

**Excerpt from the book Jiang Rongqiao's Baguazhang
ISBN 0-9687517-0-9 published 2000 by tgl books**

This file has been altered to make a PDF file for download and is not exactly the same as the book. The pinyin has been removed due to problems matching old files with new programs, and the formatting has been moved around to make less pages for printout. The book has pinyin pronunciation for every name. This excerpt is intended to give you an idea of the quality of the book and the translation only.

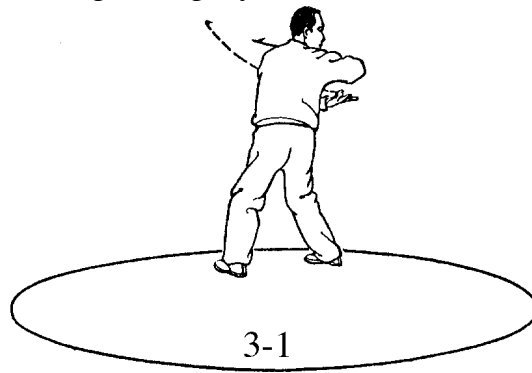
The Third Palm Change

3.1 Hide a flower under a leaf (right)

叶底藏花

Hook in the left foot in front of the right. Slightly flex both knees. Turn the body right to face the north. Medially rotate the right arm so that the thumb side is on bottom and flex the elbow to draw the palm across to the right. Laterally rotate the left palm and stab the left hand in under the right armpit with the palm facing up. [figure and photo 3.1]

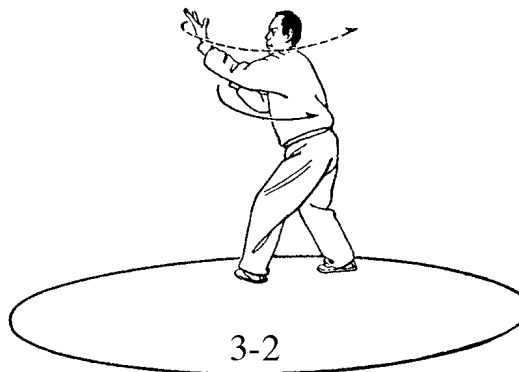
Note: Turn the head to the right to look at the right elbow.



3.2 The swan leaves the flock (left)

鸿雁 出群

Turn the body to the left without moving the feet. Turn and lift the left palm from under the right elbow to head height at the upper left side of the body (towards the southwest). Laterally rotate the right arm and turn with

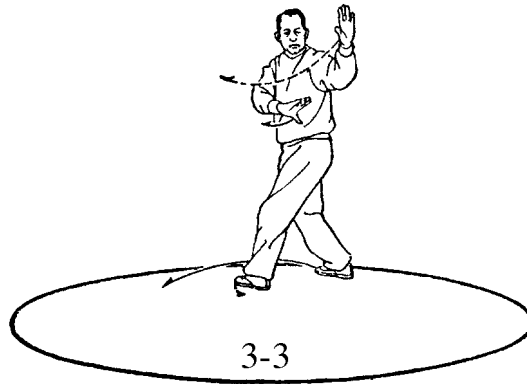


©2000 Andrea Falk, tgl books

This excerpt is supplied to give an idea of the quality of the translation only. Some contents and formatting have been changed.

the left hand, keeping the hand on the inside of the left elbow. Both palms are supine palms. Look at the left hand. [figure and photo 3.2]

Medially rotate the left arm and bring the hand around to the left of the body, forming an upright palm. Medially rotate the right arm, flex the elbow and press the right palm down by the left side with the palm facing down. continue to turn the body to the left. Follow the leftward movement of the hands with the head, looking at the left hand. [figure and photo 3.3]



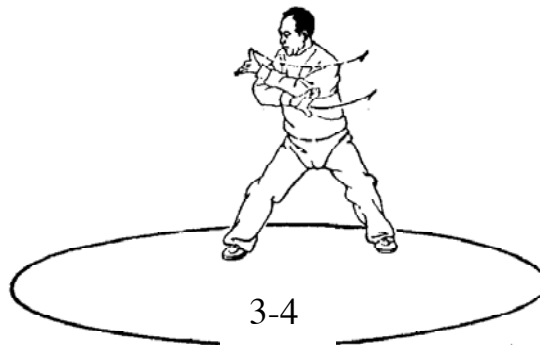
Hook out the left foot and step forward with the right foot, starting to walk around the circle in a westerly direction in the same posture as figure 3-3, then following the circle around. Begin the next movement on returning to the north pole.

