



菲特尼斯网络有限公司
FITNESS NETWORK PTE LTD
91 WESTCOAST GROVE, SINGAPORE 127884
Tel: +65 9618 6886 Fax: +65 6777 0816
Website: www.daoyin.net
Email: info@daoyin.net
Reg. No: 199801958K

形意八卦掌 XINGYI BAGUA PALM

(参照姜容樵编著《八卦掌》 Reference "Ba Gua Zhang" by Jiang Rongqiao)

第一掌

- | | | |
|-------------|------------------|---|
| 1. 预备式 | yù bèi shì | Preparation |
| 2. 倚马问路 | yǐ mǎ wèn lù | Lean on a horse and ask for directions |
| 3. 叶底藏花(右) | yè dǐ cáng huā | Hide a flower under a leaf (R) |
| 4. 鸿雁出群(左) | hóng yàn chū qún | Swan goose leaves the flock (L) |
| 5. 紫燕抛翦(右) | zǐ yàn pāo jiǎn | Purple swallow tosses its tail (R) |
| 6. 闭门推月(左) | bì mén tuī yuè | Close the door to shut out the moon (L) |
| 7. 叶底藏花(左) | yè dǐ cáng huā | Hide a flower under a leaf (L) |
| 8. 鸿雁出群(右) | hóng yàn chū qún | Swan goose leaves the flock (R) |
| 9. 紫燕抛翦(左) | zǐ yàn pāo jiǎn | Purple swallow tosses its tail (L) |
| 10. 闭门推月(右) | bì mén tuī yuè | Close the door to shut out the moon (R) |

第二掌

- | | | |
|-------------|--------------------|---|
| 1. 叶底藏花(右) | yè dǐ cáng huā | Hide a flower under a leaf (R) |
| 2. 鸿雁出群(左) | hóng yàn chū qún | Swan goose leaves the flock (L) |
| 3. 紫燕抛翦(右) | zǐ yàn pāo jiǎn | Purple swallow tosses its tail (R) |
| 4. 闭门推月(左) | bì mén tuī yuè | Close the door to shut out the moon (L) |
| 5. 猛虎出柙(左) | měng hǔ chū xiá | Fierce tiger leaves its cage (L) |
| 6. 锦鸡撒膀(左) | jīn jī sā bǎng | Golden pheasant spreads its wings (L) |
| 7. 移花接木(左) | yí huā jiē mù | Graft a flower on to another tree (L) |
| 8. 脑后摘盔(右) | nǎo hòu zhāi kuī | Remove helmet from back of head (R) |
| 9. 怀中抱月(左) | huái zhōng bào yuè | Embrace the moon (L) |
| 10. 叶底藏花(左) | yè dǐ cáng huā | Hide a flower under a leaf (L) |

First Palm

Preparation

Lean on a horse and ask for directions

Hide a flower under a leaf (R)

Swan goose leaves the flock (L)

Purple swallow tosses its tail (R)

Close the door to shut out the moon (L)

Hide a flower under a leaf (L)

Swan goose leaves the flock (R)

Purple swallow tosses its tail (L)

Close the door to shut out the moon (R)

Second Palm

Hide a flower under a leaf (R)

Swan goose leaves the flock (L)

Purple swallow tosses its tail (R)

Close the door to shut out the moon (L)

Fierce tiger leaves its cage (L)

Golden pheasant spreads its wings (L)

Graft a flower on to another tree (L)

Remove helmet from back of head (R)

Embrace the moon (L)

Hide a flower under a leaf (L)

- | | | |
|-------------|--------------------|---|
| 11. 鸿雁出群(右) | hóng yàn chū qún | Swan goose leaves the flock (R) |
| 12. 紫燕抛翦(左) | zǐ yàn pāo jiǎn | Purple swallow tosses its tail (L) |
| 13. 闭门推月(右) | bì mén tuī yuè | Close the door to shut out the moon (R) |
| 14. 猛虎出柙(右) | měng hǔ chū xiá | Fierce tiger leaves its cage (R) |
| 15. 锦鸡撒膀(右) | jīn jī sā bǎng | Golden pheasant spreads its wings (R) |
| 16. 移花接木(右) | yí huā jiē mù | Graft a flower on to another tree (R) |
| 17. 脑后摘盔(左) | nǎo hòu zhāi kuī | Remove helmet from back of head (L) |
| 18. 怀中抱月(右) | huái zhōng bào yuè | Embrace the moon (R) |

