

Jiang Rongqiao's Baguazhang

Chinese-English
Edition

姜容樵的八卦掌

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The techniques described in this book are intended for experienced martial artists. The author, translator, and publishers are not responsible for any injury that may occur while trying out these techniques. Please do not apply these techniques on anyone without their consent and cooperation.

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Preface to the Chinese-English Edition

I typed out this Chinese-English edition in 2015 to celebrate the 50th anniversary of the original Chinese edition of this book. The setup up is simple – first the Chinese, then the English. I waited until the stock of the the previous edition sold out before making this edition available, but now here it is. Typing in Chinese is fraught with possibilities of incorrect entry, so please excuse any mistaken characters that I missed in proof reading.

Since I did the first translation I have been lucky in studying the old eight changes with other Jiang style teachers, a little bit with Jiang Rongqiao's adoptive daughter Zou Shuxian, one long session with Sha Guozheng's special disciple Su Zifang, a short session with her son Zhao Yun, and mostly with my martial eldest brother Cheng Jiefeng. The differences and similarities to my original learning with my sifu Huan Dahai and martial elder brother Cai Yuhua reinforced my understanding of Jiang style. This gave me the confidence to add a few notes to the original translation. In passing, I of course changed the translation slightly. I just can't help it. I renumbered the images and photos, and shifted things around a bit to make more sense to the way we train the changes. I also deleted the pointers on the repeated side, as they just repeated what was already said on the first side.

The more I look into Jiang Rongqiao's life and literary output the more I respect him as a martial artist and person, and the prouder I am to be in his lineage. In addition to his bagua, I also train a Taiji Changquan that he transmitted to my sifu and to Cheng Jiefeng. I hope to publish a book on this if I get permission.

The drawings of this book were done from photos taken when Jiang was older, so the power flow is clearly visible but the stances aren't as flashy as in his younger years. I have put in some photos from the 1930s in the introduction, to show the flavour of his unique skill.

There is something about these old eight changes, I never get tired of them. I also love working with the drawings of Jiang Rongqiao and photos of Cai Yuhua. Their skill is evident in every single pose, and they are a joy to look at. Although this is a short and relatively simple book, I think it is useful to people who love baguazhang, and well worth bringing out again, with the addition of the original Chinese.

Andrea Mary Falk

霍安娣

Québec, Canada

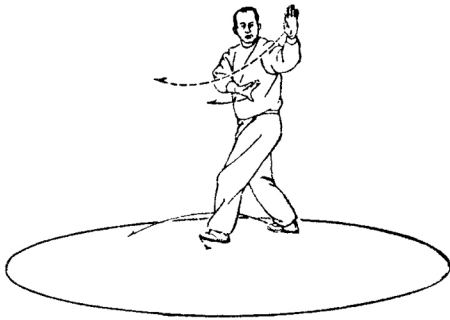
May, 2019

第二掌

The Second Palm Change

左足尖外展，右足上步，开始从北向西，向南，向东，向北沿圆圈行走一周。走到北方原地点如图时，再换接下一式。

Hook out the left foot and step the right forward, starting to walk westward around the circle, holding the upper body posture of figure 1.12b. Go on to the next movement after completing a full circle and returning to the North pole.



要点：与第一掌第四动鸿雁出群同。

Pointers: Extend the left shoulder and elbow as far as possible to the left side of the body, with the left palm at eyebrow height. Push and press the right palm down and forward. Twist the waist to the left. Walk at an even pace.