Note: Turn the left shoulder and elbow as far as possible around to the left, with the left palm at eyebrow height. Push and press the right palm down and forward. Twist the waist to the left and walk at an even pace.

3.3 The violet swallow tosses its wings (right)

紫燕抛翦

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 side turns up, and push to the right over the right arm with the palm facing out. Extend the right palm along under the left arm with the



©2000 Andrea Falk, tgl books

This excerpt is supplied to give an idea of the quality of the translation only. Some contents and formatting have been changed.

little finger side on top. The arms cross, one above the other. Turn the head right to look at the left hand. [figure and photo 3.4]

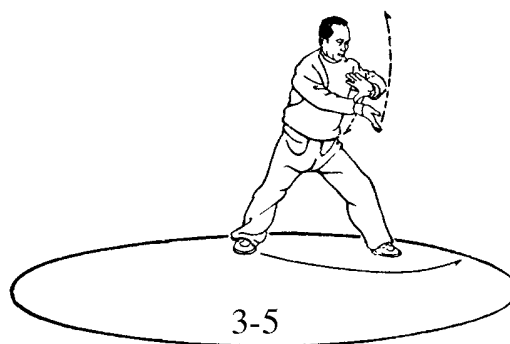
Note: Relax the shoulders, waist and hips. Hold the arms in front of the chest in an embracing posture - do not cross them too tightly.

3.4 Close the door and push the moon (left)

闭门推月

Shift the left foot to the left of the body, hooking out. Turn the body slightly to the left.

Laterally rotate the left arm so that the thumb is on the bottom. Flex the left elbow to draw the palm across to the left with the palm facing out. Laterally rotate the right arm to point the fingers down, and push to the lower left with the palm facing up. Look at both hands. [figure and photo 3.5]



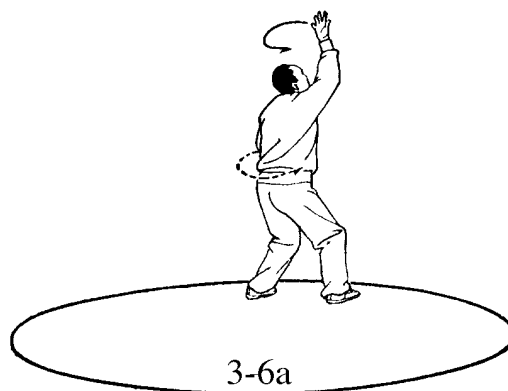
Note: The arms form semi circles - they should not be too tightly bent.

3.5 The sparrow hawk pierces the sky (right)

鷓子钻天

Step the right foot in front of the left, forming the Chinese character eight 八 . Turn the body left. Lift the right palm up along the outside of the left arm with the back of the hand facing out.

Lower the left palm to in front of the groin with the palm facing out. Look at

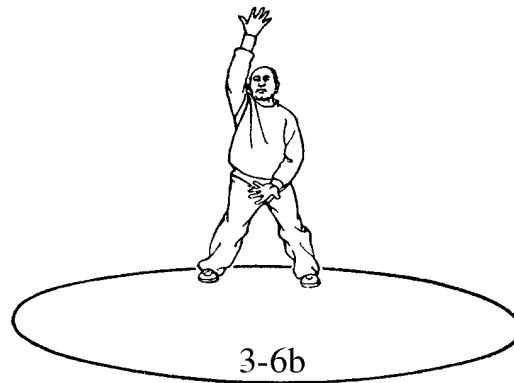


©2000 Andrea Falk, tgl books

This excerpt is supplied to give an idea of the quality of the translation only. Some contents and formatting have been changed.

the right hand. [figures and photos 3.6a & b]

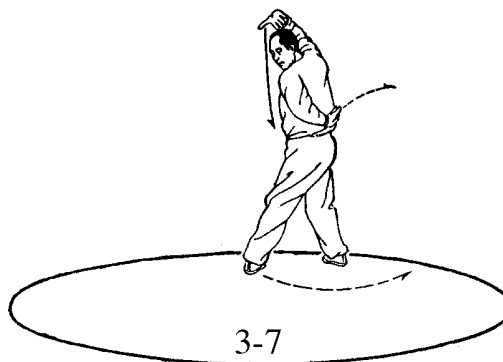
Note: The knees are bent and turned in. The right hand is seven or eight inches above the head.



