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Yan Dehua's Bagua Applications

Chinese-English Edition

A translation by Andrea Mary Falk

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Chinese-English Edition

閻德華的八卦使用法

【少林破牆】

漢英對照版



a translation

by Andrea Mary Falk

霍安娣翻譯者

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The applications shown in this book are performed by experienced
martial artists. The author, translator and publishers are not
responsible for any injury that may occur while trying out these
techniques. Do not apply these techniques on anyone without their
consent and cooperation.

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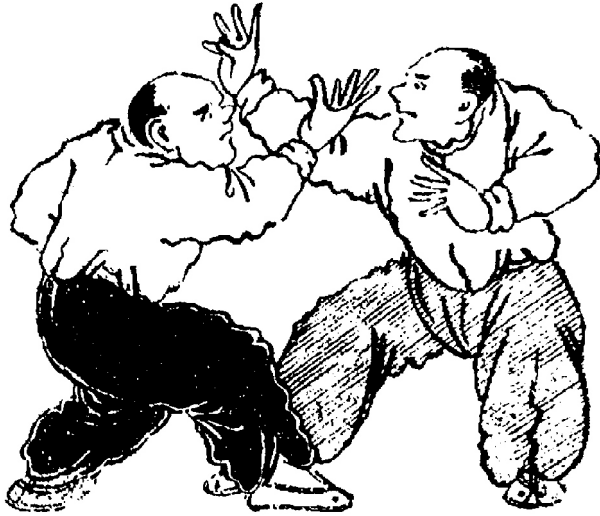
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第一手名為撞掌

The first method is called Shove with the Palm [zhuàng zhǎng]

敵來右掌擊我上部我速坐身出右掌掩截其臂

My opponent strikes towards my head with his right palm. I quickly sit back and extend my right palm to intercept his arm, tucking in my elbow [yǎn jié].



再速用左手由我右臂下穿出而顧其右臂

I then quickly thread [chuān] my left hand under my right arm to deal with his right arm.



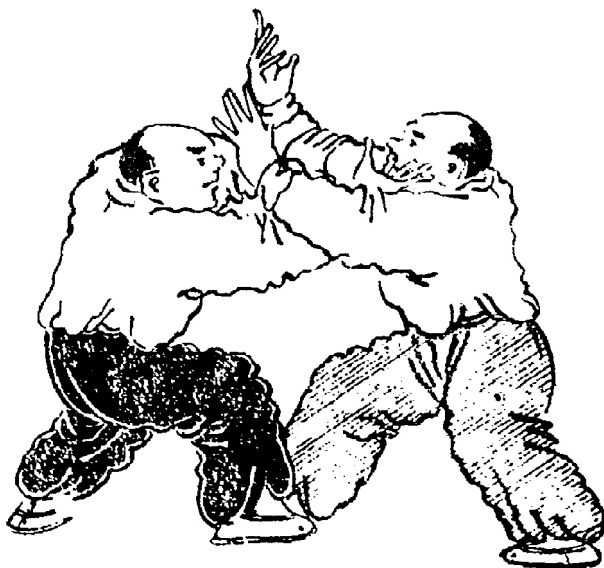
敵必用左掌再擊而我復用右手搗其胸而同時進身

My opponent has no option but to use his left hand to strike again, so I enter with my body and use my right hand again to firmly tamp on [tâ] his chest.



敵必卸而掌擊來我再以右手向其左肩間穿去

My opponent has no option but to unload and strike again, so I use my right hand again to thread [chuān] onto his left shoulder joint.



