

## Zhen Trigram Dragon System

The Zhèn trigram is symbolic of thunder, arousing, taking action. It's element is young, strong and pliant wood. It is movement, disruption, growth, shooting upward. It is decisive and vehement. The Zhèn trigram's animal is the Dragon. Techniques employ a long coiling fluid force that is driven by the legs and waist. The wrist is employed to help release a shocking force that is driven by the entire body. Footwork is expansive and large. As with thunder, changes can be abrupt and unpredictable, but keeping with wood, they can also be smooth and flowing. The Dragon is quiet on the outside and moving on the inside. It's characteristic palm is Holding and Lifting.

### Attack Methods

<b>Pushing</b>		<b>推</b>	<b>tuī</b>
	Straight Pushing	直手推	zhí shǒu tuī
	Inside Pushing	内手推	nèi shǒu tuī
	Roating Pushing	转手推	zhuǎn shǒu tuī
<b>Lifting</b>		<b>托</b>	<b>tuō</b>
	Capturing Lifting	扣□托	kòu shǒu tuō
	Rising Lifting	扬□托	yáng shǒu tuō
	Rotating Lifting	转□托	zhuǎn shǒu tuō
<b>Carrying</b>		<b>带</b>	<b>dài</b>
	Upper Carrying	上□带	shàng shǒu dài
	Whirling Carrying	旋□带	xuán shǒu dài
	Lower Carrying	下□带	xià shǒu dài
<b>Leading</b>		<b>领</b>	<b>lǐng</b>
	Upper Leading	上手领	shàng shǒu lǐng
	Horizontal Leading	横手领	héng shǒu lǐng
	Lower Leading	下手领	xià shǒu lǐng
<b>Moving</b>		<b>搬</b>	<b>bān</b>
	Single Hand Moving	单手搬	dān shǒu bān
	Double Hand Moving	双手搬	shuāng shǒu bān
	Reversing Moving	翻手搬	fān shǒu bān
<b>Capturing</b>		<b>扣</b>	<b>kòu</b>
	Inside Capturing	内□扣	nèi shǒu kòu
	Outside Capturing	外□扣	wài shǒu kòu
	Low Capturing	下□扣	xià shǒu kòu
<b>Chopping</b>		<b>劈</b>	<b>pī</b>
	Upright Chopping	正手劈	zhèng shǒu pī
	Hacking Chopping	砍手劈	kǎn shǒu pī
	Reversing Chopping	翻手劈	fān shǒu pī
<b>Entering</b>		<b>进</b>	<b>jìn</b>
	Borrowing Entering	借手进	jiè shǒu jìn
	Leading Entering	领手进	lǐng shǒu jìn
	Forcing Entering	抢手进	qiǎng shǒu jìn