right arm folds over left arm. Shift weight into Ban Ma Bu on the other side while opening the arms. Left hand curls in for the sting in Gong Bu.

White snake spits venom



7.

bai she tu xin

Right foot steps into Xu Bu while right hand exchanges with left hand. Toes of right foot turn while weight is shifted into Xu Bu on the other side. Right arm stretches out.

Golden Snake curls around the pillar - Embracing the moon



8.

jin she chan liu - huai zhong bao yue

Right hand dives with the back of the hand to the back of the head. Hands exchange circularly with right hand close and left hand far from body.

Hidden flowers under leaves Yin and yang embracing the elixir



9.

ye di cang hua - yin yang shou dan

Left foot opens, while right hand uses momentum in order to twist 360° into holding the ball position. Basic palm change to the other side.

BA GUA ZHANG

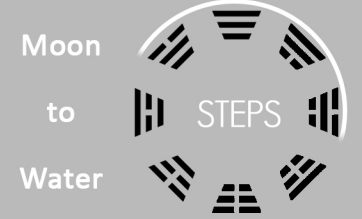
八卦学

WDP Ba Gua

Zuan Shen 4th Palm

第四掌 - di si zhang - Fourth Palm

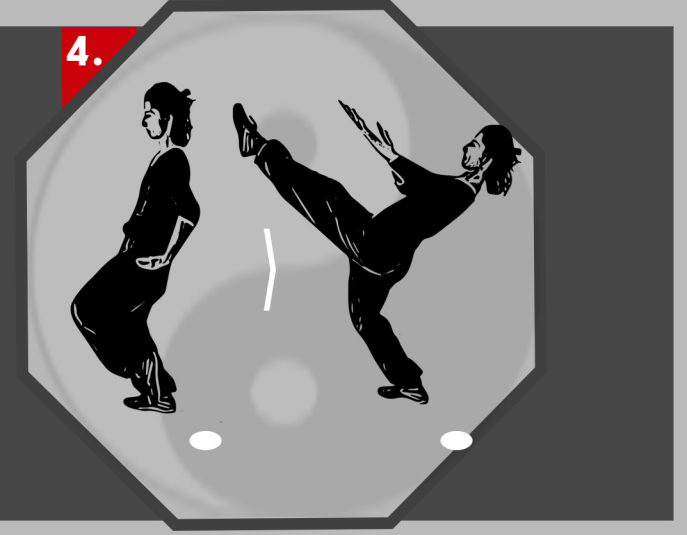
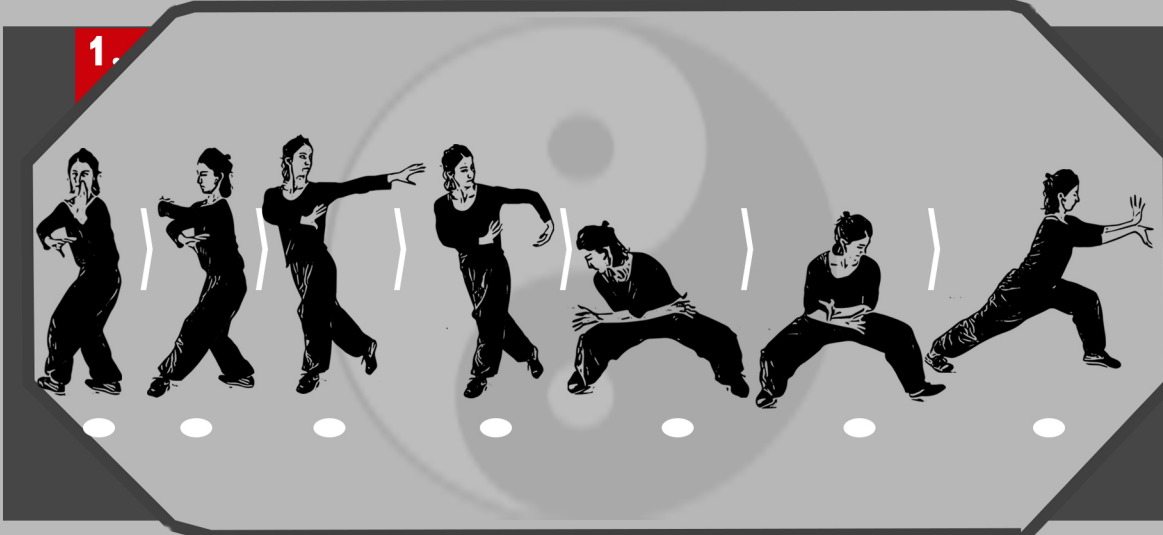
 Trigram Water



Beginning first palm

Snake and sparrow - The three levels sink

Overcoming the demon pack



7 basic mud steps in Yin Yang Shou Dan hand position. First palm sequence until „Pushing the junk downstream“ position.

