

The Eight Post Methods Of Liu Style Baguazhang

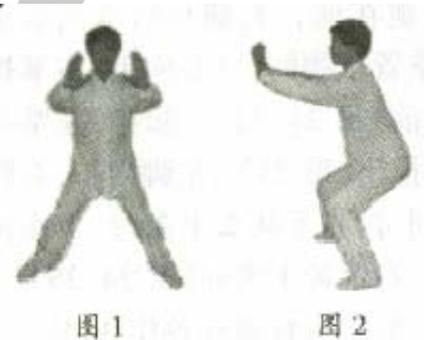
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The Eight Posts are the beginning skill methods of Liu Style Baguazhang. They emphasize cultivation the body, externally by the ability to coordinate twisting and turning and developing the skills of bracing the sinews and drawing out the bones. Internally they cultivate the drumming swaying round rolling energy and the skill of microcosmic horizontal movement.

1. Squeeze (Squeeze the Horse Post)

Both feet are separated slightly more than shoulder width. The distance is about the length of three of your own feet. Simultaneously the knees hook inward. Bend the knees and squat down to make the Squeeze the Horse step. Both arms are lifted up level with the chest. They stretch out to the front with the palms facing diagonally toward each other. They are like holding up a ball. The fingers are naturally spread open. The tiger's mouths are rounded. The tips of the elbows hang down. The chest is hollowed and the back is rounded. The buttocks are constrained. The eyes gaze toward the front. (pictures 1 and 2)

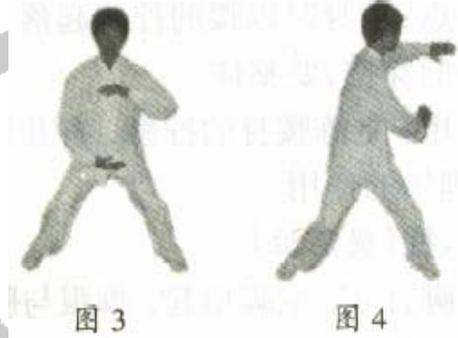


Essential points: The toes grip the ground. The knees hook and the legs squeeze. The belly is raised and the groin sinks. The buttocks are constrained and the back is rounded. The shoulders are relaxed and the elbows drop. The head pushes up and the neck is erect.

Function: This mainly trains the complete energy of the whole body. It cultivates the dantian neigong. It lays the foundation for moving the inner five elements. It strengthens the body, prevents disease, and nurtures long life.

2. Push (Push the Mountain Post)

- 1) The actions of the lower limbs are the same as in Squeeze the Horse post. The left hand is held levelly by the front of the chest. It is level with the *shanzhong* point. (CV 17) The palm faces downward. The right hand is placed by the dantian area. The palm faces upward and is opposite the left palm like embracing a round shape. (picture 3)
- 2) The actions of the lower limbs are the same as above. Use the waist as the axel and rotate toward the left. Both palms simultaneously overturn outward and push to the outside. (picture 4)



Notes: Use the left form as the template. The right form is similar only the directions are reversed. The left and right sides make one cycle. Repeat this 36 times.

Essential points: The waist area is loose as it turns. The eyes follow the turning of the hands. The hands must roll and overturn. The waist must twist.

Function: Pay attention to training the waist strength and the palms' sideways pushing strength.



3. Winding (Winding Body Post)

- 1) The actions of the lower limbs are the same as above. The arms each stretch out levelly toward the left and right like holding up a heavenly object. (picture 5) Then the left hand moves down by the upper belly. The palm faces up. The side of the palm is opposite the navel area. (picture 6)
- 2) The actions of the lower limbs are the same as above. The waist rotates toward the left. The left hand, from the navel area, moves along the Dai meridian to arrive behind the back. The back of the hand makes contact with the *mingmen* point. (Du 4) The right hand simultaneously pierces up toward the left to uphold. (picture 7)

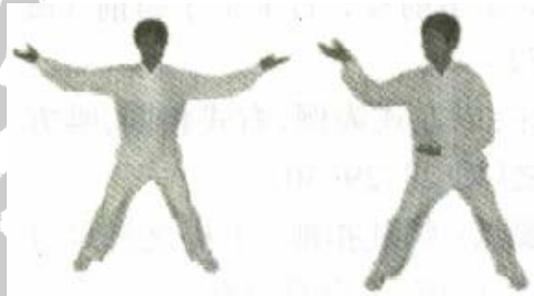


图 5

图 6



图 7

Notes: Use the left form as the template. The right form is similar only the directions are reversed. The left and right sides make one cycle. Repeat this 36 times.

