

Liu He Ba Fa

华岳心意六合八法拳

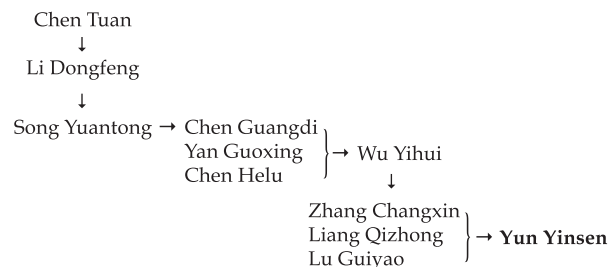
Liu He Ba Fa (六合八法) also called Six Harmonies Eight Methods, water boxing, Temple Style Tai Chi, or Hua Yue (the mountain with which it is associated) is a form of internal Chinese martial arts.

Its principles are associated with a 'water' exercise method said to pre-date the Song Dynasty (960-1279). The legendary Daoist sage Chen Tuan 陈搏 (or Chen Po, Chen Xi Yi, Chen Hsi I) (871 - 989) is credited with its origin and development. He was associated with the Hua Shan Daoist Monastery on Mount Hua in Shanxi Province; its counterpart rival is the Daoist Temple in the Wudang Mountains.

The Liu He Ba Fa form was taught in the late nineteen thirties in Shanghai and Nanjing by Wu Yihui 吴翼翬 (1887-1961). It is said he had learned the art in three variants from three teachers: Yan Guoxing 阎国兴 and Chen Guangdi 陈光第 from the province of Henan, and Chen Helu 陈鹤侣 from Beijing. Wu Yihui combined these three variants to teach collectively with addended exercises.

Many of Wu Yihui's students had martial arts backgrounds and modified the form to merge it with their own knowledge. Therefore, the modern form has elements of other martial arts such as Xingyi Quan, Baguazhang, Taiji Quan and Yi Quan.

A simplified lineage chart of people who have contributed to the development of Liu He Ba Fa and passed it on to Master Yun:



BIOGRAPHY

MASTER YUN YINSEN 恽银森 (1934 -), a native of the city Shanghai, China, started internal martial arts in Yang Style Taiji in his early forties. Since 1980 he studied with Zhang Changxin in Six Harmonies Eight Methods or Liu He Ba Fa and Yi Quan Zhan Zhuang (Standing Pose). Zhang Changxin was one of the top students of Wu Yihui, founder of the Liu He Ba Fa form. In 1982 he studied



Photo by: Jaime Cobb

Yi Chuan Zhan Zhuang with Han Xinqiao and furthered his study of Liu He Ba Fa with two other famous masters, Lu Guiyao and Liang Qizhong. In 1992 he became Deputy Secretary General of Anhui Province Six Harmonies Eight Methods Association. In 1997 he received the National Sports Association second degree master's certificate. Since 1997 he has been invited to performances and lectures internationally. He was invited to Russia in 1999, to London in 2002 and 2003 and he taught the Taichi Summer Camp in La Honda USA in 2006 and 2007. In 2006 Master Yun became Member of WACIMA (Worldwide Association for Chinese Internal Martial Arts) and was appointed Head Coach of Liu He Ba Fa. Master Yun, now in his seventies, is still very active teaching and promoting this ancient art nationally and internationally.

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陈搏

Hua Yue Liu He Ba Fa

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六合 Six Harmonies

- 一、体合于心
Body harmonizes with the Mind
- 二、心合于意
Mind harmonizes with the Yi (intent)
- 三、意合于气
Yi harmonizes with the Qi
- 四、气合于神
Qi harmonizes with the Shen (spirit)
- 五、神合于动
Shen harmonizes with the Motion
- 六、动合于空
Motion harmonizes with Emptiness

八法 Eight Methods

- 一气、行气集神
Qi (Move Qi concentrate Shen)
- 二骨、骨劲内敛
Bone (Draw strength into the bone)
- 三形、象形模仿
Form (Imitate animal form)
- 四随、圆通策应
Follow (Freely adapt to any situation)
- 五提、顶悬虚空
Lift (Top of the head floats in the empty sky)
- 六还、往来反复
Return (Shifting back and forth)
- 七勒、定静守虚
Halt (Maintain stillness attending to the Void)
- 八伏、隐现藏机
Hide (Secretly show the hidden Intent)



