



# Bagua Fundamentals

## Guard Positions:

### All

- Stand on 1 foot
- Raised leg thigh is horizontal, shin is 45°, foot is horizontal
- Lift leg by turning waist
- Turn Waist to a point 1/2 way between center and line of circle
- Try to turn hips to unify with upper body
- Pull Hip bones up to shoulders

### Open "Angry Bear"

- Long range, guards the corners
- Hands to corners
- Elbows down

### Closed "San Ti" or "Single Goose Leaves the Flock"

- Close range, guards the centerline
- High Hand wrist at eye height
- Low hand near elbow, but not crossed

## Palm Changes

### Single Palm Change:

- Outside foot up, or forward if fixed step.
  - Vertical Action
  - 1 Hit
  - Keep Facing the Center
1. Step forward, limbs turn inward, fold chest and look to front.
  2. Turn waist. Shift weight. Open chest, release arms. Lower hand slides up outside top hand. Turn palms out at end. Look away.
  3. Relax

### Double Palm Change:

- Inside foot up, or forward if fixed step.
  - Horizontal Action
  - 2 Hits
  - Turn Back to Center
1. Step forward, limbs turn inward, fold chest and look to front.
  2. Turn waist. Shift weight. Open chest, release arms. Lower hand slides up outside top hand. Turn palms out at end. Look away.
  3. Relax

## Coiling Dragon:

1. Reverse Split and Palm, L Stance, Chest Open
2. Knee Crash, Crane Stance, Chest Opens Again
3. Behind Body Scooping Palm: Pierce Behind, Chest Closed
4. Behind Body Scooping Palm: Lift Arm, Chest Open
5. Behind Body Scooping Palm: Inward Block, Chest Closed
6. Piercing Palm: Turn front leg outward.
7. Piercing Palm: Shift weight to front leg.
8. Piercing Palm: Taigung to Chicken
9. Piercing Palm: Step to 60/40
10. Piercing Palm: Turn Waist and Pierce, Chest Open
11. Ward Off, Stepping forward to L Stance.
12. Turn out front leg.
13. Hide the Flowers, Spotted, Chest Closed
14. Pierce
15. Angry Bear, 60/40, Chest Open

## Footwork:

### 1. Chicken:

- Sets vertical center of balance
- Centers weight over the foot.
- Good for gathering energy so you can spring into the attack
  1. Turn waist, place foot. No weight. Head does not move
  2. Shift weight forward to L stance. Head only moves forward, not up.
  3. Taigung to pull rear leg up to chicken position. Head does not move. Squeeze ankle against calf. Keep toes pulled back, bottom of foot parallel to the floor and tuck tailbone

### 2. Crane:

- Extends vertical center of balance upwards and downwards
  1. Lower body back down to chicken position. Head and body sink. Turn waist and place foot forward. No weight. Head does not move.
  2. Shift forward to L stance. Head only moves forward, not up.
  3. Taigung to pull rear leg up to chicken position. Head does not move. Then stand up vertically, head rises. Raise leg to Crane position. Point toes downward

### 3. Kicking:

- Extend force forward without losing balance
  1. Place heel down on floor. Head does not move.
  2. Shift forward to L stance. Head only moves forward, not up.
  3. Kick forward. Head does not move.

### 4. Treading Mud:

- Monitor Footing and Leg Actions Automatically
  1. Turn waist, drag foot outward to place
  2. Shift weight forward to L stance
  3. Drag ball of foot along floor in to ankle. Lightest possible contact. Head does not move.

### 5. Natural:

- Basic heel- toe walking pattern
- Walk heel toe
- Walk in chicken, dumping all weight to front foot on each step.
- Make sure you know when each leg has the balance

### 6. Backward:

- The most powerful step
- Simply walking backwards
- Step toe- heel

### 7. Dog Chasing its Tail:

- Very small circle
- Half way between walking forward and walking backward.

### 8. Advanced Stepping:

- ◆ Figure 8
- ◆ Plum Flower
- ◆ Small Kick
- ◆ Edge of Foot
- ◆ Balls of Feet Forward
- ◆ Balls of Feet Backward
- ◆ Springing
- ◆ Jumping
- ◆ Running
- ◆ Turn in Turn Out



# Bagua Fundamentals

## Lianhuan (Linking Form)

### Opening:

1. Circle Hands Up, Inhale.
2. Press Hands Down, Exhale And Bend Knees.
3. Cat Stance
4. Turn, Spiral Hands, Place Foot 60/40
5. Shift Weight Forward To L Stance, Cross Hands
6. Poke
7. Single Goose Leaves The Flock

### #1: Single Change Of Palm

1. Inward Block, Turn In, Close Chest
2. Outward Chop, Turn Out 60/40, Open Chest
3. Shift Forward To L Stance, Arm Makes Ward Off
4. Stand Spotted, Hide The Flowers, Close Chest
5. Poke
6. Single Goose Leaves The Flock, Open Chest