Continue with the second palm sequence until „The three layers sink“ position.

Weight shifts backwards while arms cross. Right foot steps through while the arms open. Arms pull down while stepping into Qi Ling Bu. Elbows pull sideways out (Peng).

Weight shifts forward while hands spiral next to body inwards. Body leans back while arms and left leg sting outwards in the same angle.

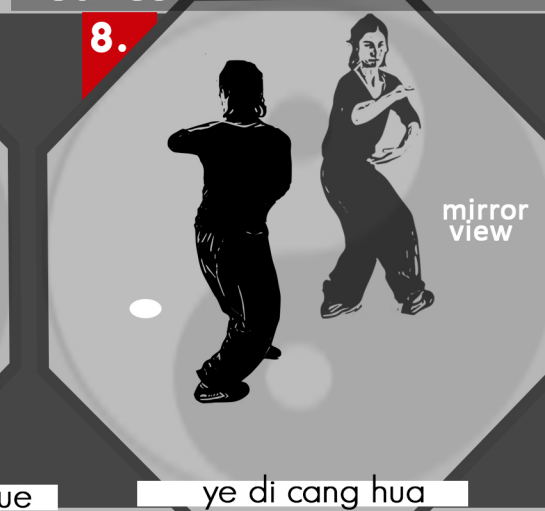
The swallow flies over the water

The mermaid reaches the book

The golden snake - Embracing the moon

Hidden flowers under leaves

Yin and yang embracing the elixir



yan zi chao shui

yu nu xian shu

jin she chan liu - huai zhong bao yue

ye di cang hua

yin yang shou dan

Left leg steps back into Pu Bu while left and right arm curl in. Arms open while changing into Pu Bu.

Weight shifts into Gong Bu while the left hand stings forward. Right foot steps diagonal into Xu Bu with right hand stinging upwards.

Left foot is cross stepping through onto the next trigram while the right hand is going into the „The golden snake“ position. Hip turns into Ma Bu while the hands exchange.

Right foot is stepping around onto next trigram into „Hidden flowers under leaves“ position.

Basic palm change into „Yin Yang Shou Dan“.

