

BA GUA ZHANG: Foundational Exercises

1. Rotation Of Joints
(neck, waist, knee, ankle)
2. Yin Yang Acupoint Slapping
3. Foot Slapping
 - Front Hang Leg
 - Back Hang Leg
4. Spring Leg (Toe Kick)
5. Forward Stomping Leg
6. Filing and Cutting Leg
 - a) Basic
 - b) File and Lift
7. Backward Stomp as Hands Push Forward
8. Left & Right Pouncing Step
9. Standing Snake Body
10. Slapping & Flicking Hands
 - a) Single
 - b) Double
 - c) Slapping Shoulder; Nape; Buttock
 - d) Body Slapping High & Low
11. Arm Rotating/Swinging
 - a) Single Arm Rotation
 - b) Double (opposite directions)
 - c) Windmill Arms
12. Grasp Empty Hands
13. Twisting Shoulders/Changing Palms (Lengthen Tendons/Pull Bones)
14. Guiding Hand
15. Piercing Hand
16. Serving Teacup Exercises
 - a) One Hand (two ways)
 - b) Both Hands (opposite directions)

17. Drawing Hand
18. Front & Back Poking Hand
19. Upper Drawing Hand
20. Picking Hand
21. Hiding Flower Under Leaf
22. Drill Up & Millstone -Spirals
23. Shake & Vibrate Body

BA GUA ZHANG: Twelve Zhan Zhuang (Stake Standing) Postures

1. Three Body Posture (*San Ti Shi*) 三體式:
 Old Monk Holds the Alms Bowl (*Lao Seng Tuo Bo*) 老僧托鉢.
2. Hooking Step (*Kou Bu*) 鉤步
3. Swinging (Pendulum) Step (*Bai Bu*) 擺步
4. Hawk Step (*Ying Bu*) 鷹步
5. Sitting Step (*Zuo Bu*) 坐步
6. Resting Step (*Xie Bu*) 歇步
7. Balance Step (*Ping Heng Bu*) 平衡步
8. Single Standing Step (*Du Li Bu*) 獨立步
9. Crouching (Falling) Step (*Pu Bu*) 仆步
10. Bow Step (*Gong Bu*) 弓步
11. Horse Step (*Ma Bu*) 馬步
12. Empty Step (*Xu Bu*) 虛步