第三掌

Third Palm

- | | | |
|-------------|--------------------|---|
| 1. 叶底藏花(右) | yè dǐ cáng huā | Hide a flower under a leaf (R) |
| 2. 鸿雁出群(左) | hóng yàn chū qún | Swan goose leaves the flock (L) |
| 3. 紫燕抛翦(右) | zǐ yàn pāo jiǎn | Purple swallow tosses its tail (R) |
| 4. 闭门推月(左) | bì mén tuī yuè | Close the door to shut out the moon (L) |
| 5. 鷓子钻天(右) | yào zi zuān tiān | Sparrow hawk soars to the sky (R) |
| 6. 白蛇缠身(右) | bái shé chán shēn | White snake coils around the body (R) |
| 7. 怀中抱月(左) | huái zhōng bào yuè | Embrace the moon (L) |
| 8. 玉女献书(右) | yù nǚ xiàn shū | Jade maiden offers a book (R) |
| 9. 泰山压顶(右) | tài shān yā dǐng | Mount Tai weighs down (R) |
| 10. 黑熊反背(左) | hēi xióng fǎn bèi | Black bear turns its back (L) |
| 11. 黄鹰掐喉(右) | huáng yīng qiā sù | Golden eagle clutches throat (R) |
| 12. 黄鹰掐喉(左) | huáng yīng qiā sù | Golden eagle clutches throat (L) |
| 13. 猿猴摘果(左) | yuán hóu zhāi guǒ | Ape plucks a fruit (L) |



菲特尼斯网络有限公司
 FITNESS NETWORK PTE LTD
 91 WESTCOAST GROVE, SINGAPORE 127884
 Tel: +65 9618 6886 Fax: +65 6777 0816
 Website: www.daoyin.net
 Email: info@daoyin.net
 Reg. No: 199801958K

- | | | |
|-------------|--------------------|---|
| 14. 猿猴坐洞(左) | yuán hóu zuò dòng | Ape sits in a cave (L) |
| 15. 麒麟吐书(右) | qí lín tǔ shū | Qilin (Kirin) spits a book (R) |
| 16. 飞燕抄水(左) | fēi yàn chāo shuǐ | Flying swallow skims over water (L) |
| 17. 怀中抱月(左) | huái zhōng bào yuè | Embrace the moon (L) |
| 18. 叶底藏花(左) | yè dǐ cáng huā | Hide a flower under a leaf (L) |
| 19. 鸿雁出群(右) | hóng yàn chū qún | Swan goose leaves the flock (R) |
| 20. 紫燕抛翦(左) | zǐ yàn pāo jiǎn | Purple swallow tosses its tail (L) |
| 21. 闭门推月(右) | bì mén tuī yuè | Close the door to shut out the moon (R) |
| 22. 鷓子钻天(左) | yào zi zuān tiān | Sparrow hawk soars to the sky (L) |
| 23. 白蛇缠身(左) | bái shé chán shēn | White snake coils around the body (L) |
| 24. 怀中抱月(右) | huái zhōng bào yuè | Embrace the moon (R) |
| 25. 玉女献书(左) | yù nǚ xiàn shū | Jade maiden offers a book (L) |
| 26. 泰山压顶(左) | tài shān yā dǐng | Mount Tai weighs down (L) |
| 27. 黑熊反背(右) | hēi xióng fǎn bèi | Black bear turns its back (R) |
| 28. 黄鹰掐嗦(左) | huáng yīng qiā sù | Golden eagle clutches throat (L) |
| 29. 黄鹰掐嗦(右) | huáng yīng qiā sù | Golden eagle clutches throat (R) |
| 30. 猿猴摘果(右) | yuán hóu zhāi guǒ | Ape plucks a fruit (R) |
| 31. 猿猴坐洞(右) | yuán hóu zuò dòng | Ape sits in a cave (R) |
| 32. 麒麟吐书(左) | qí lín tǔ shū | Qilin (Kirin) spits a book (L) |
| 33. 飞燕抄水(右) | fēi yàn chāo shuǐ | Flying swallow skims over water (R) |
| 34. 怀中抱月(右) | huái zhōng bào yuè | Embrace the moon (R) |

第四掌

Fourth Palm

- | | | |
|------------|------------------|---------------------------------|
| 1. 叶底藏花(右) | yè dǐ cáng huā | Hide a flower under a leaf (R) |
| 2. 鸿雁出群(左) | hóng yàn chū qún | Swan goose leaves the flock (L) |

