

*****This curriculum is very comprehensive and will be taught over a minimum of 4 semester type sections. Each section will be a minimum of 4 teaching days, and total a minimum of 24 hours (6 hours per day with a 1.5-hour lunch break). The goal of this curriculum is to give students a practically complete system rarely found elsewhere. The notes and video that can be taken from this workshop will allow the student to continue/his or her practice with confidence, and allow the skills of Baguazhang to become part of their new life long practice! It is also the hope of presenting this dynamic curriculum that students would seek out Shifu Neil Ripski for personal instruction and all of his future events! He is a rare gem seldom found on the North American Continent!**

Traditional Chinese Medicine
Theory & Fundamentals for Baguazhang

During the course of my teaching baguazhang I feel it is important for students to acquire understanding of the cultural and medicinal aspects of qigong practice to enhance and strengthen their own art.

We will be covering:

- The concept of qi as a relationship between form and function of the body.
- Yin/Yang theory and understanding it as a method for self awareness.
- Defining the three treasures of the body of Jing, Qi , Shen and their roles in training and health.
- The meridians as tissue and muscular chains that relationships take place within.
- The six meridian theory (Tai Yang, Xiao Yang, Yang Ming, Tai Yin, Xiao Yin, Jue Yin)
- The Three Yang meridians as aspects of the personality interacting with the world as well as martial arts.
- The Three Yin Meridians as aspects of the true self and interacting with the physical structure.
- Nei Gong Practices involving the Hun, Shen and Qi.
- Qi Gong Practices including Shaolin Heavy Hands (林重手) Internal Iron Palm Qigong, Bagua 8 Small Palms and Bagua 8 Standing Palms.
- A discussion of the Taoist influence on baguazhang and it's method of thinking from the Long Men Sect of Taoism (Complete Reality – Long Men Pai 龍門派)

Interactive discussion and physical practices will be a part of the course curriculum as well and will also include methods of Self Massage (Shaolin Pai Fa 少林拍法 – Shaolin Patting method), some basic Acupressure and Tui Na.

Shifu Neil Ripski
Red Jade Martial Arts

Baguazhang

WITH Neil Ripski

Basics

Breaking the Waist

- Gui Xi QiGong (Tortoise Breath qigong method)
- Heart to the Eight Directions
- Chest Walking
- Back / Shoulder Blade Walking

Walking The Circle

- Ox Paws the Earth (Yin & Yang Methods)
- Tin Soldier Walking
- Lion Stepping
- Dragon Stepping
- Pull Stepping
- Push Stepping
- Tang Ni Bu (Yin & Yang)
- **Point of Origin of Movement (Leg)**
- Toe In (Koh)
- Toe Out (Ba)
- Sweep Step

Tan Zhong & The Arms

- Dragon Serves Tea (Yin & Yang)
- Turn and Pierce Behind
- Dragon Palm
- Purple Swallow Skims the Water

Eight Small Palms

- Sparrowhawk Flies and Falls
- Dragon Whips Tea/ Tail (2 variants)
- Giant Breaks the Earth
- Mud Palms
- Dragon Swims in the Sea
- Green Dragon Climbs the Mountain
- Tiger Descends the Mountain
- Tai Peng (Roc) Opens its wings

Mother Palms (Cheng)

- Press Earth Palm
- Tiger Descends the Mountain
- Embrace the Moon to the Chest
- White Ape offers Fruit

- Roc Spreads Wings
- Pierce Heaven & Earth
- Black Bear Stretches Paws
- Green Dragons Stretches Claws

Mother Palms (Ba Xian)

- Lan Caihe carries the basket of flowers
- Zhong Guolao riding the Donkey Backwards
- Cao Guijiu Offers the Jade Tablet
- Zhong Liquan with his Sea Stirring Fan
- Han Xianzi carries his Flute
- Li Tieguai in his Cups
- He Xianku riding the Lotus Leaf
- Lu Dongbin Compass Needle Points South

Lao San Zhang (Three Old Palms)

- First Palm Change
 - Yang, Heaven, The Beat
- Second Palm Change
 - Yin, Water, The Cross
- Smooth Posture Palm
 - Yin/Yang reversal, interchange, Sleeve Release

Forms

- **Chengshi Baguazhang**
- Small Open Gate Palm
- Eight Big Palms
- Swimming Body Bagua Jian

Ba Xian Baguazhang

- Eight Immortals Bagua
- Doing Chores While Demons Attack
- 9 Palaces Spear (Flute rises from the Li River)

Weapons

- Bagua Dao
- Bagua Shuang Shou Jian
- Deer Horn Knives