华岳心意六合八法拳66式

起式 Beginning

第一段 Part I

- 1 停车问路 Stop the Cart to Ask Directions
- 2 临崖勒马 Rein in the Horse at the Cliff
- 3 闭门推月 Close the Door and Push the Moon Out
- 4 拨云见日 Clear the Clouds to See the Sun
- 5 临崖勒马 Rein in the Horse at the Cliff
- 6 摘星换斗 Pick the Star and Change the Big Dipper
- 7 鸿雁双飞 Two Wild Geese Flying Together
- 8 闭门推月 Close the Door and Push the Moon Out
- 9 孤雁出群 Single Goose Leaves the Flock
- 10 野马追风 Wild Horse Chasing the Wind
- 11 川流不息 Rivers Flowing Non-Stop
- 12 伏虎听风 Crouching Tiger Listening to the Wind
- 13 声东击西 Feint East Strike West
- 14 青龙探爪 Green Dragon Stretches Out Its Claws
- 15 丹成九转 Turn the Dan (Elixir Pill) Nine Times
- 16 拨云见日 Clear Out the Clouds to See the Sun
- 17 顺水推舟 Push the Boat With the Current
- 18 弩马回头 Angry Horse Turns Away
- 19 瓶花落砚 Flower Arrangement Falls Onto the Inkstone
- 20 高山流水 High Mountain Flowing Water
- 21 童儿送书 Child Presents the Book
- 22 樵夫担柴 Woodcutter Carries the Firewood
- 23 天官指星 Heavenly Official Points at the Star
- 24 五云捧日 Five Clouds Hold the Sun
- 25 托天盖地 Support the Sky Cover the Earth
- 26 燕子抄水 Swallow Touches the Water
- 27 朝阳贯耳 Morning Sun Fills the Ears
- 28 截手双推 Double Push With Crossed Hands
- 29 薰风扫叶 Fragrant Wind Blows the Leaves
- 30 燕子衔泥 Swallow Pecks the Mud
- 31 灵猿摘果 Nimble Monkey Picks the Fruit
- 32 猛虎回头 Powerful Tiger Turns the Head

第二段 Part II

- 33 旋转乾坤 Turn Heaven and Earth Around
- 34 风摆荷叶 Wind Blows the Lotus Leaves
- 35 掩手冲拳 Cover the Hand and Punch
- 36 琵琶遮面 Cover the Face With the Pipa (lute)
- 37 流星赶月 Shooting Star Chases the Moon
- 38 燕子斜飞 Swallow Flies Diagonally
- 39 丹凤朝阳 Red Phoenix Faces the Sun
- 40 翻江搅海 Stir Up the River and the Ocean
- 41 倒骑龙背 Ride the Dragon Backwards
- 42 狸猫扑蝶 Wild Cat Catches the Butterfly
- 43 抽梁换柱 Replace the Beam With the Post
- 44 风卷残云 Wind Sweeps the Broken Clouds
- 45 蛰龙现身 Hibernating Dragon Appears
- 46 乌龙摆尾 Black Dragon Whips Its Tail
- 47 平分秋色 Break Even
- 48 走马观花 Ride the Horse Look at the Flowers
- 49 魁星献斗 Big Star Presents to the Big Dipper
- 50 燕子穿云 Swallow Shoots Through the Clouds
- 51 提手七星 Lift Hands to Form the Seven Stars
- 52 雁字横斜 Wild Geese Fly in Formation
- 53 黄龙转身 Yellow Dragon Turns the Body
- 54 五圣朝天 Five Sages Pray to Heaven
- 55 叶底藏莲 Lotus Hidden Under the Leaves
- 56 凤凰展翅 Phoenix Spreads Its Wings
- 57 白鹤啄食 White Crane Pecks the Food
- 58 月挂松梢 Moon Hangs on Pine Branches
- 59 倒揭牛尾 Hold the Ox Tail Backwards
- 60 童子抱琴 Child Holds Up the Zither
- 61 犀牛望月 Rhinoceros Looks at the Moon
- 62 鹞子穿林 Hawk Flies Through the Forest
- 63 赤龙搅水 Red Dragon Stirs Up the Water
- 64 风动浮萍 Wind Moves the Water Lily
- 65 气升昆仑 Qi Rises to Kunlun Mountain
- 66 存气开关 Store the Qi Back Into the Gate

收式 Closing