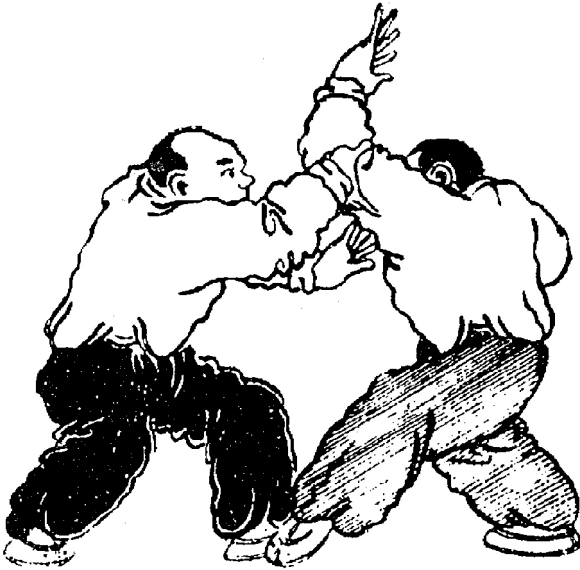
再反手擄其肘同時撤左掌

Then I roll my hand over to pull [lǚ] his elbow while removing my left hand.



而右手往上托再坐身形

I lift from underneath [tuō] with my right hand and settle
into my legs.



腰用力而鬆右手以左掌擊其肋敵當敗矣

I snap force from my body core to my right hand and hit [jī] my opponent's ribs with my left hand and he is defeated.



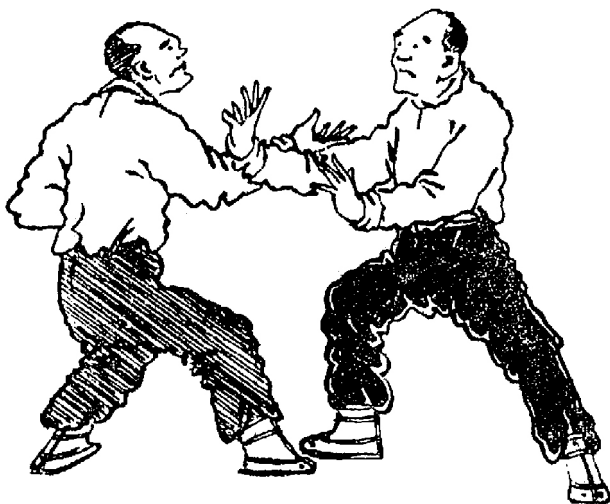
本招為甲乙丙丁戊己庚七圖黑褲者即我花褲者為敵
In the seven drawings of this exchange I am in black trousers and my opponent is in patterned trousers.

第五手名為截腿

The fifth method is called Leg Interception [jié tuǐ]

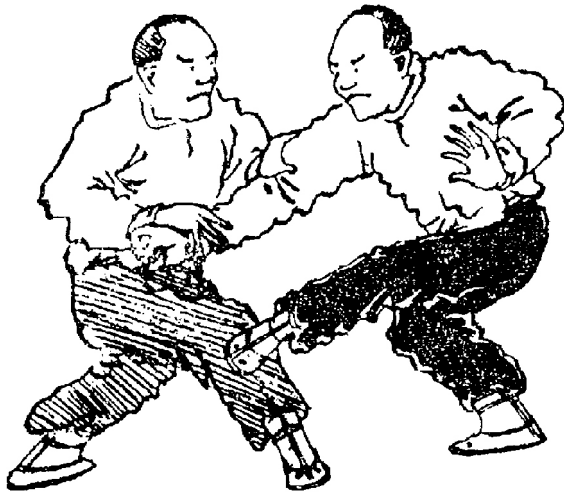
我以右掌擊敵而敵用右手攔扣我腕左手托我肘環向
下彈之我必前僕

I strike at my opponent with my right hand. He grabs and pulls [lǚ kòu] my wrist with his right hand and lifts [tuō] my elbow up with his left hand. He changes this to a downward snap [tán] to make me fall forward.