Essential points: The waist area is loose as it turns. Use the waist to pull the hand. Use the will to move the qi.

Function: This mainly trains waist strength. It opens up the Dai meridian.



4. Twisting (Twisting and Piercing Post)

- 1) Both legs stand straight, about shoulders width apart. Then they slightly bend and squat down making the Squeeze the Horse step. The hands separate and open to uphold levelly to the left and right. Their height is even with the shoulders. The palms face up like upholding a heavenly object. (picture 8)
- 2) Pivot on the toe of the left foot. Twist and rotate the left hip inward. Rotate the waist. Simultaneously, the left hand bends and makes a horse head palm by the hollow of the shoulder. (picture 9)
- 3) Pivot on the toe of the left foot and simultaneously rotate outward. The left hand, from below the left armpit, twists and pierces toward the left front direction. This makes the lower posture. (picture 10)

Notes: Use the left form as the template. The right form is similar only the directions are reversed. The left and right sides make one cycle. Repeat this 36 times. (pictures 11 and 12)

Essential points: Turning the foot, twisting the hip, rotating the waist must be coordinated as a unit. It must not stop or be obstructed.

Function: This trains the whole body's rolling, drilling, vying, and wrapping strengths.



图 8



图 9



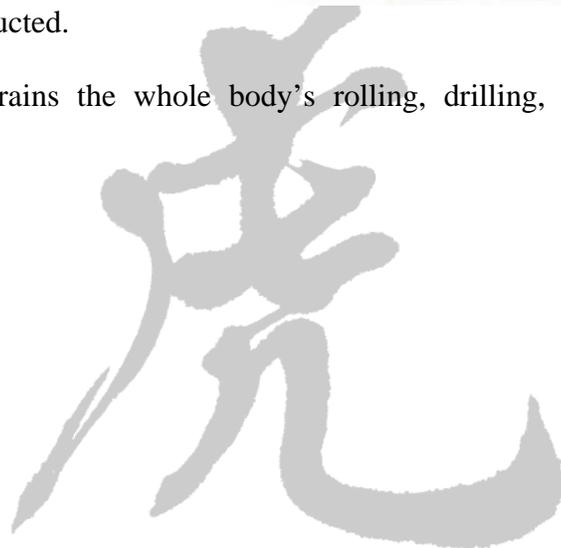
图 10



图 11

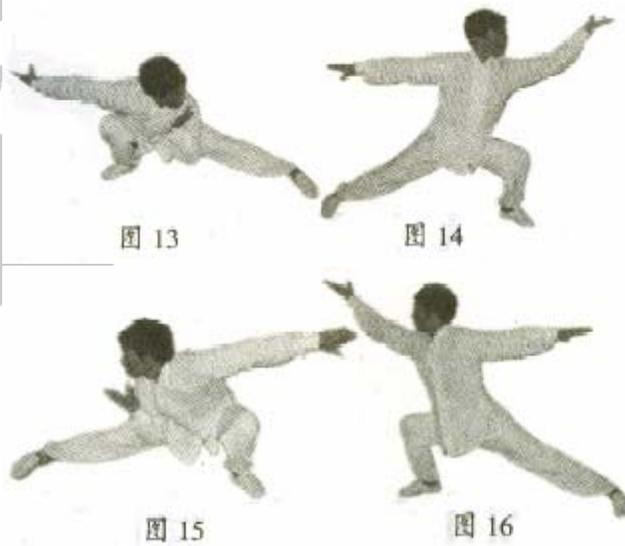


图 12



5. Thrusting (Lower Thrusting Post)

- 1) The right leg bends. The left leg stretches out straight making a left lying step. The left hand is by the lower jaw area with palm facing up. The right hand stretches out straight with the palm facing up. (picture 13)
- 2) Continuing from the above posture, the body does a swimming motion toward the left front direction and makes a left bow step. The left palm stretches out straight toward the left front direction and thrusts out. (picture 14)



Notes: Use the left form as the template. The right form is similar only the directions are reversed. The left and right sides make one cycle. Repeat this 36 times. (pictures 15 and 16)

Essential points: Use the waist and hip's pulling motion to thrust the palm out. The whole body must be coordinated.

