



Natural Motion Systems “Martial & Health Sciences”

(I Ching) the Book of Changes

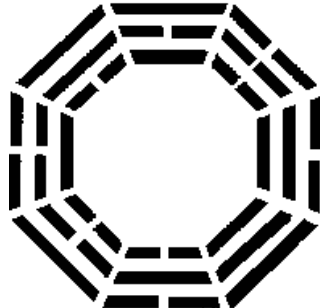
Nothing in nature stands still. Observing the natural process, the ancient Oriental philosophy researched patterns of change to reach higher understanding, occurring nature. . Change, or movement, at basic level is represented symbolically through the interplay of

yin(-) and *yang*(+). From the idea of *yin* and *yang*, combinations were formed to represent nature and the human state. Combinations (*liang-I* and *szu-hsiang*) to more complex combinations (trigrams and hexagrams).

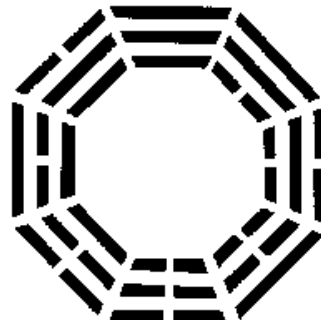
To represent aspects of nature and the human state by constructing sixty-four six-line *Yin-I* and *Yang-I* combinations and researching their changing patterns the *I-Ching*, or *Book of Changes*. A combinatorial process (theory) the trigrams and hexagrams are formed. The *I-Ching*, and the hexagram representations are not static. In Chinese philosophy, the dynamic movement and unceasing change.

Example; examined in martial application. The player assumes an extended stance (long)-(*yang*) posture. The other players change of stance or posture will become (short) - (*yin*). There are predictable patterns of change inherent in nature; there are also patterns of change when two players meet in physical combat (application). Example; in Eight directions palm (Ba Gua Zhang) player initiates an offense, a palm strike to

the players face. One can predict the player’s reactions; I NMS there is the concept of (predictable reaction and unpredictable reaction).



King Wan pre heaven Diagram



Fu Hsi Post-Heaven Trigram

The Fu Hsi Diagram Eight Transformations (Baguazhang) based on theory of the Bagua (Eight Trigrams); source was the *YiJing* (Book of Changes). The Chinese researched, studied and applied it for over four thousand years. The Eight Transformation (Bagua) was formulated in China by Fu Xi (also called Bao Xi) during The Five Rulers (2852 B.C.). The *YiJing* was explained by the first ruler of Zhou, Wen Wang (1122 B.C.) The rules or patterns of nature the divine enlightenment and to be used to classify the effects of ten thousand (infinite) objects The *YiJing* is scientific treatise based on detailed observations, which produced an understanding of the patterns and rules of nature (Natural Motion Systems). Since nature is always repeating itself, it is possible through careful observation to deduce the rules of the natural patterns. The *Fu Hsi* or "Early Heaven" arrangement of the trigrams is said to have existed prior to the *Book of Changes* (*I-Ching*). The trigrams are formed by combining the Positive and Negative (*Yang I and Yin I*)



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This trigram arrangement gives to the Ba Gua Zhang practitioner is one of stillness, centeredness, and balance. The movement of this diagram arrangement is from the center outward (Centrifugal). The player will see himself in a stable, still, balanced, central position focusing outward with a balanced awareness of all sides. The *Pa FengKen Pu* (Eight Direction Stepping) footwork the player to move linearly in one of an infinite number of directions a stable central point location, is theoretically from based on the fu shi diagram.

The King Wen Diagram Arrangement.

While Fu Hsi Discoverer and the inventor of the hexagrams of the book of changes (*I Ching*), King Wen Wang, who was given the title of King is credited as one of the authors of the *I Ching* commentary, along with the Duke of Chou and Confucius. Devised from the *Lo Shu* (Lo Writing or Lo Scroll), which is said to have been derive from the markings on the s Credited with devising the (post) "Later Heaven arrangement of the eight trigrams.

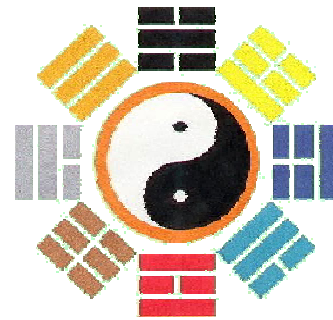
Devised from the *Lo Shu* (Lo Writing or Lo Scroll), which is said to have been derive from the markings on the shell of a “turtle”. The scroll Chiu *Kung* (Nine Hall or Nine Palaces), in Chinese numerology.

The Nine Palace numerological arrangement is depicted in the (magic square) the nine posts or nine circle practices in Ba Gua Zhang is derived from the arrangement of the Nine Palaces.

Researching the magic square numerological correspondence the most obvious pattern one will encounter that the sum of any row, column or diagonal equals 15. The numbers in the four primaries

Directions (sides) are odd, while the numbers on the corners are even. Summing the numbers on the corners equals 20, the sum of the sides also Equals 20. The numbers associated with each the trigrams in

the King Wen arrangement an identical to the numerology of the "magic square the number five does not relate to any trigrams and thus it is the unifying number which is placed in the center.



