



Bagua Zhang Curriculum

The curriculum taught here is from the lineage of Cheng, Ting-hua, a disciple of the founder of Pa Kua Chang. New members will be carefully guided through the progression of the system beginning with the chi kung. The various forms and movements are expected to be well memorized before moving on to the next form. Before being permitted to advance on to the next form the instructor will be looking for consistency in basic body structure and movement. It is not the intent of this club to teach quickly, rather I feel it's more important to completely understand the why and how of the current form and movement taught. Understanding of the forms is displayed by consistent: balance, control, and proper execution of the movements.

BASIC PRINCIPLES:

stretch naturally
keep entire body connected
spine like a flame
waist like a lake
chest and mind empty
shoulders down
elbows hanging
wrists sitting
tongue to roof of mouth
arms forms cresant moons
all movements smooth

TRADITIONAL CHI KUNG

Yang Dan
Tui Mo / Pushing the circle
Tsai Yang Bai Bing
Universe within your sleeve

Two peaks pierce the heavens
Walk the Wuji (8)

Qi Ling Rubs Earth
hands floating on water
lifting up the clouds
single palm
snake palm
bear palm
monkey offers fruit
heaven and earth palms
dragon palm
Protect the Heart

Oneness with the Tao

Figure 8
Wuji
Yin Yang

ZHAN ZHUANG

Monk lifts bowl
Pushing the mountain
Lifting the mountain
Dragon dives into the sea
Lion opens mouth
Black bear back hat
Phoenix looks at the sun
Praying monk

LINKING INNER PALMS EIGHT MOTHER CHANGES

single palm change
back palm change
double palm change
twisting snake
behind the body change
three shooting palms

gridning palm change
spinning palm hchange
combined palm change
LINKING FORM

LINKING FORM 2

Single palm change
Back palm change
Double palm change
Back palm change
Double palm change
Single palm change

EIGHT SINGLE PALMS

LINKING FORMS 3,4

24 ANIMAL PALMS

Chi-ling Pushes Down the Earth
Lion Holds Ball
Black Bear Back Hat
Phoenix Folds Wings
Monkey Holds Cauldron
Snake Slithers in the Grass
Cloud Dragon Leaf Palm
Rooster Plays Pi Pa

Chi-Ling Supports The Mountain
Lion Pounces On Ball
Bear Carries The Sun And Moon
Phoenix Raises Wings
Monkey Pushes The Ball
White Snake Spits Out Tongue
Lazy Dragon Dives Into The Sea
Rooster Pecks At Food

Chi-ling Lifts the Heavens

Lion Rolls Ball
Bear Pierces sky and earth
Phoenix Extends Wings
Monkey Offers Fruit
Snake Smashes the Grass
Coiling Dragon Overturns Palm
Rooster Looks for Food

LINKING 24 PALMS

LINKING FORMS 5 EIGHT BACK PALMS EIGHT DOUBLE PALMS

EIGHT ELBOWS EIGHT FISTS EIGHT BACK FISTS EIGHT STRIKING PALMS

FIVE ELEMENTS PALMS DRAGON PALM LIANG I CHUAN

64 PALM CHANGES

Tui Dai
Toh Ko
Ling Diao
Ban Tsuan

ROLLING HAND KNIFE

CYCLONE KNIFE

CONTINUOUS TURNING

SWORD

DRAGON SWORD

BAMBOO STAFF 1&2

NEEDLES

CRESANT KNIVES

TUISHOU & SANSHOU

Shi Hwa Chang
Circling
Shooting palm
- Back gate -front gate
-Center gate -Pull back
Snake Palm
Tea Cups
Pien Hwa Chang
Yao Chang
Rolling Palms Ta Chang
Lifting Palms Toh zhang
Gwa Chang
Face to Face
Pull down
Short form
Body Trace
Double slap
Weaving Hands
Monkey Offers Fruit
Single palm
Double Palm

FA JIN

Shake the earth
Yin Yang Ta Chang
Shooting palms
Pi Chang
Meteor Shatters Earth
Whipping drills
Fierce Tigers Leave Cave

FOOTWORK & STEPPING

Snake, Lion, Crane steps
Kobu - Paibu
Hook step, Open step
Walking: line - square - triangle -
octagon - figure 8 - serpentine - circle

KICKS

4 corners - tam tui - stomping - knee lifts
- heel stomps - foot hooks

MISC. WARM UPS

Swimming Dragon
Finger Ripples
Tea Cups
Lifting Clouds
Fountain
Rise Drill Fall Overturn
Back Palm
Coiling Snake
Twisting Snake
Eight directions
Shooting palms
Snake Wraps willow
Tiger Comes out of Cave
Walking Across Skybridge

LINKING FORM 3

snake palm change
tiger comes out of the cave
shooting palm
snake spits out tongue
remove helmet
dragon rolls around
monkye offers fruit
bear palm
piercing heaven and earth
back palm change
shooting palm
gridning body palm inside
hawk palm change
snake palm

LINKING FORM 4

single palm snake change
follow through change
hawk change

monkey offers fruit
monkey palm change
monkey offers fruit
eagle flaps wings
lion palm
turning body palm change
dragon flying among clouds
eagle piercing the sky

LINKING FORM 5

walkng monkey
monkey holds cauldron
monkey pushes ball
monkey offers fruit
monkey hands from tree
monkey hands paws
monkey looks to rear

FLOWING CHANGES

single palm change
follow through palm
double palm
snake palm
overtruning body palm
spinning body palm
turning body palm
swooping body palm
LINKING FORM

OLD EIGHT CHANGES

single palm change
lion palm change
snake palm change
bear palm change
dragon palm change
phoenix palm change
rooster palm change
chi-ling palm change
monkey palm change

LINKING OLD EIGHT PALMS

wuji - Yin Yang - Joh gung
Lion - Lion holds Ball - Snake
Bear - Black Bear Back Hat - Dragon,
Phoenix - Phoenix in clouds - Rooster,
Chi ling - Lion Rolls Ball - Monkey

SHANG TUNG EIGHT PALMS

Single Palm
Phoenix Faces East
Double Palm Change
Dragon Flying Among clouds
Eagle Flaps Wings
Tiger Comes Out of Cave
Monk Offers Fruit
Spinning Palm Change

PRACTICE SUGGESTIONS

The inner palms should be practiced at least once a day. Next proceed to the second lining forms. Inner awareness and understanding is where Pa Kua skill comes from, not just doing the forms. Center, breathe deeply and work on smoothness. Seek emptiness, controlled steps, light footwork. Movements light but not floating, rooted but not heavy, strong but not stiff, relaxed but not limp.