3.6 The white snake coils its body (right)

白蛇缠身

Without moving the feet, describe a small circle with the right palm above the head to the front, left, then back, then medially rotate the right arm to push up with the palm. Turn the body to the left. Flex the left elbow and slide the palm around the left hip to behind the body with the palm turned out. Look at the left shoulder. [figure and photo 3.7]

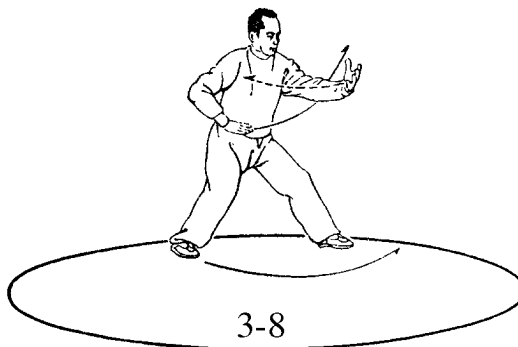


Note: Twist the waist. Relax the hips. Bend the arms.

3.7 Embrace the moon in the bosom (left)

怀中抱月

Step the left foot around to the right of the body, then turn the body to the right, hooking the right foot in and bending the knees. Lower the right palm past the chest and place it by the right waist in a prone palm with the thumb to the rear. Coil the left palm around the body from the back to the front and laterally rotate so that the thumb is on top with the palm facing in, in an embracing posture. Look at the left hand. [figure and photo 3.8]

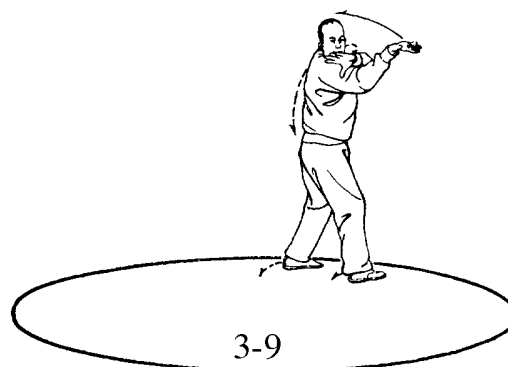


Note: Bend the legs with the strength evenly distributed. Bend the left arm in a semi circle with the left palm at chest height.

3.8 The beautiful girl presents a book (right)

玉女献书

Step the right foot a half step in front of the left. Stab the right palm out along under the left arm to the front with the elbow bent and the palm facing up. Medially rotate the left palm to turn the little finger side up, and flex the elbow to bring the hand in along top the right arm to outside the right shoulder. Look at the right hand. [figure and photo 3.9, photo has left palm facing up as learned by player]



Note: Bend the knees, relax the shoulders, and sink the elbows. The right palm is at eyebrow height.

©2000 Andrea Falk, tgl books

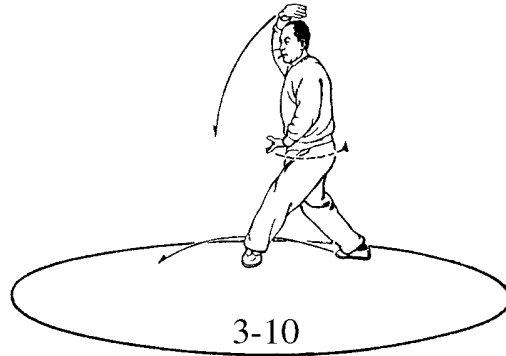
This excerpt is supplied to give an idea of the quality of the translation only. Some contents and formatting have been changed.

3.9 Mount Tai bears down its weight (right)

泰山压顶

Hook in the right foot then hook out the left foot. Turn the body left to face west. Turn the right palm back above the head with the palm still facing up. Lower the left palm in front of the abdomen with the palm facing up. Look to the west. [figure and photo 3.10]

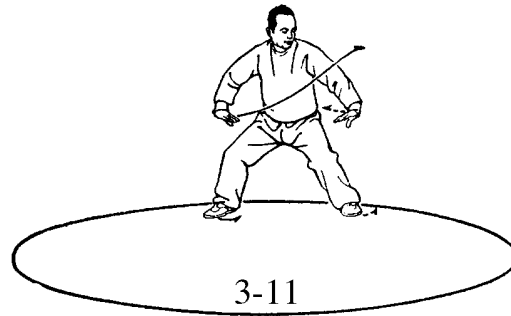
Note: The strength of the legs is evenly distributed. The right hand is four or five inches above the head.