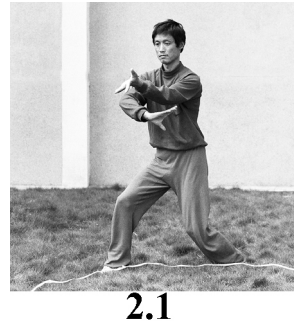
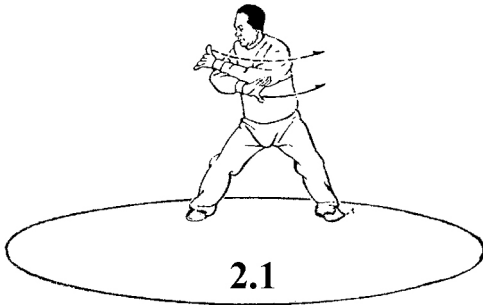
Translator's note: We usually lift the left foot and step it first.

2.1 紫燕抛翦 zǐ yàn pāo jiǎn

Violet Swallow Tosses Its Wings (right)

右足向左前（西方）迈进一步，两足成倒八字步；左掌同时臂外旋，使拇指外侧向上，从右臂上面向右侧推出，掌心向外；右掌伸于左臂下面，小指外侧斜向上；两掌上下交迭，头向右转，眼看左掌。

Step the right foot in front of the left (West), forming the Chinese character eight 八. Laterally rotate the left arm so that the thumb edge is on top, and push to the right over the right arm with the palm facing out. Extend the right palm out under the left arm with the little finger edge on top. The arms cross. Turn the head to the right, looking at the left palm. (images 2.1)



要点：与第一掌第五动紫燕抛翦同。

Pointers: Relax the shoulders, waist, and hips. Hold the arms in front of the chest in an embracing posture – do not cross them too tightly.

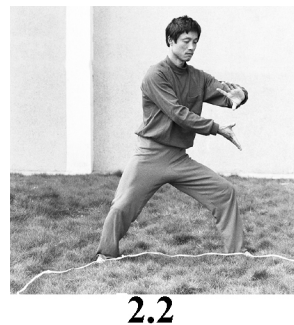
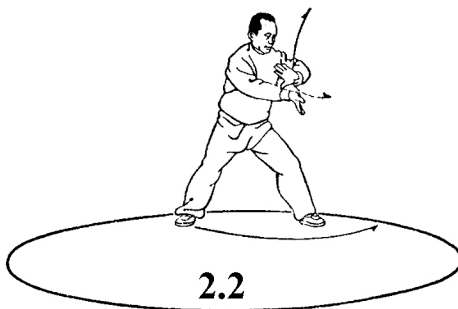
Translator's note: You may also start with a *baibu* on the inside foot, then *koubu* the outside foot to a horse stance.

2.2 闭门推月 bì mén tuī yuè

Close The Door And Push The Moon (left)

左足向身体左侧微移，足尖外展，上体稍向左转；左掌同时臂内旋使拇指外侧向下，从右向左屈肘带回，掌心向外；右掌同时臂外旋使掌指向下，向左下方推出，掌心斜向上；眼看两掌。

Shift the left foot to the left of the body, pressing it outwards. Turn the body slightly to the left. Medially rotate the left arm so that the thumb is on the bottom and flex the elbow to draw the hand to the left with the palm facing out. Laterally rotate the right arm so that the fingers point down and push to the lower left with the palm facing up. Look at both hands. (images 2.2)



要点：与第一掌第六动闭门推月同。

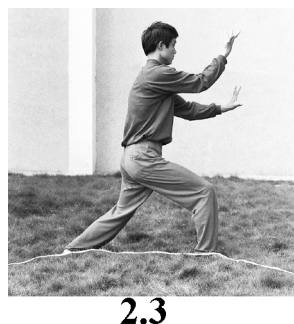
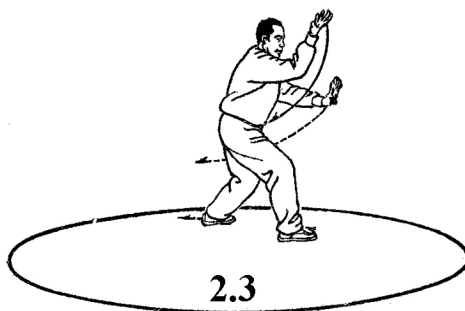
Pointers: The arms form semi circles, they should not be too tightly bent.

