

# Classical Baguazhang Training Syllabus

# 八卦掌

## I. 基本功 *Jīběngōng* 'Basic Training'

八卦導引 *Bāguà dǎoyǐn* 'Guiding & Stretching'

趟泥步 *Tàngníbù* 'Mud Walking Step'

八卦 *Bāguà* 'Eight Diagrams'

轉掌 *Zhuànzǎng* 'Turning Palms'

母掌 *Mǔzhǎng* 'Mother Palms'

## II. 用法 *Yòngfǎ* 'Applications'

摔跤 *Shuāijiǎo* 'Throwing & Wrestling'

對練 *Duìliàn* 'Paired Practice'

轉盤 *Zhuànpán* 'Spinning Plates'

梅花樁 *Méihuāzhūāng* 'Plum Blossom Posts'

## III. 套路 *Tàolù* 'Routines'

二十四式六十四掌 *Èrshísìshì liùshísì zhǎng* '24 Forms 64 Palms'

八卦刀 *Bāguà Dāo* 'Eight Diagram Sabre'

八卦雙頭蛇 *Bāguà Shuāngtóushé* 'Double Headed Snake'

八卦雙鉞 *Bāguà Shuāngyuè* 'Eight Diagram Double Moons'