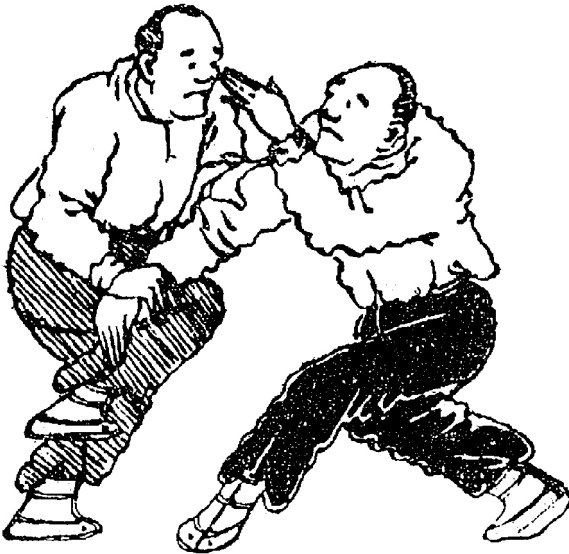
而速出左腿向前橫截其右腿

I quickly put my left foot forward (turned out, to cross with his leg) to intercept [héng jié] his right leg.



敵必將右步提起我足落空而我速出左手由我嘴角間
發出戳其目

My opponent must lift his right leg. My foot will then
miss and land on the ground and I can quickly dart out
my left hand from my jaw to poke [chuō] at his eyes.



敵必棄我右臂而變招我速進身形上右步吃其步買其腰而用右臂橫其胸臂向外滾同時塌肩頂項變臉目視敵面五行合一取開勁敵必後僕

My opponent must release my right arm and change his tactic. I quickly move in, stepping my right leg in to get my body in close, control [chī 'eat'] his legs, and control [mǎi 'buy'] his waist. I place my right arm horizontally across his chest and arm to roll him out. As I do this, I settle my shoulders, straighten my neck, and change my face to look at my opponent's face. The five elements combine within me to create an opening power and my opponent must fall behind me.



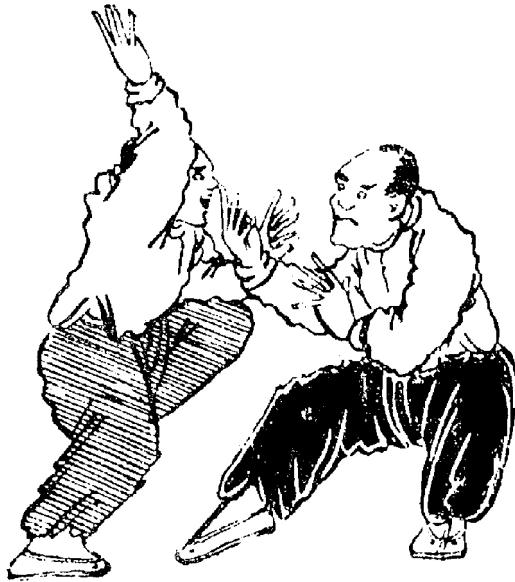
本招四圖為甲乙丙丁每圖二人黑褲者即此灰褲者為彼請注意焉 Please take note that in each of the four drawings of this exchange I am in black trousers and the other party is in grey trousers.

第十四手名為倒提金爐

**The fourteenth method is called Lift and
Pour the Golden Brazier [dào tí jīn lú]**

敵用右掌劈面打來我速坐身以右手往上穿

My opponent comes at me with a right chop [pī] to my
face. I quickly sit back and thread my right hand up.



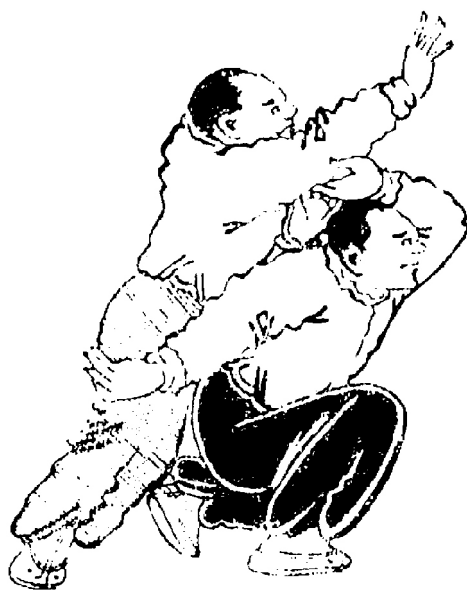
而同時再用左手擄其肘環速上扣左步踏扣其襠

At the same time, I grab his elbow and pull [lǚ] with my left hand and quickly step my left foot with the foot hooked in to pressure [tā kòu] his groin.