2.3 猛虎出柙 mǎng hǔ chū xiá

Fierce Tiger Escapes From The Cage (left)

右足向左足前迈进一步，两腿微屈；上身左转；右掌同时从左臂里面向上屈肘穿出，成螺旋掌，小指外侧对向面部；左掌同时向身前推出，成竖掌；眼看左掌。

Step the right foot in front of the left with the knees slightly bent. Turn the body to the left. Flex the elbow and thread the right palm out and up from inside the left arm, forming a spiral palm with the little finger edge towards the face. Push the left palm out in front of the body, forming an upright palm. Look at the left hand. (images 2.3)



要点：两肩放松；右掌稍搞过头；右小臂微向前斜倾；左掌高与胸平；左肘微屈，位于右肘里侧；两掌上下成直线。

Pointers: Relax the shoulders. The right palm is slightly higher than the head. The right forearm is inclined slightly forward. The left palm is at chest height. The left elbow is bent inside the right elbow. The palms are in line, one above the other.

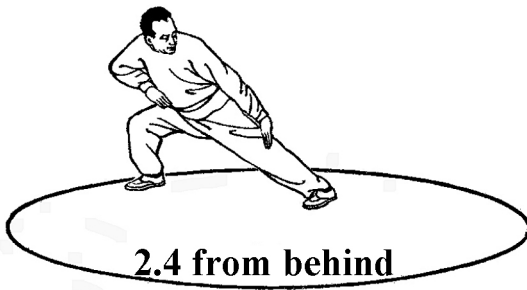
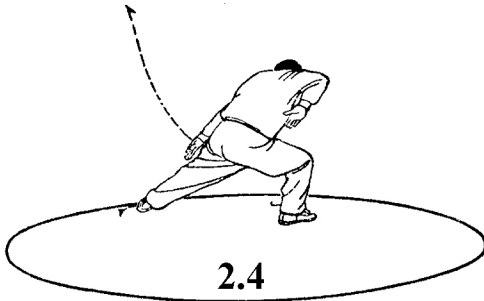
Translator's note: Some push with the arm quite straight and the rear leg quite straight as well, shifting into a bow stance. Some keep the weight back in a sixty-forty stance, and the arms more bent.

2.4 金鸡撒膀 jīn jī sā bǎng

Golden Pheasant Shakes Its Wings (left)

右掌从上由胸前屈肘下沉，叉于右腰侧，拇指在后，其余四指在前，左足同时向西北方伸出，左腿伸直；右足尖同时里扣，右腿屈膝下蹲；左掌随着左腿反臂伸出，掌心反向上；头随着左掌向左扭转，上身前俯，眼看左掌。

Bend the right elbow and sink the right palm down in front of the chest, placing it at the right waist with the thumb behind and the fingers in front. Step the left foot to the North-west and extend the leg. Hook in the right foot and squat on the right leg. Extend the left palm out along the left leg with the arm rolled over, with the palm also rolled over to face up. Turn the head to follow the left palm and lean forward, looking at the left hand. (images 2.4, and from behind)



要点：全身重量在右腿，左腿作仆步。

Pointers: The weight is on the right leg, forming a left drop stance.

Translator's note: All Golden Pheasant moves are not done in a drop stance, but is a higher, more turned stance. It is a tucked in bow stance (a tucked in bow stance has the front leg bent and toed in) that puts power outward to the extending leg, into the palms, shaking into the arms with an outward force, as is shown in the drawing and the photo. If Cai Yuua is in a high stance it is because it is supposed to be like that, he is perfectly capable of dropping down. Note also that the body is turned towards the bent leg, which is a bow stance configuration. The attention is on the rear, extending, leg. This later becomes one of the seventy-two hidden kicks – a low kick to the heel or outer edge. There is another stance that is called pubu, written 铺, similar to a drop stance, but a bit higher, with the weight more between the legs. Jiang wrote in traditional characters, so perhaps the typesetter into simplified characters erroneously substituted pu 仆?

