

The Baguazhang Chart

This chart will only make sense to those who know a little about Baguazhang. Print it out as it is a handy reference. Baguazhang more so than any other martial art is based upon the Chinese Book of Changes or the 'I-Ching'. Each of the eight palm positions is representative of a different 'tri-gram' (that upon which the I-ching is based). When we use two palms each using either the same or different trigram aspects, then we get 64 palm changes. These are said to be all of the changes in Heaven & Earth. We make use of the 64 palm changes in the healing art of Baguazhang or in the Fighting Art. Bagua takes on not only the appearance of different animals, but also the way that animal moves and thinks, his attributes etc.

Trigram	Character	Attribute	Family	Body Part Healed By the Use of the Palm as Qigong	Palms	Animal	Fighting Forms
CHIEN ——— ——— ———	Heaven	Power	Father	Head	Yang Chang Upward Palm Lion Shape Palm	Lion: Solemn, Explosive and Aggressive	Lion Opens Mouth Golden Dragon Closing Mouth Lean on Horse, Ask The Way +
TUI — — ——— ———	Earth	Pleasure	Youngest daughter	Left Side of Abdomen & All Organs Associated	Fu Chang Downward Palm Embracing Palm	Monkey Agility, with shrinking ability	Monkey Picks Fruit White Ape Offers fruit
LI	Fire	Clinging	Second Daughter	Eyes	Shu Chang	Falcon Spinning &	Big Snake Turns its

<p>— — —</p>					<p>Outward Palm</p> <p>Detaining Palm</p>	<p>Turning over, using a chopping method</p>	<p>Body</p> <p>Sweep the 1000 soldiers (Enemy)</p> <p>Purple Nun Throws Fan</p>
<p>CHEN</p> <p>— — —</p>	Thunder	Shaking	Oldest Son	Middle Abdomen & all Organs Associated	<p>Pao Chang</p> <p>Embracing Palm</p> <p>Uplifting Palm</p> <p>Holding Palm</p>	<p>Dragon</p> <p>Leaping & Unpredictable, Undulating, Twisting, Changing Form.</p>	<p>Black Dragon Wrapping The Post</p> <p>Green Dragon Playing with Pearl</p>
<p>SUN</p> <p>— — —</p>	Wind	Gentle	Oldest daughter	First 5 Lumbar Vertebrae	<p>Pi Chang</p> <p>Splitting Palm</p> <p>Cutting Palm</p>	<p>Phoenix</p> <p>Swirling in a Continuous Circle</p>	<p>Phoenix Spreads Wings</p> <p>Lion Rolling Ball</p>
<p>KAN</p> <p>— — —</p>	Water	Danger	Second Son	Kidneys	<p>Liao Chang</p> <p>Seizing Palm</p> <p>Superior Palm</p> <p>Pushing Palm</p>	<p>Snake</p> <p>Flexible & Agile</p> <p>Point Paralysis with flowing Palms</p>	<p>White Snake Spits Venom</p> <p>Double Headed Snake Cols its Prey</p>
<p>KEN</p> <p>— — —</p>	Mountain	Stillness	Youngest Son	Neck	<p>Tiao Chang</p> <p>Provoking Palm</p>	<p>Bear</p> <p>Powerful but docile with uprooting ability</p>	<p>Black Bear Thrusts Paw</p> <p>Black</p>

— —					Back Palm		Bear Turns Over On Its Back
KUN	Clouds	Yielding	Mother	Right Side of Abdomen & All Organs Associated	Lo Shuan Chang Screwing Palm Turning Palm Spiral Palm	Unicorn Standing on One Leg &Turning Like a Tornado	Unicorn Spits Book Turning Body, Striking Palms

The Names of the Main Applications from the Baguazhang Linear or Fighting Form

- 1/. Bumping Palm
- 2/. Grabbing Palm
- 3/. Kick to Knee, Snake Fingers to Eyes
- 4/. Turning the Body & striking Suddenly with elbow
- 5/. Checking & Tripping the Left & Right Leg
- 6/. Carrying a Flower Basket on the Arm (Check to Leg & Jab to Eyes)
- 7/. Checking Palm to Abdomen (Wrapping Up)
- 8/. Using Spritely Footwork to Raise his Arm (Attack the Groin)
- 9/. Blocking a Fist by Rotating the Arms. (Step Around)
- 10/. Withdrawing the Body & Hitting the Ribs
- 11/. Golden Hook Hangs on a Ring (Kick to Knee, Punch to GB 3)
- 12/. Golden Pheasant Shakes its Crests (Rotate Shoulders)
- 13/. Holding & Pushing with Both Palms

- 14/. Silver Cicada Casts of its Shell (Lift Arm & attack Groin)
- 15/. Breaking his Hold & Striking his Chest. (Sliding Ball)
- 16/. Carry the Golden Man on Your Back. (Bend & Throw)
- 17/. Attacking with a Series of Arrows. (2 Palms, one wrist)
- 18/. Black Bear Spins Around to Ward off the Bees.
- 19/. Attacking with Both Palms to Strike the HT 1 point with One Step
- 20/. Breaking the Arm Using Slanting Shoulder (Checking the Groin)
- 21/. Turning the Body to Cut the Ribs with Palm (Step Through)
- 22/. Releasing Oneself from a Waist Hold
- 23/. Turning the Body & Pushing the Palms of the Disciples of Buddha (2 Palms)
- 24/. Pushing the Boat Forward Downstream (Attack to CV 22)
- 25/. Kicking the Purple Golden Crown
- 26/. Taking a Step and Slipping a Lateral Palm (Single to Double Palm Attack)
- 27/. Carefully Pulling the Goat Forward (Kick to Knee)
- 28/. Snake Palms
- 29/. Dragon Whips Tail

The Names of the Eight Circular Palm Changes

- 1/. Single Palm Change (Main Posture: "Leaning On The Horse, Asking The Way")
- 2/. Double Palm Change (Main Posture: "Fierce Tiger Jumps Out")
- 3/. Straight Palm Change (Main Posture: "Pigeon Alone Flies to Heaven")

4/. Back Facing Palm change (Main Posture: "Close the Door, Push the Moon")

5/. Reversing Palm Change (Main Posture: "Pang Spreads Wings", [Phoenix])

6/. Body Scraping Palm Change (Main Posture: "Rhinoceros Looks at Moon")

7/. Thrice Penetrating Palm Change (Main Posture: Lion Embraces Ball")

8/. Turn the Body Round Palm Change (Main Posture: "Shoot Bow From Horseback")

The next three palm changes, Erle Montaigne added to the basic 8 in order to enhance the Animal Forms.

1/. Hawk Palm Change

2/. Tiger Palm Change

3/. Bear Palm Change