

Dragon Rolling The Pearl Jiulong Baguazhang Basics Course



**Student Knowledge Check List
2012 Edition**

Dragon Rolling The Pearl Baguazhang Curriculum

Section One –Basic Skills and Principles

- History of Daoqiquan
- History of Li family Baguazhang
- The Four Virtues - Si-De
- Quiet Sitting / Meditation - ZuoChan
- Warm Up Exercises - Kai-men
- The Emei Clearing Exercise
- Basic Yi Xin Gong Principles
- Release – Song
- Ridgepole
- Filling – Pengda Jin
- Stirring exercises
- Void Standing Posture
- Embrace the Pearl Standing Posture
- Push the Mountain Standing Posture

END SECTION ONE.

Section Two--Linear Walking Techniques and Principles

- Six Stances – Liu-bu
- Eight Points of Balance
- Shifting Exercise
- Correct Partner Practice – Framing
- Dragon Rolling the Pearl Posture – Long Gunfan Zhenzhu
- Cross the Great River Principle
- Silk Reeling Principle – Changsi Jin
- Strolling Immortal Walk – Xianren-bu
- Dragon Step Energy – Long-bu Jin-gong
- The Centerline
- The Ball and Wedge Principle – Sanjiao Yiji Qiu
- Linear Walking – Shun-bu
- Six Coordination's – Liu-Xiezou
- Threading –Zuan
- Night Swallow Turns – Ye-yan bu
- Water Dragon Turns – Shui Long Ba-bu
- Dragon Gazes to the Side
- Three Speeds of Daoqiquan

END OF SECTION TWO

Section Three—Circle Walking Techniques and Principles

- Emei Mountain Opening Bow
- Circle Walking - Bu yan quan-zi
- Water Dragon inside Turn
- Water Dragon outside Turn
- Scanning
- Tracking
- RYG Principle of Circling Distances
- Three to One Principle
- Dragon's Gate Stepping Pattern – Long Men Bu
- Circling the Circle - Raoquanzi-bu
- Pendulum Step – Zhongbi-bu
- Double Ba Turns (Single Palm Change)
- Dragon Circles The Moon
- Big Dragon Turns Around
- Dragon Whirls in Flight
- The Four Animal Natures
- Two Dragons at Play Push-Hand Games

END OF SECTION THREE

Section Four—Application Techniques and Advanced Training Principles

- Five Circles
- The Tao of Wuwei Zhang
- Willow Bends – Rou-liushu
- Pushing Palm Combatives – Anzhangfa
- Nine Palace Training Methods – Jiugong Dian
- Palm Strike Methods and Targets – Zhang Da
- Rolling Pearl Locking and Escaping Methods – Qinna
- Fundamentals of Pulsing Force – Fa-jin
- Sparring at speeds 3 and 2 – (Anzhang Fa) (Wuxianzhi-Shou)

END OF SECTION FOUR