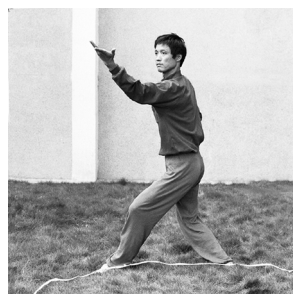
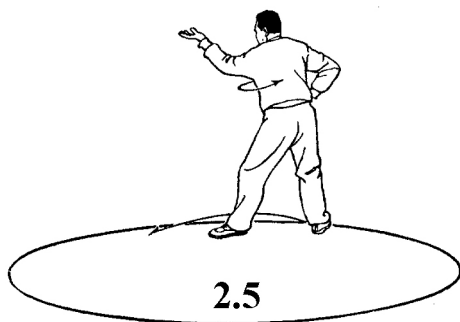
The upper hand may be at waist height, shoulder height, or higher, as long as the alignment of that arm and hand is assisting the power of the hand at the knee. The elbow must remain on line, not stick out behind.

2.5 移花接木 yí huā jiē mù

Move A Flower To Graft A Branch (left)

左足尖外展，上身直起，右腿伸直，右足随之进半步；左掌臂外旋使掌心向上，由下向上托起，成仰掌，肘微屈；眼看左掌。

Hook out the left foot and stand up, extending the right leg and stepping forward a half step with the right foot. Laterally rotate the left arm and turn the palm up, lifting up in a supine palm with the elbow bent. Look at the left hand. (images 2.5, and photo from behind)



2.5 from behind

要点：头往上顶，项要竖直，两腿力量平衡，左掌高与头平齐。

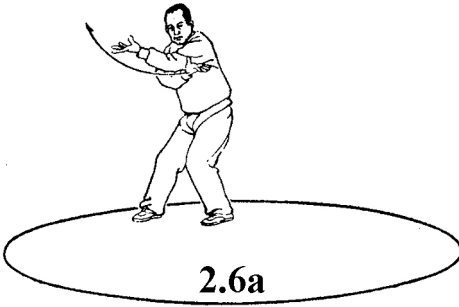
Pointers: Press the head up and straighten the nape of the neck. Keep power evenly in both legs. The left palm is at head height.

2.6 脑后摘盔 nǎo hòu zhāi kuī

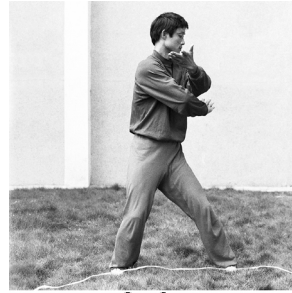
Pick A Helmet Behind The Head (right)

右足向左足前方上步，足尖里扣，成倒八字步；身体同时左转；右掌臂外旋使掌心向上，从右腰侧由左臂下面向左穿出；左掌位置不变，两臂上下交迭；眼看右掌。

Hook in the right foot in front of the left, forming the Chinese character eight 八. Turn the body to the left. Laterally rotate the right arm so that the palm faces up, and thread the hand out from under the left arm to the left. The left palm does not change position, so the arms are crossed. Look at the right hand. (images 2.6a)



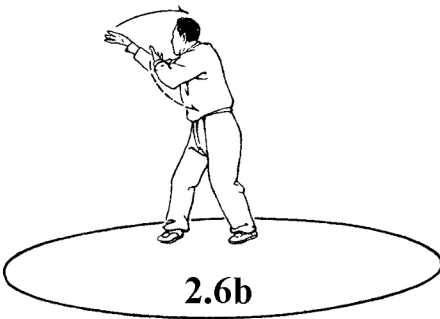
2.6a



2.6a

两足不动，右掌从左臂下面向右，向上斜摆上举，掌心仍向上；上体随着右转；左掌顺势屈肘置于右肘里侧；眼看右掌。

Without moving the feet, swing the right palm up from under the left arm to the right then lift up, with the palm still facing up. Turn the body to the right. Flex the left elbow to keep the palm inside the right elbow. Look at the right hand. (images 2.6b)



