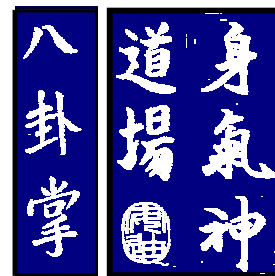


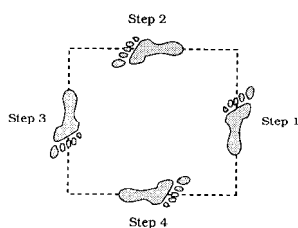


Xin Qi Shen Dojo Bagua Zhang Teaching Certification Level One - Basics



CORE GUIDING POINTS

Head - upright Eyes - level
Neck - loose Expression-relaxed
Shoulders - down Elbows - drop them
Palms - curved Fingers - straight
Hips - even Thighs - rounded
Knees - bent Feet - flat
Tongue - roof of mouth Heart - quiet
Thoughts - inward Qi - to tantien



BASIC BODY STRUCTURE

Postures:

Feet & knees in line
Knees & elbows curved
Hips square & Kua open
Chest soft & empty
Shoulders down & calm
Elbows lower than wrists
Hands alive & palms sensing
Head & neck light & free
Eyes scanning & Intent clear

Movements:

Understand:
range of motion vs circle of strength
Posters vs stances
Ripple of strength vs localized strength
Flowing power vs performance
Style vs natural movement

PRINCIPLES OF BAGUA:

Fire above Water: The hips and legs are the property of water, heavy and sinking into the ground. The waist, torso, and spine are akin to Fire, gently reaching, rising upward, light, and soft.

Jin Zhang Li Da: Opening the joints and ligaments to increase ones' power and Qi flow.

Intent not strength: All movements must be natural, relaxed, smooth and fluid. All actions are a full body, mind, and energy coordination.

Drop them: the shoulders, elbows, energy.

Lift them: the tongue, headtop, spirit.

Round them: palms, arms, legs, torso

Kai-He: open/close, coil/issue all movements

No Slack: In postures or practice

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 form crescent moons
Eyes scanning
Listening behind
Three curves
Six Harmonies
Light not floating
Rooted but not heavy
Strong but not stiff
Relaxed but not limp
Smooth but not rushed

Palm Drills

Palms Down (An/Ta Zhang)

- Down extension
- Jiea - Jam
- Toh Zhang - Monkey
- Tui Zhang - Bear
- Lan Shou - Parry Hook
- Ti Chuei - Lifting Fist
- Diao - hook to double Nikyo
- Diao - to arm bar on neck
- Fan Bei - around back wing
- Nikyo
- Cai - under arm
- Sankyo - under arm
- Dai - pull across / Shiho nage
- Juji
- Outside Nikyo

Warm-ups

Swimming Dragon
Finger Ripples
Tea Cups
Lift Clouds
Fountain
Coiling snake
Twisting Snake
Snake Wraps Willow
Tiger Comes Out of Cave
Walk Across Sky Bridge
Shooting Palms

Footwork and Stepping

- Snake - Lion - Crane
- Kobu Baibu
- Hoot step, Open Step
- WALKING: line, square, triangle, octagon, figure 8 - serpentine-circle

INNER PALMS

- Qi Ling Rubs Earth
 - Hands Floating on Water
 - Lifting Up The Clouds
 - Standing Palm
 - Snake Palm
 - Bear Palm
 - Monkey Offers Fruit
 - Pierce Heaven & Earth
 - Dragon Palm
 - Protecting the Heart
- These are some of the typical Cheng Ting Hua Inner Palms.

ZHAN ZHUAN

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

Partner Movement Drills

Ti Shou
Ti Shou 4 corners
Ti Shou Circling 4 corners
Ti Shou Circling 4 corners/ reverse

Partner Body Strikes

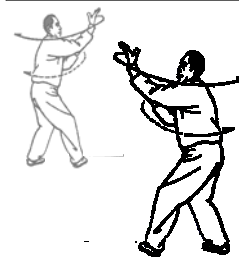
Hips, Shoulders, Back

Single Palms

- Fan Zhang
- Six Harmonies
- Nine Palaces / Liu Bin
- Swimming Body
- Sun Lu Tang Method
- Sun Snake Method
- Wang Xujin Method
- Fu Method 1&2
- Falling Leaf / 64 Palms
- Fu Yang Method
- Six Harmonies Linking

Understand:

Rise, Drill, Fall, Overture



Above are the requirements for 'Basic Bagua Instructor's Certification. You will be expected to demonstrate the contents and also explain what is correct and what wouldn't be within various postures. Xin Qi Shen Dojo club members will have the opportunity to work and teach new members as they filter into the club as part of certification and to expand their understanding.

wuji.com

Xin Qi Shen Dojo
8316 8th Ave NW
Seattle WA 98117