- | | | |
|-------------|--------------------|---|
| 3. 紫燕抛翦(右) | zǐ yàn pāo jiǎn | Purple swallow tosses its tail (R) |
| 4. 闭门推月(左) | bì mén tuī yuè | Close the door to shut out the moon (L) |
| 5. 锦鸡撒膀(右) | jǐn jī sā bǎng | Golden pheasant spreads its wings (R) |
| 6. 移花接木(右) | yí huā jiē mù | Graft a flower on to another tree (R) |
| 7. 脑后摘盔(左) | nǎo hòu zhāi kuī | Remove helmet from back of head (L) |
| 8. 蜀道横云(左) | shǔ dào héng yún | Cloud over Shu (Sichuan) paths (L) |
| 9. 锦鸡撒膀(右) | jǐn jī sā bǎng | Golden pheasant spreads its wings (R) |
| 10. 移花接木(右) | yí huā jiē mù | Graft a flower on to another tree (R) |
| 11. 乌龙缠腰(左) | wū lóng chán yāo | Black dragon coils around the waist (L) |
| 12. 走马活挟(右) | zǒu mǎ huó xié | Unseat an opponent on horseback (R) |
| 13. 行步撩衣(左) | xíng bù liāo yī | Lift robe while walking (L) |
| 14. 推山入海(右) | tuī shān rù hǎi | Push mountain into sea (R) |
| 15. 蝙蝠落地(右) | biān fú luò dì | Bat lands on the ground (R) |
| 16. 飞燕抄水(左) | fēi yàn chāo shuǐ | Flying swallow skims over water (L) |
| 17. 怀中抱月(左) | huái zhōng bào yuè | Embrace the moon (L) |
| 18. 叶底藏花(左) | yè dǐ cáng huā | Hide a flower under a leaf (L) |
| 19. 鸿雁出群(右) | hóng yàn chū qún | Swan goose leaves the flock (R) |
| 20. 紫燕抛翦(左) | zǐ yàn pāo jiǎn | Purple swallow tosses its tail (L) |
| 21. 闭门推月(右) | bì mén tuī yuè | Close the door to shut out the moon (R) |
| 22. 锦鸡撒膀(左) | jǐn jī sā bǎng | Golden pheasant spreads its wings (L) |
| 23. 移花接木(左) | yí huā jiē mù | Graft a flower on to another tree (L) |
| 24. 脑后摘盔(右) | nǎo hòu zhāi kuī | Remove helmet from back of head (R) |
| 25. 蜀道横云(右) | shǔ dào héng yún | Cloud over Shu (Sichuan) paths (R) |
| 26. 锦鸡撒膀(左) | jǐn jī sā bǎng | Golden pheasant spreads its wings (L) |



菲特尼斯网络有限公司
FITNESS NETWORK PTE LTD
91 WESTCOAST GROVE, SINGAPORE 127884
Tel: +65 9618 6886 Fax: +65 6777 0816
Website: www.daoyin.net
Email: info@daoyin.net
Reg. No: 199801958K

- | | | |
|-------------|--------------------|---|
| 27. 移花接木(左) | yí huā jiē mù | Graft a flower on to another tree (L) |
| 28. 乌龙缠腰(右) | wū lóng chán yāo | Black dragon coils around the waist (R) |
| 29. 走马活挟(左) | zǒu mǎ huó xié | Unseat an opponent on horseback (L) |
| 30. 行步撩衣(右) | xíng bù liāo yī | Lift robe while walking (R) |
| 31. 推山入海(左) | tuī shān rù hǎi | Push mountain into sea (L) |
| 32. 蝙蝠落地(左) | biān fú luò dì | Bat lands on the ground (L) |
| 33. 飞燕抄水(右) | fēi yàn chāo shuǐ | Flying swallow skims over water (R) |
| 34. 怀中抱月(右) | huái zhōng bào yuè | Embrace the moon (R) |