3.10 The black bear rolls over (left)

黑熊反背

Step the right foot in front of the left, turning the body left to face south, the legs bent to form a horse stance. Press the right palm down the front of the body to the right side with the palm facing down. Press the left palm down to the left side with the palm facing down. Keep both arms slightly bent. Look at the left hand. [figure and photo 3.11]



Note: Keep the knees bent. Relax the waist and hips.

©2000 Andrea Falk, tgl books

This excerpt is supplied to give an idea of the quality of the translation only. Some contents and formatting have been changed.

3.11 The yellow eagle clutches the throat (right)

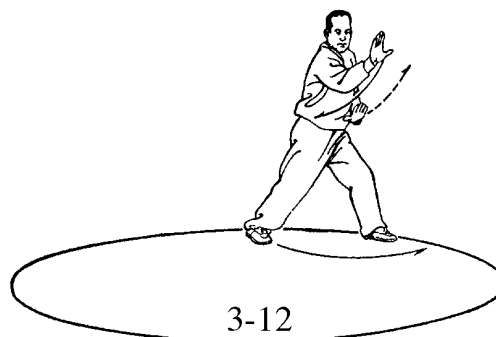
黃鷹掐脖

Hook the left foot out and the right foot in, turn the body to the left. Raise the left palm in front of the body, then extend the right palm out under the left hand in front of the body with the fingers pointing up and the palm facing forward.

After the right palm pushes out, flex the left elbow to bring the left palm in by the left waist with the fingers pointing forward and the palm facing down.

Look at the right hand. [figure and photo 3.12]

Note: The right hand is at eyebrow height, the arms are bent. Sink the shoulders and elbows.



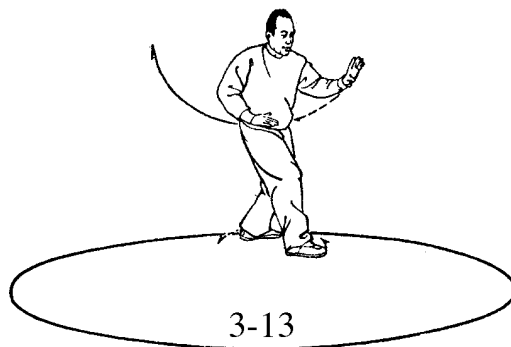
3.12 The yellow eagle clutches the throat (left)

黃鷹掐脖

Step the right foot in front of the left with the legs bent. Extend the left hand out underneath the right palm with the fingers pointing up and the palm facing forward.

Bring the right hand back to the right waist with the fingers pointing forward and the palm facing down. Look at the left hand. [figure and photo 3.13]

Note: The left hand is at eyebrow height and the arms are bent. Sink the shoulders and elbows.



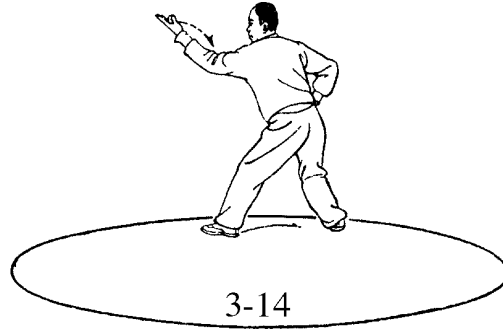
©2000 Andrea Falk, tgl books

This excerpt is supplied to give an idea of the quality of the translation only. Some contents and formatting have been changed.

3.13 The ape picks fruit (left)

猿猴摘果

Hook the right foot in and the left foot out, turn the body to the back so that it faces northwest. Tuck in the ring and little fingers of the left hand, pressing them into the palm with the thumb, and extend the index and middle fingers together. Drop the left hand down in front of the body then extend it out to the back with the palm facing up. Do not move the right hand. Look at the left hand. [figure and photo 3.14]



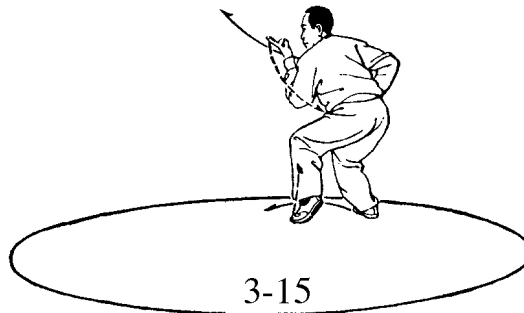
Note: Lift the head and relax the shoulders. The left hand is at head height.

