

TIAN YI

FOUNDATION

MOVEMENT • BALANCE • WELLNESS

Cheng Style Bagua Zhang Curriculum

程式八卦掌課程體系

Veteran Wellness • Senior Wellness • Community Wellness Programs

This curriculum provides a progressive Cheng Style Bagua Zhang framework for wellness, mobility, structural development, balance, coordinated movement, internal cultivation, and continued traditional study. Training is organized from oral instruction and foundational structure through stepping, palm methods, lower-body coordination, motion studies, forms, conditioning, and internal development.

Category 1 — Oral Instruction & Foundational Principles

- Bagua Principles & Theory 八卦原理與理論

Instruction establishes the principles that guide posture, stepping, turning, circle walking, coordinated movement, breathing, structural alignment, internal awareness, and progressive Cheng Style Bagua Zhang practice.

Category 2 — Foundational Stances & Structural Development

Technique	Chinese Term	Training Focus
Horse Stance	Ma Bu 馬步	Leg strength, posture, rooting
Bow & Arrow Stance	Gong Bu 弓步	Weight transfer & alignment
Cat / Empty Stance	Xu Bu 虛步	Balance & mobility control
Drop / Sliding Stance	Pu Bu 仆步	Flexibility & mobility
Santi Posture	San Ti 三體式	Structural alignment, body integration & 60/40 weight distribution (60% rear / 40% front)
San Choi Position	San Choi 散採	Internal alignment & 60/40 weight distribution (60% rear / 40% front)
Hanging Horse Stance	Diao Ma Bu 吊馬步	Single-leg balance, knee-lift stability & posture control

- Hold each posture for 1 minute
- Left & right side development
- Controlled breathing integration
- Gradual structural progression
- Stability & endurance development
- Increase posture holding time by 1 minute each week
- Progressive endurance measurement system
- Long-term goal: build structural endurance toward 1-hour posture holding capacity

Category 3 — Bagua Footwork & Stepping Methods

Technique	Chinese Term	Training Focus
Mud Step	Tang Ni Bu 趟泥步	Rooting, controlled stepping & balance
Natural Step	Zi Ran Bu 自然步	Heel-to-toe walking coordination
Unicorn Step	Qi Lin Bu 麒麟步	Directional stepping & mobility
Crane Step	He Bu 鶴步	Balance, elevation & coordinated movement
Cross Step	Kou Bu 扣步	Directional change & turning mechanics
Swing Step	Bai Bu 擺步	Rotational mobility & transitional movement
Following Step	Shun Bu 順步	Advancing step & movement continuity

- Circle Walking Mechanics
- Directional Change
- Rotational Stepping
- Turning Mechanics
- Heel-to-Toe Coordination
- Weight Shifting
- Transitional Movement
- Lower-Body Coordination
- Equilibrium Development
- Movement Continuity

Category 4 — Hand Techniques & Palm Structures

Technique	Chinese Term	Training Focus
Closed Fist Formation	拳	Proper fist structure & alignment
Open Palm Formation	掌	Relaxed hand positioning
Lotus Palm	蓮花掌	Finger extension & posture coordination
Dragon Palm	龍掌	Structured palm alignment & extension
Piercing Palm	穿掌	Directed palm extension & coordinated motion
Willow Leaf Palm	柳葉掌	Fingers closed together with open palm alignment
Palm Transitions		Controlled hand movement coordination
Breathing & Hand Synchronization		Integration of breath & movement

Category 5 — Leg Techniques & Lower-Body Coordination

- Controlled Front Kicks
- Balance Lifts
- Directional Stepping
- Weight-Shifting Exercises
- Circle Walking Footwork
- Mobility Raises
- Stability Development

- Coordinated Lower-Body Movement

Category 6 — Motion Studies & Line Drills

- Short Combination Movements
- Line Drills
- Directional Change Drills
- Circle Walking Drills
- Rotational Stepping Exercises
- Transitional Movement Patterns
- Guided Flow Drills
- Coordinated Turning Mechanics

Category 7 — Cheng Style Bagua Zhang Forms

- Cheng Style Bagua Zhang — Mother Palms 程式八卦掌母掌
- Circle Walking
- Rotational Balance
- Coordinated Stepping
- Waist Turning
- Directional Movement
- Structural Alignment
- Turning Mechanics
- Movement Continuity
- Internal Coordination

Category 8 — Conditioning & Internal Development

- Neigong Exercises 內功
- Standing Practice
- Circle Walking Conditioning
- Stance Holding
- Flexibility Development
- Internal Conditioning
- Guided Relaxation
- Structural Endurance Training
- Breathing Coordination

Program Development Objectives (訓練目標)

- Rooting and postural integrity
- Balance and equilibrium
- Mobility and directional control
- Lower-body coordination
- Turning and rotational mechanics
- Continuous movement

- Breath-and-movement integration
- Structural endurance
- Internal coordination and awareness
- Progressive Cheng Style Bagua Zhang development

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