

Qián Trigram Lion System



The Qián trigram is symbolic of heaven, initiating, the creative. It is unbroken, pure, yang. Being hard and cold, its element is metal. It is the father. With respect to martial arts it pertains to uplifting the spine. Its animal is the Lion. Lion system emits force using the waist and traing methods seek to develop a unified whole body force. Lion system's characteristic palm is Interlocking. Its techniques are connected, well-knit, unyielding, and oppressive, flowing seamlessly from one to another with no gaps. The Lion seeks to stifle and dominate its opponent by continually pressing the attack, thereby leaving no space for counters. It is aggressive but not reckless. The Lion system is foundational in Yin Style Bagua. Its reliance on the waist to originate movement and emit force, its interlocked fighting strategy, and its attack methods inform all of the other animal systems.

Attack Methods

Sweeping		削	xiāo
	Rising Sweeping	扬手削	yáng shǒu xiāo
	Inside Sweeping	内手削	nèi shǒu xiāo
	Capturing Sweeping	扣手削	kòu shǒu xiāo
Cutting/Smashing		磕	chá
	Inside Cutting	内手磕	nèi shǒu chá
	Rising Cutting	扬手磕	yáng shǒu chá
	Point Cutting	点手磕	diǎn shǒu chá
Chopping		劈	pī
	Hacking Chopping	砍手劈	kǎn shǒu pī
	Upright Chopping	正手劈	zhèng shǒu pī
	Arcing Chopping	撩手劈	liāo shǒu pī
Hooking		挂	guà
	Opening Hooking	开手挂	kāi shǒu guà
	Inside Hooking	内手挂	nèi shǒu guà
	Low Hooking	下手挂	xià shǒu guà
Shocking		振	zhèn
	Upright Shocking	正手振	zhèng shǒu zhèn
	Rolling Shocking	滚手振	gǔn shǒu zhèn
	Turning Body Shocking	转身振	zhuǎn shēn zhèn
Blocking		擋	dǎng
	Upper Blocking	上手挡	shàng shǒu dǎng
	Breaking Blocking	豁手挡	huō shǒu dǎng
	Lower Blocking	下手挡	xià shǒu dǎng
Seizing		擒	qín
	Plucking Seizing	摘手擒	zhāi shǒu qín
	Wrapping Seizing	卷手擒	juǎn shǒu qín
	Harvesting Seizing	薅手擒	hāo shǒu qín
Grasping		拿	ná
	Plucking Grasping	摘手拿	zhāi shǒu ná
	Breaking Grasping	掀手拿	juē shǒu ná
	Flinging Grasping	摔手拿	shuāi shǒu ná