



Yang Taiji Baduanjin The Eight Brocades with Master Sam Masich on ZOOM

Level One, Session Six, Seven, & Eight

Brocade Six: Zhan Zhuang
Brocade Seven: Fajin and Chansijin
Brocade Eight: Caituigong

Section Six: *Zhan Zhuang* 站樁

The sixth section trains the 'standing-post' (*zhanzhuang* 站樁) via two main methods. The first method is the 'Horse-stance Post-standing' (*mabu zhanzhuang* 馬步站樁). The name refers to the resemblance between the open leg squatting and the position of one's legs when riding on horseback. The second method is the 'River Post-standing' (*chuanzishi zhanzhuang* 川字式站樁) and trains the 'empty stance' (*xubu* 虛步). The name evokes a person standing on the bank beside a river and touching the water with the foot of the free leg.

1. Preparation posture. Step to medium 'horse stance' (*mabu*)
White Crane Reach high; pull down; right and left hand alternate (3x)
Double White Crane Scoop low (*squat*), push high (3x)
2. Preparation posture. Step to wide 'horse stance' (*mabu*)
 - a. **Zhanzhuang in front peng/an.** (Shake 100-200 times. Play *peng, lü, ji, an*)
 - b. **Zhanzhuang at sides peng/an.** (Shake 100-200 times). Play *peng, lü, ji, an*)
3. Preparation posture: Step to 'river post-stance' (*chuanzishi*)
Exercise zhanzhuang in Raise hands/Play guitar
Exercise zhanzhuang in White Crane family
4. Preparation posture. Step to medium 'horse stance' (*mabu*). Fists on hips
 - a. **Torque from centre** Left (3x). Right (3x)
 - b. **Squat low.** Grasp ankles from behind. Hold
 - c. **Large swing body back.** Left (3x). Right (3x). (Inner Drop Incline; Outer Expand Incline; Central Axle Incline.)

End Section Six: Small 'Power Loop'

Section Seven: *Fajin* and *Chansijin* 站樁發勁纏絲勁

Section seven deals with 'reeling silk energy' (*chansijin* 纏絲勁) and 'issuing power' (*fajin* 發勁). Reeling silk, a concept employed for refining and blending neutralizing and attacking powers, is trained using outer and inner 'whips' and corresponding 'thumping' and 'piercing' *fajin*-striking methods. The last part of this section involves methods of 'deflect-parry-thump' (*banlanchui* 搬攔捶).

Preparation posture. Step out left side to wide *mabu* horse stance

1. a. **Three Outer Whips**
 - b. **Two fisted *fajin*** Shake wrists then:
 1. Forward double punch—high, medium, low
 2. *Ban lan chui*
 - c. **Alternating rapid punches.** (Multiple times)
2. a. **Three Inner Whips**
 - b. **Thrust with fingers.** *Middle variation:* Thrust forward with palm prone (sternum); thrust inversely *High low variation.* Thrust forward with palm down (throat); thrust inversely (bladder)
 - c. **Alternating rapid thrusting palms.** (Multiple times)

End Section Seven: Small ‘Power Loop’

Section Eight: *Caituigong* 踩腿功

The eighth and final section of the Yang-style Taijiquan Baduanjin integrates many aspects of the sections four through seven via ‘trample-step leg training’ (*caituigong* 踩腿功). Focusing on concepts of square and diagonal energy (*sizheng* 四正 and *siyu* 四隅) found in *taijiquan*’s ‘thirteen-powers’ (*shisan shi* 十三勢) martial theory this section uses the trample-step leg method and the ‘wing-leg’ method (*chituifa* 翹腿法) to develop a highly integrated martial stepping and applications method.

1. **‘Trample step’**
 - *Peng to lü* variations
 - *An to lü* variations
 - *Cai-lie* to *zhou-kao* variations
2. **‘Wing-leg step’**
 - Linked stepping variations
3. **Continuous *caituigong***

End Section Eight: Small ‘Power Loop’

Cooldown

1. a. Rub eyes and face
 - b. Cover ear flaps (*listen*). Snap fingers on neck (Alternating 3x each side)
Release ear flaps. *Laogong* suction
 - c. Rub neck tendons (3x each hand)
 - d. Stroke beard (*yintan* to *qihai*. Alternating 3x each side)
2. Rub the legs
3. Stand on tip-toes. Drop heels.