3.14 The ape sits in its cave (left)

猿猴坐洞

Bring the left foot in a half step, placing the toes on the ground. Squat on the right leg to form a chicken tread stance. Bring in the left palm to beside the left shoulder. Look at the left hand. [figure and photo 3.15]

Note: The weight is on the right leg. Lean forward slightly. Do not shrug the shoulders or hunch the back.



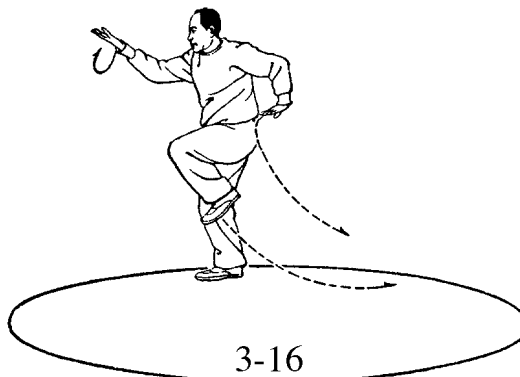
©2000 Andrea Falk, tgl books

This excerpt is supplied to give an idea of the quality of the translation only. Some contents and formatting have been changed.

3.15 The unicorn tells a story (right)

麒麟吐书

Step the left foot a half step to the west then step the right foot forward. Lift the left knee and tuck the foot in by the right leg, forming a one legged stance. Thread the right palm along under the left arm to stab to the upper front, with the palm facing up and the elbow slightly bent. Open the left hand and medially rotate the arm and flex the elbow to bring the hand down and back to behind the left waist with the palm facing down. Look at the right hand. [figure and photo 3.16]

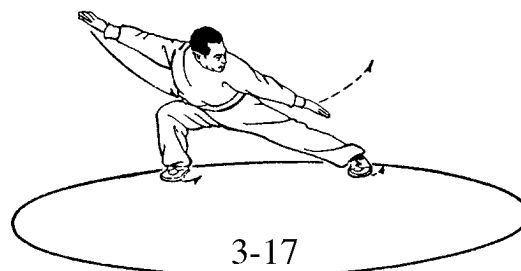


Note: The right leg is slightly bent. Raise the head and relax the shoulders. The right hand is at head height.

3.16 The flying swallow skims over the water (left)

飞燕抄水

Land the left foot extended out behind the body with the foot hooked in. Turn the right foot in and squat on the right leg, forming a pouncing stance. Medially rotate the right arm to face the palm up, turning the arm over and extending it. Roll the left arm over and slide the hand along the leg with the palm rolled over to face up.



Lean forward and turn the head to the left, looking at the left hand. [figure and photo 3.17]

©2000 Andrea Falk, tgl books

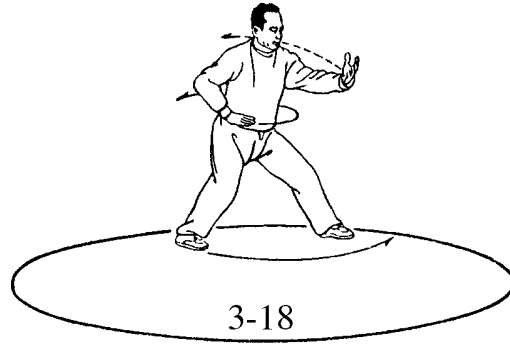
This excerpt is supplied to give an idea of the quality of the translation only. Some contents and formatting have been changed.

Note: The weight is between the legs - squat as deeply as possible.