Function: This has opening the hip joint and strengthening the hip joint agile nature and coordinating it with the whole body. It is also used to develop thrusting and piercing strength in the hands.



6. Slapping (Double Slapping Post)

- 1) The right leg bends. The left leg stretches out straight making a left lying step. The left hand is by the lower jaw area with palm facing up. The right hand stretches out straight with the palm facing up. (picture 17)
- 2) The left hand pierces out below the right armpit making a double crossed form. (picture 18) Simultaneously, the body twists toward the right. Both palms make an outward pushing form. (picture 19)
- 3) The body turns suddenly toward the left. Both palms slap toward the left. (picture 20)

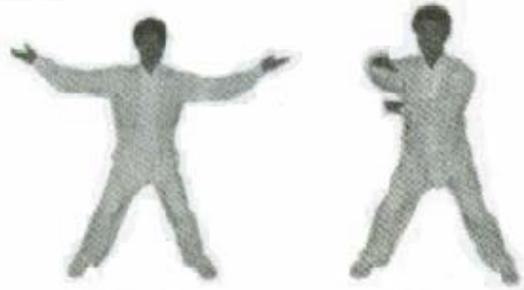


图 17

图 18

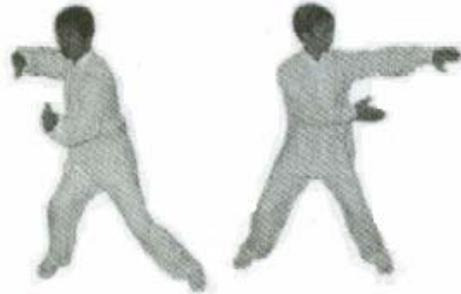


图 19

图 20

Notes: Use the left form as the template. The right form is similar only the directions are reversed. The left and right sides make one cycle. Repeat this 36 times.

Essential points: The body must pull the hands. Issuing energy must be fierce and quick.

Function: This trains horizontal slapping and issuing strength in both palms.



7. Overturning (Overturning Body Post)

The left leg is in the front. The right leg in the rear bends to make an empty step. The left hand is positioned by the waist area with the palm facing up. The right palm pushes down by the front of the left knee. (pictures 21 and 22) The body rises. The left palm pushes out from below the right palm. (picture 23) The left foot hooks inward and the right foot swings out. Simultaneously, the left hand moves past the top of the head and pushes down by

the front of the left knee. The right hand is placed by the waist area. (pictures 24 and 25)

Notes: Use the left form as the template. The right form is similar only the directions are reversed. The left and right sides make one cycle. Repeat this 36 times.

Essential points: When overturning the body, use the twisting, overturning, rising and falling of the waist to generate the pushing motions of the palms. It must be whole body.

Function: This mainly trains the twisting and overturning of the waist and body. It opens up the liver meridian and regulates it.



图 21



图 22



图 23



图 24



图 25



8. Raise (Raise the Sinews Post)

The right foot stands straight. Lift up the left foot until it is as high as the knee. The left palm pierces toward the front. The right palm protects the front of the hip. (pictures 26 and 27)

Notes: Use the left form as the template. The right form is similar only the directions are reversed. The left and right sides make one cycle. Repeat this 36 times. (pictures 28, 29, and 30)

Essential points: The toes grip the ground. When raising the foot, the toes must hook upward as much as possible. The dantian embraces the qi. The whole body uses combined energy.

Function: This stimulates the foot's *shaoyang* meridian. It causes the kidney's jing to get solid. From this one can cultivate the meridians throughout the body.



图 26



图 27



图 28



图 29



图 30