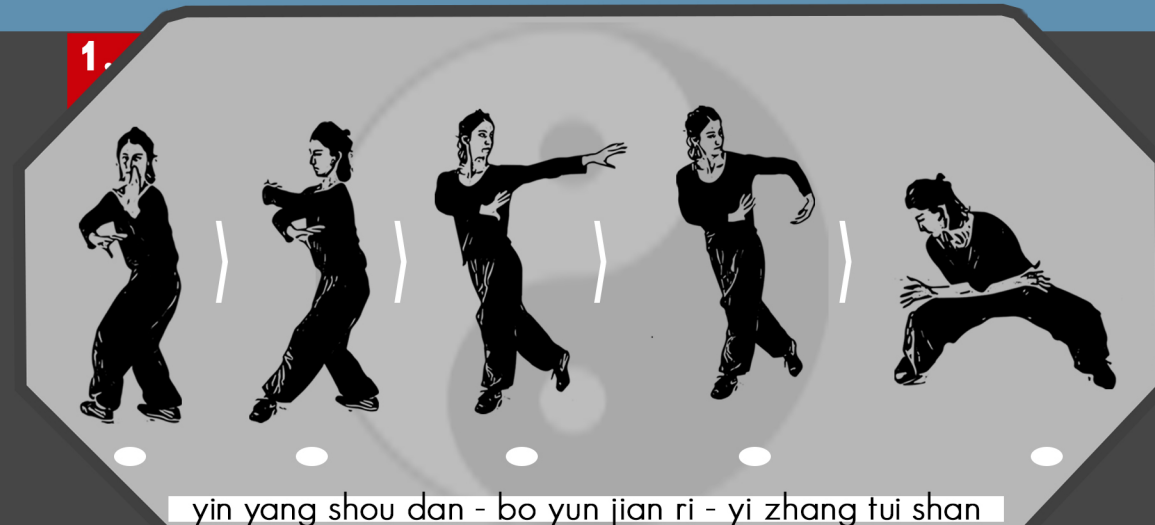
第五掌 - di wu zhang - Fifth Palm



Trigram Thunder



Beginning first palm



yin yang shou dan - bo yun jian ri - yi zhang tui shan

7 basic mud steps in „Yin Yang Shou Dan“ hand position. First palm sequence until „One handed pushing the mountain“ position.

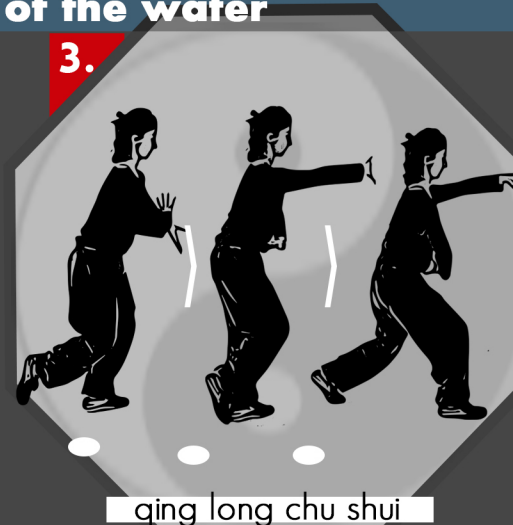
Close the door push the moon



bi men tui yue

Change direction while opening to Pu Bu. Left hand pushes high and right hand pushes low.

The green dragon dives out of the water



qing long chu shui

Hands come close and turn, exchanging upper with lower hand. Right foot steps into Qi Ling Bu while both arms draw a circle on a horizontal plane.

The jade emperor holds the pagoda



yu wang tua ta

Left arm blocks down while right hand stings over right arm outward. Left leg changes into Du Li Bu. Arms exchange with right hand pushing out and left hand stings outwards while turning 180° on right leg.

Snake and sparrow - The three layers sink



she que zheng shi - san pan luo di

Left leg steps down with foot open. Hands push down while body rises up. Right leg steps through into Ban Ma Bu with both arms framing out. Side change with left elbow pushing forward and down.

3x White snake spits venom



bai she tu xin

Left arm curls in and stings out. While left hand turns and pushes back, the right hand is stings outwards. Carry out the same exchange again to the other side.

The three layers sink



san pan luo di

Right leg steps through into Xu Bu while right hand stings forward. Left foot steps into Xie Bu. While hip turns into Ban Ma Bu the right hand draws a circle down to initiate the elbow push with the left arm.

The golden snake - Embracing the moon



jin she chan liu - huai zhong bao yue

Left hand curls in into „the white snake spits venom“. „The golden snake curls around the pillar“ with step work around the center.

Hidden flowers under leaves Yin and yang embracing the elixir



ye di cang hua - yin yang shou dan

Left foot opens, right foot steps around into forming the ball position. Basic palm change into „Yin Yang Shou Dan“.