### #2: Double Changing Palm

1. Inward Block, Turn In, Close Chest
2. Outward Chop, Turn Out 60/40, Open Chest
3. Close Chest, Raise Elbow
4. Shift Forward To L Stance, Open Chest, Back Hand
5. Close Chest, Bring Rear Hand Under Elbow
6. Turn Out Front Leg
7. Taigung to Chicken.
8. Step to 60/40
9. Piercing Palm, Open Chest
10. Turn To Wuji, Swoon
11. Turn To Center, Swoon, Stand Crane
12. Reverse Bow, Palm Groin, Close Chest
13. Open Chest, Raise Elbow
14. Inward Block, Close Chest, 60/40
15. Shift Forward, Ward Off, Open Chest, L Stance
16. Hide The Flowers, Spotted, Close Chest
17. Poke
18. Single Goose Leaves The Flock, Open Chest

### #3: Hawk Flies To Heaven

1. Turn In, Pierce High And Low, Close Chest
2. Circle High And Low, 60/40, Open Chest
3. Close Chest, Drop Palm
4. Turn Out Front Leg
5. Shift Weight Forward
6. Taigung to Chicken
7. Step to 60/40
8. Press Down, Hawk Flies To Heaven, Open Chest, Wuji
9. Turn And Wear A Funny Hat
10. Reverse Bow And Poke, Chest Closes
11. Lift Elbow, Open Chest
12. Close Chest, Leave Arm In Palm Out Ward Off, 60/40
13. Shift Fwd. To L Stance, Open Chest, Turn Arm To Ward Off
14. Hide The Flowers, Spotted, Close Chest
15. Poke
16. Single Goose Leaves The Flock, Open Chest

### #4: Dragon Rolls Its Body

1. Double Palm Change To Twisted, Close Chest
2. Serve In Ba
3. Stand Raised Pull And Palm, Open Chest
4. Hide The Flowers, Close Chest
5. Poke
6. Single Goose Leaves The Flock, Open Chest

### #5: Snake Puts Out Its Tongue

1. Turn In, Drill Up, Open Chest
2. Block Down, Close Chest, 60/40
3. Press And Pierce, Open Chest
4. Turn Out Front Leg
5. Shift Weight Forward
6. Step To Chicken, Press Down, Close Chest
7. Place Foot In 60/40
8. Press And Pierce, Open Chest
9. Turn And Wimp Salute, Wuji
10. Turn And 2 Pierces Low, Close Chest
11. Turn In and Drop Elbow
12. Drill And Palm, 60/40, Open Chest
13. Hide The Flowers, Spotted, Close Chest
14. Poke
15. Single Goose Leaves The Flock, Open Chest

### #6: Eagle Spreads Its Wings

1. Inward Block And Palm, Turn In, Close Chest
2. Bridge And Low Palm, Rvs. Bow, Open Chest
3. Shift To 60/40, Palm Out Drill, Close Chest
4. Turn Out
5. Shift Weight Forward
6. Taigung to Chicken
7. Step To 60/40
8. Straight Palm, Open Chest
9. Turn Away, Wuji, Set Volleyball
10. Turn To Center (Find The Net)
11. Reverse Bow Chop, Rvs. Bow, Close Chest
12. Open Chest, Shift And Chop, L Stance, Close Chest
13. Hide The Flowers, Spotted
14. Cross Hands
15. Angry Bear(Eagle Spreads Wings), Open Chest

### #7: Monkey Offers The Peach

1. Turn To Center, Turn In, Hands Come Together
2. Turn And Split Low, Cat Stance, Close Chest
3. Press With 2 Palms, L Stance, Open Chest
4. Monkey Offers A Peach, Crane Stance, Close Chest
5. Walk Natural Step To Guard
6. Walk Natural Step To Guard
7. Walk Natural Step To Guard
8. Walk Natural Step To Guard

### #8: Whirl Wind Palm

1. Turn And Block High, Open Chest
2. Turn And Block Low, Cat Stance, Close Chest
3. Backhand, Open Chest, L Stance
4. Shift Back And Press, 60/40, Close Chest
5. Turn Out Front Leg
6. Shift Weight Forward
7. Taigung to Chicken
8. Step to 60/40
9. Press And Pierce, Open Chest
10. Pie In Face And Turn To Center, Close Chest
11. Pull Sweep, Open Chest
12. Step Down And Turn
13. Turn And Catch, Close Chest
14. Step And Throw, Open Chest
15. Step And Hide The Flowers, Close Chest
16. Poke
17. Single Goose Leaves The Flock, Open Chest

### Closing

1. Pierce To Center While Walking
2. Circle Hands While Walking
3. Stop, Inhale And Stand Up, Exhale And Relax