遂轉身形再右手向後搬其臀而帶襠

I turn my body and extend my right hand to carry [bān]
his buttocks and take [dài] his groin on my back.



由後往前以膀肩及腰間用力而付身形再以臀步擊其
腹敵必前僕

I bend over [fú shēn] and use the power of my upper
arms and shoulders together with that of my body core
to throw from behind me towards the front, while also
striking his abdomen with my hip. My opponent must
fall forward.



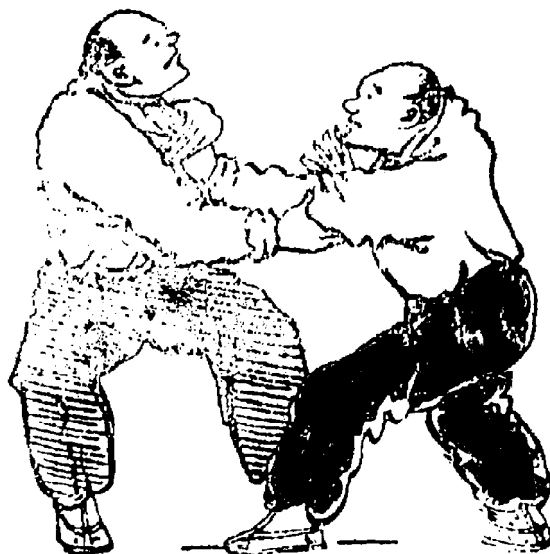
本招為甲乙丙丁四圖黑褲者即我條褲者為敵請注意
焉 Please take note that in each of the four drawings of
this exchange I am in black trousers and my opponent is
in striped trousers.

第三十手名為倒踢紫金冠

The thirtieth method is called Kick Over the Mourning Cap [dǎo tī zǐ jīn guān]

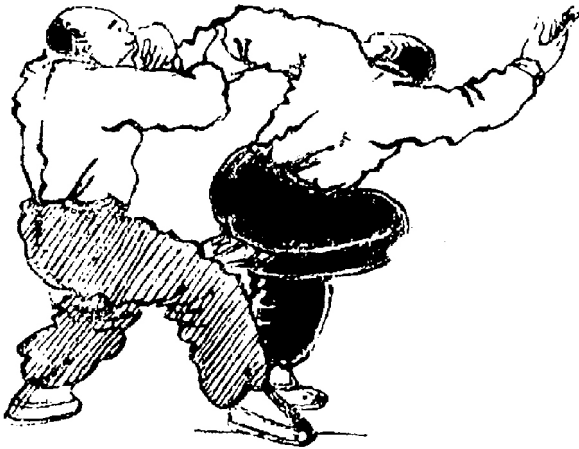
我用左掌擊敵之右肩敵用左手扣我左腕而用右手托我肘

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



向左側扭身遂上右步我即被拿我當速扣左步向右扭
身遂提右腿

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 [kòu bù], twist my body to the right
and lift my right leg.



抬頭向上折腰挺項以右腿踢敵腹諸同志果如用此招時或以前所有撩陰等招數若不遇匪人萬不可踢其襠注重套德是好武者之本以公報私得手不容人乃匹夫之也

I raise my head and neck and bend my back [zhé yāo] 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.



本招為甲乙丙三圖黑褲者即我灰褲者為敵請注意焉
Please take note that in each of the three drawings of this exchange I am in black trousers and my opponent is in grey trousers.