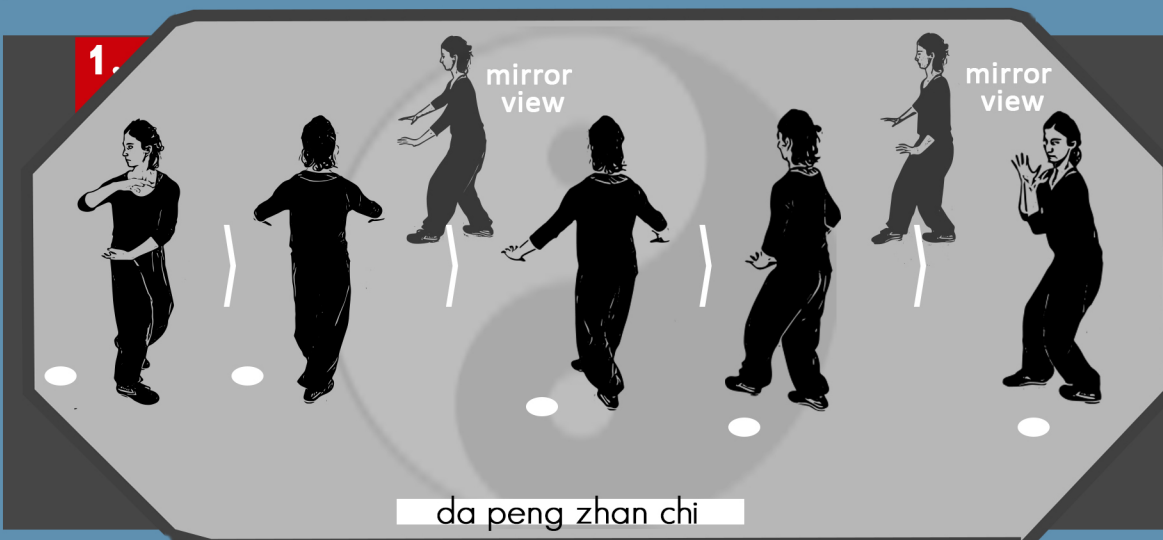
第六掌 - di liu zhang - Sixth Palm



Trigram Fire



Da Peng bird is spreading his wings



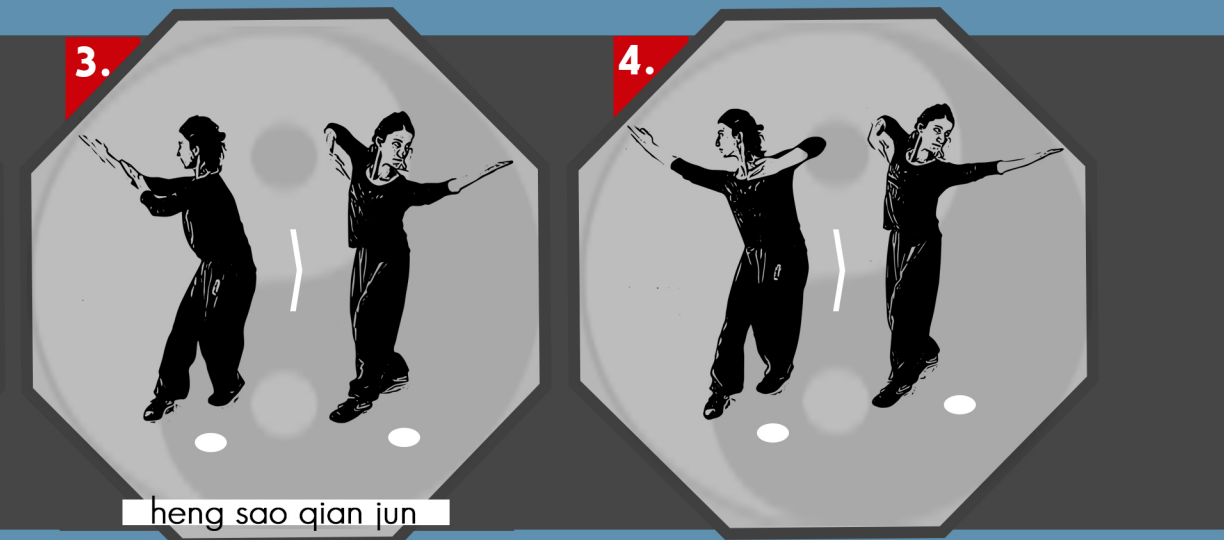
da peng zhan chi

Heaven Palm



tian zhang

Sweeping horizontaly 1000 generals away



heng sao qian jun

Opening starts from „Hidden flowers under leaves“ position. Hands draw a circle to hip height (variation: head height) while stepping three steps. During the next two steps hands are lifted close to the body into „Heaven palm“ position.

Hand close to the center is lower than hand away from center. After five steps arriving into the „Heaven palm“ three more steps are added until opening into first sting.

With the eight mud step (outer foot) the left hand is stinging in a spiral motion over right arm out. With the next step hands exchange as the right arm stings underneath the left arm to the other direction.

Repeating the exchange during two more steps. (Depending on the variation, the exchange of arms happens over or under front arm).