The Eight Transformation (Ba Gua) Eight Directions Theory

Chinese and Oriental philosophy contain the eight transformations –Eight Directions (Eight Trigrams) as the building blocks that form the 64 hexagrams (combinations) of the *I-Ching* or *Book of Changes*. *IF researched you will reach an understanding of the patterns of change inherent in nature and in human life. Also the ability to understand the combinatorial theory, and an understanding of the nature of the change and changeless. Inherent in the changing lines of the I-Ching, the Eight Directions (Eight Trigrams) as representations of combinatorial analysis. The*



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Fu Hsi (also called *Hsien T'ien* or Early-Pre Heaven) and *King Wen* (also called *Hou T'ien* or Later-Post Heaven) diagrams.

The Diagrams at their essence are codifications of naturally occurring processes and combining symbols that reflect dynamic elements in nature and the human process, an understand of predictable patterns, cycles, and polarities which are present in nature and human evolution.

Representing the balance of polar elements and the nature of cyclical change. Through research and understanding of the Diagrams arrangements and the natural development process, one can adapt into patterns of change and balance within cycles of change.

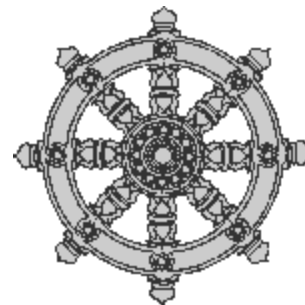
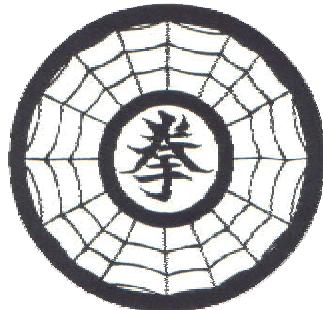
The ability to change from one Martial or Health science technology to another in an efficacious manner is characteristic of NMS Eight Direction (Ba Gua Zhang). Understanding combinatorial analysis and the theory of change and changeless.

History of the Eight Transformations-Eight Directions (Eight Trigrams)

The mythical Five Emperors (*Wu Ti*).Fu Hsi (Subduer of Animals), Shen Nung (the Divine Farmer), Huang-Ti (the Yellow Emperor), Shao Hao, and Chuan Hsu. Fu Hsi was credited with the discovery of the *I-Ching* approximately 5,000 years ago.

Fu Hsi's discovery of the trigrams. The Eight Diagrams from the Yellow River Map (*Ho T'u*). This map was revealed to him on the back of a supernatural animal called a "Dragon Horse"(Unicorn) The Diagrams hidden in the patterns on a tortoise shell. He discovered by observation and contemplation of the nature.The formation of the trigrams and hexagrams came about through an evolutionary

numerological process. Which encompasses the concept of Equilibrium (*yin* and *yang*)



The Eight Transformation-Directions (Eight Trigrams)

The Eight Directions (*Ba Gua*)-(Eight trigrams). Represent the maximum number of combinations of the *Yin I* and the *Yang I* (*equilibrium*) in sets of three. Their names are *Ch'ien*(Heaven), *Tu*(Lake), *Li*(Fire), *Chen* Thunder), *Sun*(Wind), *K'an*(water), *Ken*(Mountain), and *K'un*(earth, also Animals, members of the family, numbers, colors, shapes, sounds, hours of the day, weather patterns, astrological animals, parts of the body, directions on the compass and, seasons of the year. The Diagrams are fundamentally codification of natural processes.

Profoundly express patterns of movement changes and changeless. Diagrams and hexagrams have been used in philosophy ,astrology ,medicine ,geomancy ,numerology ,emblem logy ,martial arts Health and mathematics are algorithmic (algorithm is recursive mathematical rule)-a binary language. *The Eight Directions (Ba Gua)* follows the rules of binary arithmetic. The



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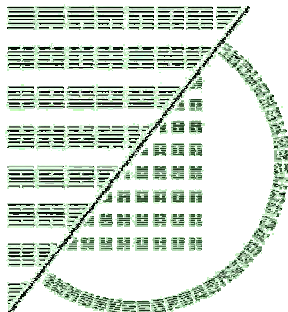
hexagrams are arranged in an exact representation of binary arithmetic (each hexagram in succession is a binary representation of the numbers from 0 to 63).

They represent combinatorial analysis and symbolic reasoning. In Eight Transformation palm- (Ba Gua Zhang) there are eight upper body weapons and eight lower body weapons. Which the Player will use most often to geometrically strike or Geometrically Cross an opponent.

The upper body joints weapons include the knuckle joints in both hands (weapons associated with these joints would include the fists and fingers), the two wrists (weapons here would include the palms and the wrist joints), the two elbows, and the two shoulders. The lower body

joints are the two hips, the two knees, the two ankles (heel kicks), and the two feet. All of these weapons can be used in offense or counter-offense. The Player can either geometrically strike or Geometrically Cross with any of these weapons and are key points of offense on the opponent's body when Geometrically striking, grabbing, controlling (manipulating), or attacking.