第五掌

Fifth Palm

- | | | |
|-------------|--------------------|---------------------------------------|
| 1. 猿猴偷桃(右) | yuán hóu tōu táo | Ape steals a peach (R) |
| 2. 猿猴献果(左) | yuán hóu xiàn guǒ | Ape offers fruit (L) |
| 3. 大鹏展翅(左) | dà péng zhǎn chì | Big roc spreads its wings (L) |
| 4. 十字搬楼(右) | shí zì bān lóu | Cross arms (R) |
| 5. 顺势领衣(左) | shùn shì líng yī | Follow through to pull up clothes (L) |
| 6. 横扫千军(右) | héng sǎo qiān jūn | Sweep down a thousand soldiers (R) |
| 7. 横扫千军(左) | héng sǎo qiān jūn | Sweep down a thousand soldiers (L) |
| 8. 鷓子反身(右) | yào zi fǎn shēn | Sparrow hawk turns around (R) |
| 9. 锦鸡争斗(左) | jǐn jī zhēng dòu | Golden pheasant fights (L) |
| 10. 怀中抱月(左) | huái zhōng bào yuè | Embrace the moon (L) |
| 11. 猿猴偷桃(左) | yuán hóu tōu táo | Ape steals a peach (L) |
| 12. 猿猴献果(右) | yuán hóu xiàn guǒ | Ape offers fruit (R) |
| 13. 大鹏展翅(右) | dà péng zhǎn chì | Big roc spreads its wings (R) |
| 14. 十字搬楼(左) | shí zì bān lóu | Cross arms (L) |
| 15. 顺势领衣(右) | shùn shì líng yī | Follow through to pull up clothes (R) |

- | | | |
|-------------|--------------------|------------------------------------|
| 16. 横扫千军(左) | héng sǎo qiān jūn | Sweep down a thousand soldiers (L) |
| 17. 横扫千军(右) | héng sǎo qiān jūn | Sweep down a thousand soldiers (R) |
| 18. 鷓子反身(左) | yào zi fǎn shēn | Sparrow hawk turns around (L) |
| 19. 锦鸡争斗(右) | jǐn jī zhēng dòu | Golden pheasant fights (R) |
| 20. 怀中抱月(右) | huái zhōng bào yuè | Embrace the moon (R) |

第六掌

Sixth Palm

- | | | |
|-------------|--------------------|---------------------------------------|
| 1. 叶底藏花(右) | yè dǐ cáng huā | Hide a flower under a leaf (R) |
| 2. 鸿雁出群(左) | hóng yàn chū qún | Swan goose leaves the flock (L) |
| 3. 紫燕抛翦(右) | zǐ yàn pāo jiǎn | Purple swallow tosses its tail (R) |
| 4. 犀牛望月(左) | xī niú wàng yuè | Rhinoceros gazes at the moon (L) |
| 5. 天王托塔(右) | tiān wáng tuō tǎ | Heavenly king lifts up the pagoda (R) |
| 6. 白蛇吐信(左) | bái shé tǔ xìn | White snake spits its tongue (L) |
| 7. 猛虎出柙(左) | měng hǔ chū xiá | Fierce tiger leaves its cage (L) |
| 8. 锦鸡撒膀(左) | jǐn jī sā bǎng | Golden pheasant spreads its wings (L) |
| 9. 移花接木(左) | yí huā jiē mù | Graft a flower on to another tree (L) |
| 10. 脑后摘盔(右) | nǎo hòu zhāi kuī | Remove helmet from back of head (R) |
| 11. 怀中抱月(左) | huái zhōng bào yuè | Embrace the moon (L) |
| 12. 叶底藏花(左) | yè dǐ cáng huā | Hide a flower under a leaf (L) |
| 13. 鸿雁出群(右) | hóng yàn chū qún | Swan goose leaves the flock (R) |
| 14. 紫燕抛翦(左) | zǐ yàn pāo jiǎn | Purple swallow tosses its tail (L) |
| 15. 犀牛望月(右) | xī niú wàng yuè | Rhinoceros gazes at the moon (R) |
| 16. 天王托塔(左) | tiān wáng tuō tǎ | Heavenly king lifts up the pagoda (L) |
| 17. 白蛇吐信(右) | bái shé tǔ xìn | White snake spits its tongue (R) |
| 18. 猛虎出柙(右) | měng hǔ chū xiá | Fierce tiger leaves its cage (R) |



菲特尼斯网络有限公司
FITNESS NETWORK PTE LTD
91 WESTCOAST GROVE, SINGAPORE 127884
Tel: +65 9618 6886 Fax: +65 6777 0816
Website: www.daoyin.net
Email: info@daoyin.net
Reg. No: 199801958K

- | | | |
|-------------|--------------------|---------------------------------------|
| 19. 锦鸡撒膀(右) | jǐn jī sā bǎng | Golden pheasant spreads its wings (R) |
| 20. 移花接木(右) | yí huā jiē mù | Graft a flower on to another tree (R) |
| 21. 脑后摘盔(左) | nǎo hòu zhāi kuī | Remove helmet from back of head (L) |
| 22. 怀中抱月(右) | huái zhōng bào yuè | Embrace the moon (R) |