3.17 Embrace the moon in the bosom (left)

怀中抱月

Straighten the body, hook the left foot out and the right foot in, and bend the legs slightly. Flex the right elbow to bring the hand in by the right waist with the thumb behind in a prone palm. Laterally rotate the left arm to turn the thumb side up, flex the elbow in an embracing position. Look at the left hand. [figure and photo 3.18]

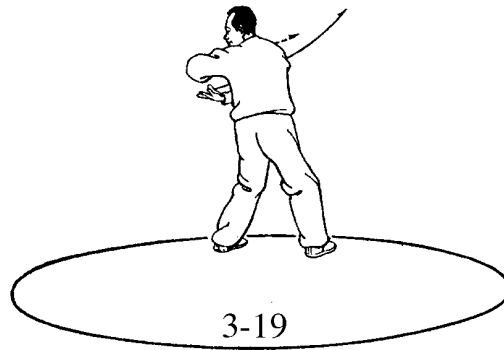


Note: Bend the legs with the strength evenly distributed. Bend the left arm in a semi circle with the left palm at chest height.

3.18 Hide a flower under a leaf (left)

叶底藏花

Hook in the right foot in front of the left. Slightly bend both legs. Turn the body left to face north. Medially rotate the left arm so that the thumb side is underneath and flex the elbow to draw the palm across to the left. Laterally rotate the right palm and stab the hand in under the left armpit with the palm facing up. [figure and photo 3.19]



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

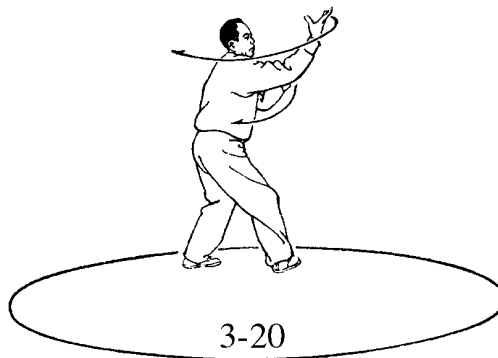
©2000 Andrea Falk, tgl books

This excerpt is supplied to give an idea of the quality of the translation only. Some contents and formatting have been changed.

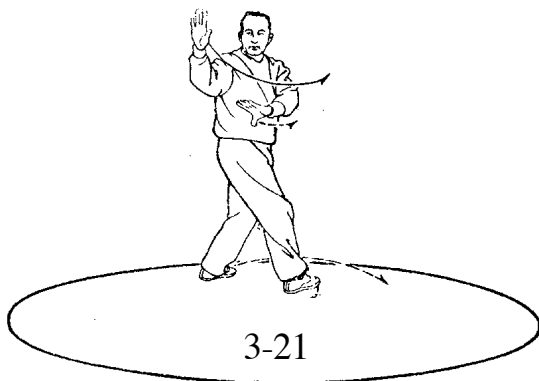
3.19 The swan leaves the flock (right)

鸿雁出群

Turn the body to the right without moving the feet. Turn and lift the right palm from under the left elbow to head height at the upper right side of the body (towards the south-east). Laterally rotate the left arm and bring it around with the right, keeping the palm on the inside of the right elbow. Both palms are supine palms. Look at the right hand. [figure and photo 3.20]



Medially rotate the right arm and bring it around to the right of the body, forming an upright palm. Medially rotate the left arm, bending the elbow to press the hand down by the right side with the palm facing down. Continue to turn the body to the right. Follow the rightward movement with the head, looking at the right hand. [figure and photo 3.21]



Hook out the right foot and step the left foot forward, starting to walk around the circle in a easterly direction. Follow the circle around holding the same position as figure 3-21, then begin the next movement on returning to the north pole.

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

©2000 Andrea Falk, tgl books

This excerpt is supplied to give an idea of the quality of the translation only. Some contents and formatting have been changed.

The book describes the other side of the change with diagrams and photos. Here is just the list of the remaining movements.

- 3.20 The violet swallow tosses its wings (right)
- 3.21 Close the door and push the moon (right)
- 3.22 The sparrow hawk pierces the sky (left)
- 3.23 The white snake coils its body (left)
- 3.24 Embrace the moon in the bosom (right)
- 3.25 The beautiful girl presents a book (left)
- 3.26 Mount Tai bears down its weight (left)
- 3.27 The black bear rolls over (right)
- 3.28 The yellow eagle clutches the throat (left)
- 3.29 The yellow eagle clutches the throat (right)
- 3.30 The ape picks fruit (right)
- 3.31 The ape sits in its cave (right)
- 3.32 The unicorn tells a story (left)
- 3.33 The flying swallow skims over the water (right)
- 3.34 Embrace the moon in the bosom (right)

©2000 Andrea Falk, tgl books
This excerpt is supplied to give an idea of the quality of the translation only. Some contents and formatting have been changed.