The scorpion coils up

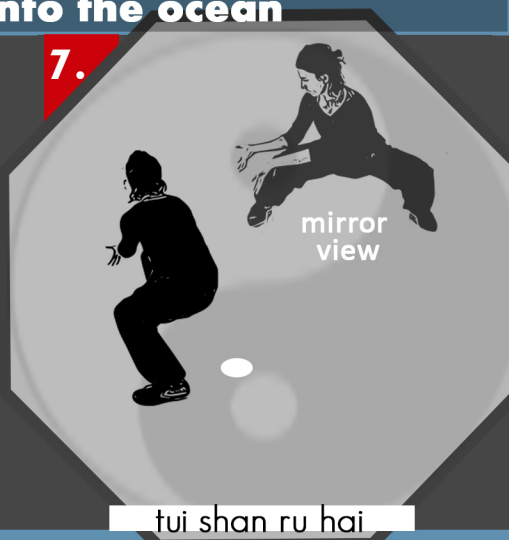


yao zi fan shen



tui shan ru hai

Pushing the mountain into the ocean



mirror view

Embracing the moon



huai zhong bao yue

mirror view

Hidden flowers under leaves



ye di cang hua

Left foot slides forward and opens. Arms cross on Dan Tian level. Arms swing up to create momentum for the turn while the right leg starts to sweep low.

Completing the 180° turn (variation: 360°) the right foot gradually circles upwards, while the hands open on forehead level until the circle completes on the pelvis level.

Right foot steps out into Ban Ma Bu with both hands double pushing outwards. Finger tips point towards the floor and pull towards the elbow.(Opening the wrists)

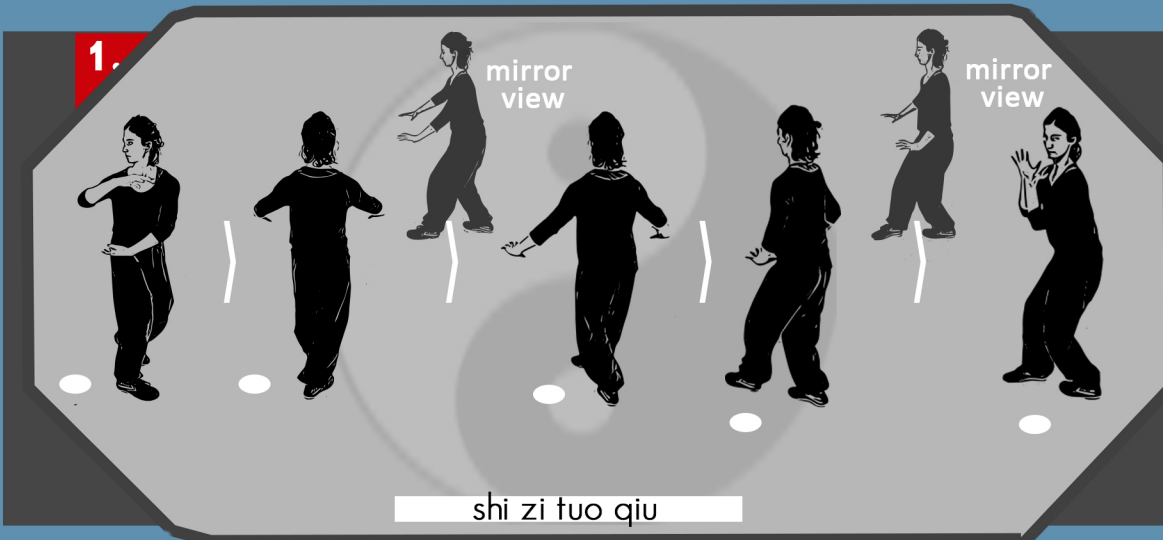
While shifting the weight to the left leg, the right arm draws a circle (in snake motion)outward. While sinking onto the left leg into a low Ban Ma Bu. The hands exchange.

360° twist while on the left leg into forming the ball position with right arm diving down (variation: 180° twist).