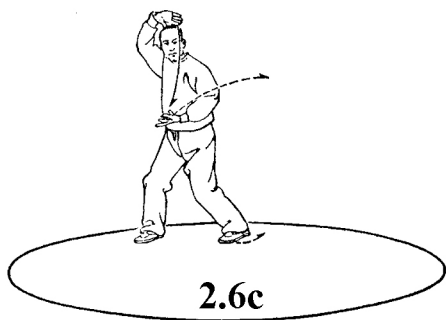
2.6b



2.6b

上动不停，右掌从右上方屈肘向脑后移转，至脑后时，向头顶上方托起；左掌从右肘里侧落至腹前，仍为仰掌；两眼平视。

Bend the right elbow and bring the right palm down from the upper right to behind the head. Once the hand arrives behind the head, push up above the head. Lower the left palm from by the right elbow to in front of the abdomen, keeping it in a supine palm. Look straight ahead. (images 2.6c)



要点：头往上顶，松肩松胯，两臂始终屈肘，不要直臂。

Pointers: Press the head up and relax the shoulders and hip joints. Keep the elbows bent throughout the entire move, do not straighten them.

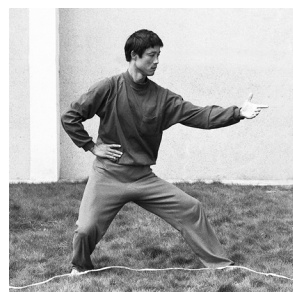
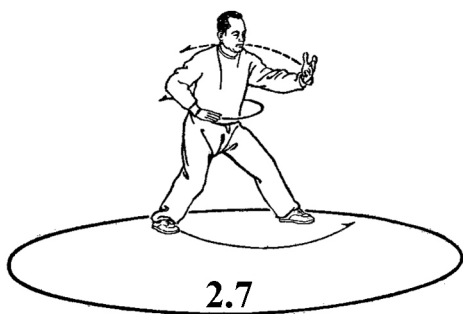
Translator's note: Extend the arm behind fully, in a smooth action. Press the upper back to the opposite direction to drive the movement of the arm.

2.7 怀中抱月 huái zhōng bào yuè

Embrace The Moon In The Bosom (left)

右掌从身前落下，置于右腰前，拇指向后，成俯掌；左足向左伸出，上身随着左转；左掌同时屈肘向左棚出，拇指外侧向上，掌心向里，作抱腰式；眼看左掌。

Lower the right palm in front of the body to the right waist with the thumb to the rear forming a prone palm. Extend the left foot out to the left and turn the torso to the left. Bend the left arm and press out to the left with the thumb side of the palm on top and the palm facing in, in an embracing posture. Look at the left hand. (images 2.7)



要点：两腿微屈，力量平衡，左臂要屈成平圆形，左掌与胸平齐。

Pointers: Bend the legs with the strength evenly distributed. Bend the left arm in a semi circle with the left palm at chest height.

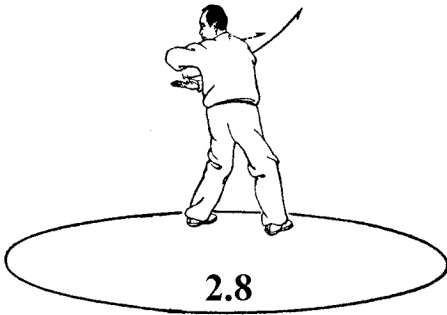
Translator's note: The right hand braces to give balanced power to the left hand. It is usually place just off the hip. A stylistic touch is to place it on the hip bone, which is cool as long as the power flow doesn't dissipate.

