

Exerpts from the book Yan Dehua's Bagua Applications ISBN 0-9687517-2-5

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Author's Preface

Martial arts are a way to train the body. Techniques are relatively few, though, when compared to the inexhaustible principles of this way. Those who train martial arts must refine their essence 精 to transform their energy/power 氣, in order for this energy to transform their spirit 神. They view mastery 功 as the ability to use this internal energy and hold as a goal it's constant flow without impediment, so seek out techniques that enable their acquired *qi* 後天 to supplement their original *qi* 先天. The storage of the original *qi* is of primary importance, and enables the kidneys' fluid (*jing*) to be sufficient. To train this, breathe the pure air 清氣 in through the nose and take it straight to the belly 氣海. From the belly it absorbs into the tailbone 尾閭 then turns in the midriff 腰間 to store in the kidneys 腎 which are in the body core. Then it goes up the governing vessels 督脈 to the brain 九宮 and returns through the nasal passage to connect by the tongue, which draws the kidney *qi* so that it descends. When it descends to the abdomen it solidifies and enters the cinnabar field 丹田. This is the requirement for a complete cycle 週天.

All martial arts regard internal energy 內氣 as the root and outer power 外勁 as proficiency 功. To train to be accomplished you must train every day over a long period without a break so that your *qi* becomes full. The ancients said, "When heaven (the head) becomes clear and the earth (body) becomes serene, then man has

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one spirit.” Those who train for a long time gain the ingenious spirit of heaven and earth – they are naturally agile, they are completely centered and this shows in their form. They can extend and contract agilely, use a perfect balance of hard and soft, enter and withdraw as needed, be as unhurried or quick as they desire. The perfect subtleties of their techniques are all naturally acquired.

I loved martial arts since I was young, so I learned from master Zhou Xiang 周祥 . As an apprentice I learned the true tradition of *baguazhang* with morals. Although I learned from a famous master, training is the result of personal work, so my skills are not above ordinary. Now I have written “*Baguazhang Applications*” with its 360 detailed drawings to set down the hard won knowledge of past generations before it is lost. I wrote this book so that the true skills are not lost to future generations.

It is my pleasure to openly present this book to those who love martial arts wherever they are, and whatever style they do.

Yan Dehua
閻德華
Wuqing county, Hebei province
March, 1936

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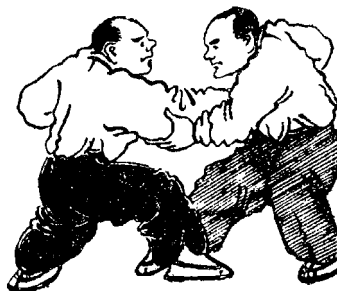
White ape removes a branch

白猿搬枝

I strike 擊 at my opponent's chest with my right hand. He quickly sucks in his chest 吸胸 .



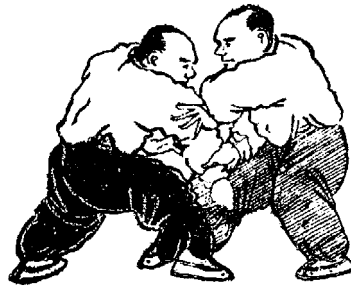
My opponent grabs and pulls 扣擄 my right wrist with his right hand and pulls 擄 my elbow joint with his left hand.



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I quickly stab 插 my
right hand down.



I twist 擰 my arm to
the outside.



And turn the hand over to
face up. At the same time
I advance my left foot,
hooking in, and drop my
weight down. I then lift
托 his arm with my left
hand and raise my right
foot.



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I turn to steal 搶 his place. My opponent's right elbow is now conveniently on my left shoulder.



I use my left hand to move his wrist and use the power of my body core. He must fly over my head from behind me to fall in front of me.



Please take note that in this exchange I am in black pants and my opponent is in grey pants.

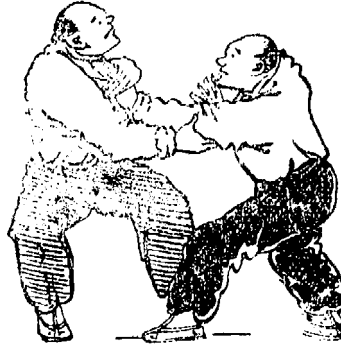
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The thirtieth application is called kick over the mourning cap

倒踢紫金冠

I strike my opponent's
right shoulder with my
left palm. He grabs
扣 my left wrist with
his left hand and lifts
托 my elbow with his
right hand.



He twists his body
left and steps the
right foot forward
so that I am caught
(ready for a joint
lock). I quickly
hook my left foot in
扣步, twist my
body to the right
and lift my right
leg.



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I raise my head and neck and bow my back
折腰 to
kick my
right leg up
into his
abdomen.



Please note for this technique and previous techniques which attack the groin – do not under any circumstances kick anyone other than a real enemy in the groin. Respect for ethics is the root of a good martial artist. To brutalize someone to serve one's own ego – to keep hitting someone without giving face – is the mark of a ruffian. Please note in this exchange I am in black pants and my opponent is in grey pants.

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