第七掌

Seventh Palm

- | | | |
|-------------|------------------|--------------------------------|
| 1. 叶底藏花(右) | yè dǐ cáng huā | Hide a flower under a leaf (R) |
| 2. 狮子抱球(左) | shī zi bào qiú | Lion holds a ball (L) |
| 3. 狮子滚球(右) | shī zi gǔn qiú | Lion rolls a ball (R) |
| 4. 狮子扑球(右) | shī zi pū qiú | Lion pounces on a ball (R) |
| 5. 狮子张嘴(右) | shī zi zhāng zuǐ | Lion opens its mouth (R) |
| 6. 狮子反身(右) | shī zi fǎn shēn | Lion turns around (R) |
| 7. 狮子抱球(右) | shī zi bào qiú | Lion holds a ball (R) |
| 8. 狮子滚球(左) | shī zi gǔn qiú | Lion rolls a ball (L) |
| 9. 狮子扑球(左) | shī zi pū qiú | Lion pounces on a ball (L) |
| 10. 狮子张嘴(左) | shī zi zhāng zuǐ | Lion opens its mouth (L) |
| 11. 狮子反身(左) | shī zi fǎn shēn | Lion turns around (L) |

第八掌

Eighth Palm

- | | | |
|------------|-------------------|---|
| 1. 天马行空(左) | tiān mǎ xíng kōng | Celestial horse soars across the skies (L) |
| 2. 马上开弓(左) | mǎ shàng kāi gōng | Draw a bow astride a horse (L) |
| 3. 金蛇盘柳(左) | jīn shé pán liǔ | Golden snake coils around a willow tree (L) |
| 4. 野马闯槽(左) | yě mǎ chuǎng cáo | Wild horse charges at a manger (L) |
| 5. 金蛇盘柳(右) | jīn shé pán liǔ | Golden snake coils around a willow tree (R) |
| 6. 野马闯槽(右) | yě mǎ chuǎng cáo | Wild horse charges at a manger (R) |

- | | | |
|-------------|---------------------|---|
| 7. 刘海戏蟾(左) | liú hǎi xì chán | Liu Hai plays with the toad (L) |
| 8. 大蟒反身(右) | dà mǎng fǎn shēn | Big python rolls over (R) |
| 9. 黑熊探掌(左) | hēi xióng tàn zhǎng | Black bear extends its paws (L) |
| 10. 猛虎出柙(左) | měng hǔ chū xiá | Fierce tiger leaves its cage (L) |
| 11. 锦鸡撒膀(左) | jǐn jī sā bǎng | Golden pheasant spreads its wings (L) |
| 12. 移花接木(左) | yí huā jiē mù | Graft a flower on to another tree (L) |
| 13. 脑后摘盔(右) | nǎo hòu zhāi kuī | Remove helmet from back of head (R) |
| 14. 怀中抱月(左) | huái zhōng bào yuè | Embrace the moon (L) |
| 15. 叶底藏花(左) | yè dǐ cáng huā | Hide a flower under a leaf (L) |
| 16. 天马行空(右) | tiān mǎ xíng kōng | Celestial horse soars across the skies (R) |
| 17. 马上开弓(右) | mǎ shàng kāi gōng | Draw a bow astride a horse (R) |
| 18. 金蛇盘柳(右) | jīn shé pán liǔ | Golden snake coils around a willow tree (R) |
| 19. 野马闯槽(右) | yě mǎ chuǎng cáo | Wild horse charges at a manger (R) |
| 20. 金蛇盘柳(左) | jīn shé pán liǔ | Golden snake coils around a willow tree (L) |
| 21. 野马闯槽(左) | yě mǎ chuǎng cáo | Wild horse charges at a manger (L) |
| 22. 刘海戏蟾(右) | liú hǎi xì chán | Liu Hai plays with the toad (R) |
| 23. 大蟒反身(左) | dà mǎng fǎn shēn | Big python rolls over (L) |
| 24. 黑熊探掌(右) | hēi xióng tàn zhǎng | Black bear extends its paws (R) |
| 25. 猛虎出柙(右) | měng hǔ chū xiá | Fierce tiger leaves its cage (R) |
| 26. 锦鸡撒膀(右) | jǐn jī sā bǎng | Golden pheasant spreads its wings (R) |
| 27. 移花接木(右) | yí huā jiē mù | Graft a flower on to another tree (R) |
| 28. 脑后摘盔(左) | nǎo hòu zhāi kuī | Remove helmet from back of head (L) |
| 29. 怀中抱月(右) | huái zhōng bào yuè | Embrace the moon (R) |
| 30. 收式 | shōu shì | Closing form |