第七掌 - di qi zhang - Seventh Palm



The lion is carrying the ball



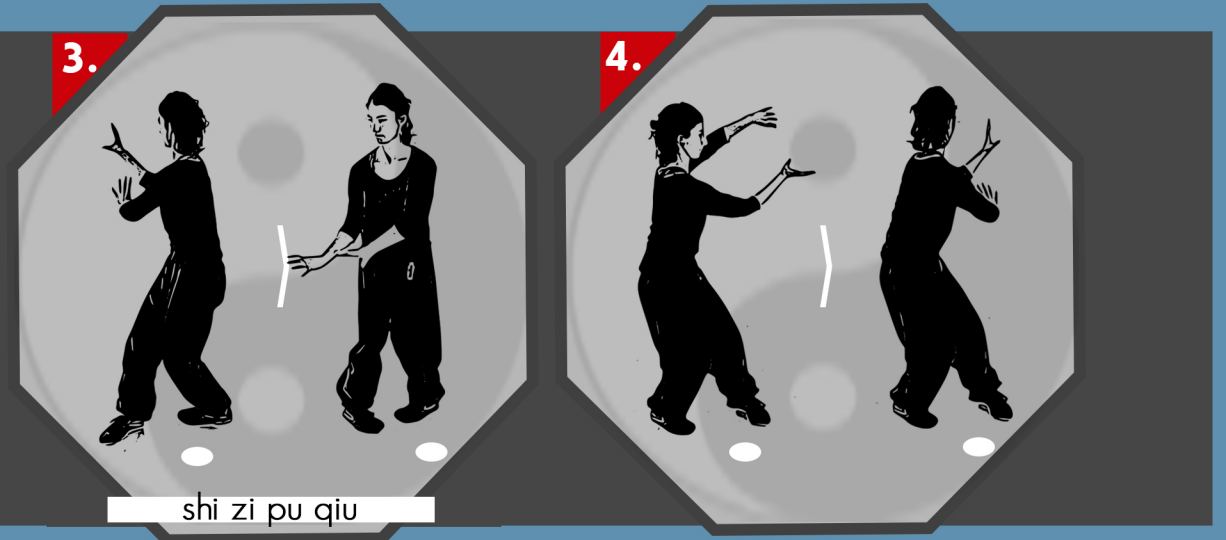
shi zi tuo qiu

Lion palm



shi zi zhang

The lion plays with the ball



shi zi pu qiu

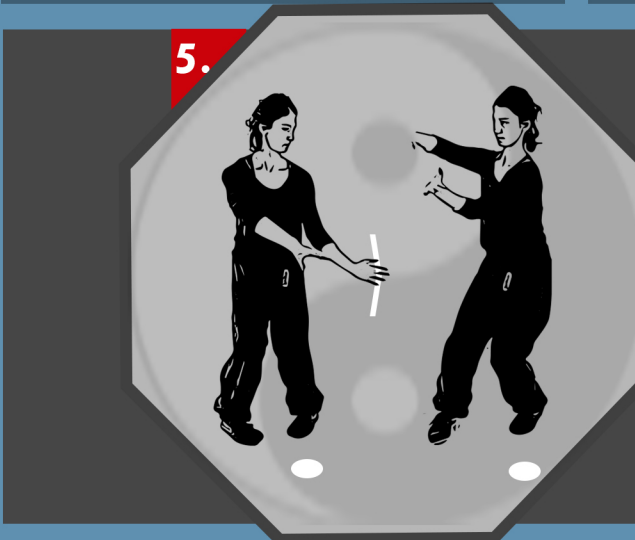
Opening starts from „Hidden flowers under leaves“ position. Hands draw a circle to hip height (variation: head height) while stepping three steps. During the next two steps, hands are lifted close to the body into „Lion palm“ position.

Upper hand is pushing in a spiral motion upwards, ending diagonal to the front over the Bai Hui. Lower hand is on chest level stinging forward with an heavy elbow.

With the eighth mud step (outer foot) both arms draw a circle, away from the centerpoint. The circle continues towards the center and upwards while the right foot turns in.

Weight shifts to the right leg while the left foot opens and the arms circle up and away from the center point.

The lion opens his mouth



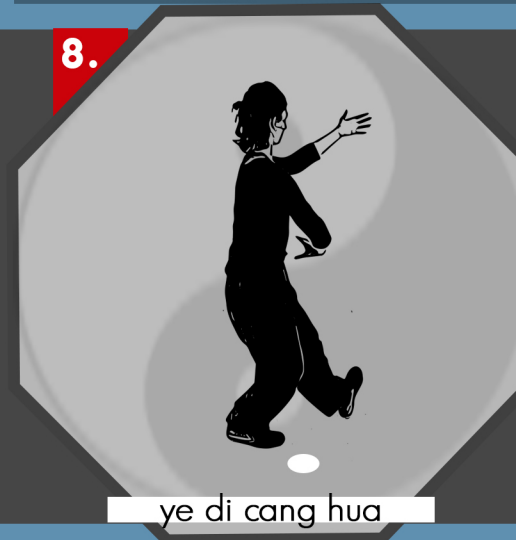
shi zi zhang kou

Embracing the moon



huai zhong bao yue

Hidden flowers under leaves



ye di cang hua



The same side change again, with left foot closing and right foot opening while arms motion circularly downwards and up to the other side.