2.8 叶底藏花 yè dǐ cáng huā

Hide A Flower Under A Leaf (left)

右足向左足前方迈进一步，足尖里扣；两腿微屈；上身左转朝向北方；左掌同时臂内旋使拇指外侧向下，屈肘向左平带；右掌随之臂外旋使掌心向上，向左腋下穿出。

Hook in the right foot in front of the left. Flex the knees. Turn the torso to the left, towards the North. Medially rotate the left arm to turn the thumb side down. Flex the left elbow and draw the palm across to the left. Laterally rotate the right arm to turn the palm up, and stab out under the left armpit. (images 2.8)



要点：与第一掌第三动叶底藏花同，唯方向相反。

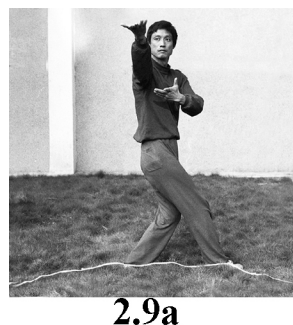
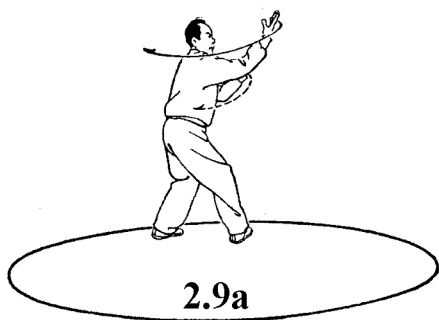
Pointers: Turn the head to the left to look at the left elbow.

2.9 鸿雁出群 hóng yàn chū qún

Swan Leaves The Flock (right)

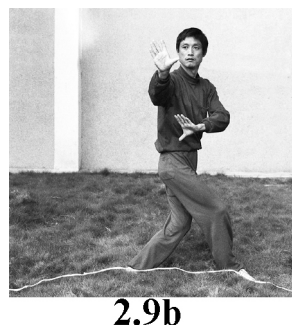
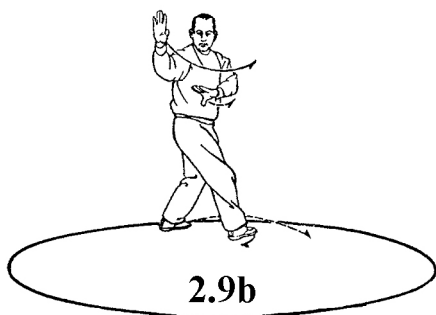
两足原地不动，上身右转；右掌从左肘下面向身体右上方（圆圈东南方）移转上举，与头平齐；左掌同时臂外旋，随右掌转动，置于右肘里侧；两掌成仰掌，眼看右掌。

Turn the body to the right without moving the feet. Rotate and lift the right palm from below the left elbow to head height at the upper right of the body (South-east). Laterally rotate the left palm and follow the movement of the right hand, keeping the hand inside the right elbow. Both palms form supine palms. Look at the right hand. (images 2.9a)



上动不停，右掌臂内旋，向身体右方转动，成竖掌；左掌随着臂内旋，屈肘向右肋侧下按，掌心向下；上身继续向右转动；头随着右掌向右方扭转，眼看右掌。

Medially rotate the right arm and turn to the right of the body forming an upright palm. Medially rotate the left arm and flex the elbow to press down by the right ribs with the palm facing down. Continue to turn the body to the right. Turn the head right to follow the movement of the right hand with the eyes (images 2.9b)



右足尖外展，左足上步，开始从北向东，向南，向西，向北沿圆圈行走一周。走到北方远地点如图 2.15 时再换接下一式。

Hook out the right foot and step the left forward, starting to walk eastward around the circle holding the upper body position of images 2.9b. Start the next movement after completing a full circle and returning to the North pole of the circle.