Right foot comes close and hands press down. Basic San Ti step forward diagonally and away from center with both hands pushing out.

Right foot steps in towards center while right arm draws a circle in the form of the snake motion.

Left foot is cross stepping away from center while right hand circles down towards Dan Tian and left arm up towards head level.

Right foot steps 90° around with right hand diving into the basic ball forming position.

第八掌 - di ba zhang - Eighth Palm



Yin and yang embrace the elixir

Chasing the sun away seeing the sun

One handed pushing the mountain

The yellow hornet flies out



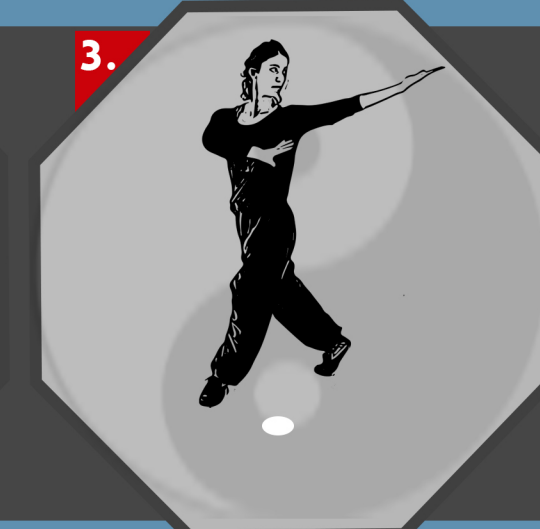
1. yin yang shou dan

7 basic mud steps in Yin Yang Shou Dan hand position.



2. bo yun jian ri

Front foot toes turn towards center, front arm spirals and stings away from center.



3. yi zhang tui shan

Left arm and body opens. Weight is light.



4. huang feng chu dong

Left hand is pushing forward while stepping into Su Li Bu. Right hand pushes backward.



5. the cave

Change into Gong Bu while left hand pushes out to the other direction.

the cave

Sweeping the demon pack away

The Hong Yen bird is leaving his swarm

Yin and yang embracing the elixir



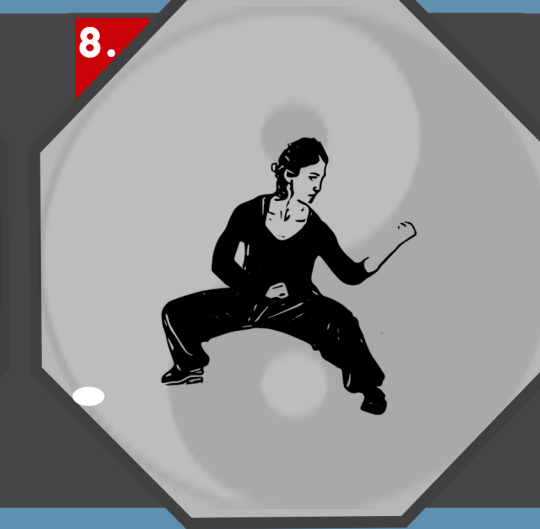
6. heng sao qun mo

Light jump with right foot forward diagonally away from the center while left hand blocks down and right hand stings outwards.



7. hong yen chu qun

Left foot is stepping into a long Xie Bu, twisting and charging the body.



8. yin yang shou dan

Body turns into Ma Bu. Arms pull around into a double fist position while switching into Su Li Bu. Elbows are round and waist is leaning toward the arms.



9. yin yang shou dan

Left foot exchanges with right foot using a dropping jump motion. Left hand draws a horizontal circle from the head down while right hand circles from the center up.



10. yin yang shou dan

With the exchange of arms and the exchange of feet, is the right leg wiping forward while arriving into the „Yin Yang Shou Dan“ position.