Given these weapons of offense and counter offense, on the left side and right side, high and low, inside and outside, and at long, middle and short range. Each component is trained individually and collectively through a series of kicking-stepping exercises, palm striking Exercises, elbow striking exercises and 10 ten Geometric line combative technique forms. NMS also uses "speed combination"(types of speed) exercises which develop the ability to use combinations of these weapons with the greatest speed and power (types of power).



The Sixty Four Hexagrams

The NMS principles are designed so that the practitioner can develop an intuitive feel (sensitivity) for how to apply combinations of his weapons quickly (constant –speed) and accurately (target acquisition) while taking away the opponent's ability to use weapons (Neutralization). Example of combinatory analysis:

Offense/Counter offense, Long range/Short range, Left/Right, inside/outside and High/Low. Example;8 Eight direction plus center are 9 nine , with right plus 9 nine with left is 18 eighteen (18 hands of Lohan), then 8 eight times 8 eight is 64(I-Ching) sixty four variations, then 108 combinations. Combinations involve a series of tactical movements using the body's sixteen joints for offense and counter offense in (constant speed) succession and combined with eight directional Geometric strategic stepping (Ba Gua Zhang) Chang footwork.

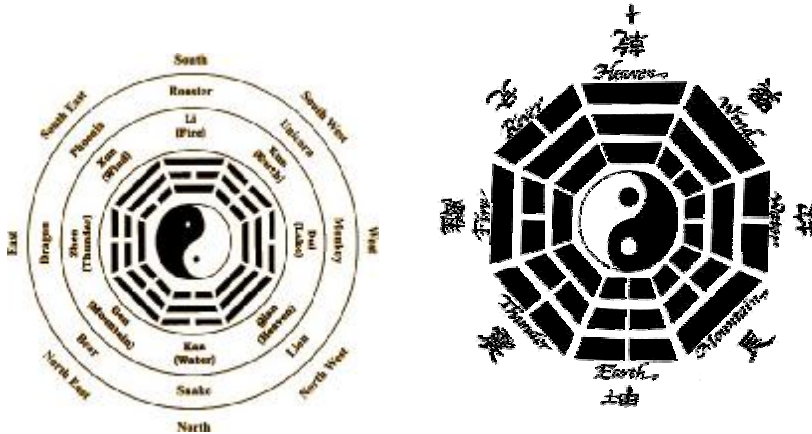
The theory of combinatorial analysis (research) plus the body's 16 weapons to strike the player, plus simultaneously (neutralizing) the player of his weapons. (Options). NMS strategy principle is gorilla war fair (that you take away from them, they can't use) and becomes yours.

(Manipulation). The other concepts used when playing is applied in (manipulating) controlling the player. Example; "if you want to neutralize four limbs, you only have to control one of the limbs." Control the opponent's body in any given situation simply by controlling one of the



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opponent's sixteen joints. Which joint the player attacks or controls depends on the special relationship between the players.



NMS speed (reflex) combination drills gives the player ability to strike a player. Swiftiness gained through the development of fast (reflex-sensitivity), powerful, continuous attacks, and the ability (target acquisition), shortest period of time. There are three levels of practice, 1- (flesh) skin deep, 2-(muscle, ligament, tendon) deeper level. 3-(bone) deepest level. All elements of NMS Eight Transformation (Ba

Gua Zhang) must be practiced until it is (Knowledge of body) before it is applied in a self-defense situation.

In Eight direction palm (Ba Gua Zhang), the (post) heaven arrangement is in accordance with the eight directions of the compass and represents a cyclical pattern a continuous daily and yearly cycles inherent in nature (Natural Motion Systems). This cyclical pattern basis for Ba Gua Zhang's characteristic circular body movement (orbit) and the circle walk practice (orbital energy). The sixty-four hexagrams of the *I Ching* involve combining the Fu Hsi and the King Wen Ba Gua diagrams. The Fu Hsi diagram is placed in the center of the King Wen arrangement. The Fu Hsi diagram remains stable and the King Wen diagram rotates around it. Each time the King Wen diagram is rotated one-eighth of a turn; eight new hexagrams are created by combining each pair of two trigrams sets which line up with each other. The King Wen arrangement has made one full revolution; all of the sixty-four hexagrams will have been identified.

The eight diagram construction is researched combinatory theory and changing variations in Ba Gua Zhang strategies, and tactical movements. The *FuHsi* diagram reveals movement from a central point extending out to eight directions. The *King Wen* diagram circular movement around a central point. Movement includes cyclical, or continuous, circular movement in a spiraling pattern. Pa Kua Chang practitioners are well known for their circular movements. The theoretical principles of motion relating to linear movement in eight directions apply to Ba Gu Zang (NMS GSF) body movement (NMS GSEW) and arm, hand movements (NMS GSC). The skilled NMS player understands to continuously, rapidly and effectively employ 16 or 17 weapons from Geometric strategic angles and infinite number of combinations.

Example; The player damages the players attacking weapons, simultaneously and continuously control the opponent's body (GSC), and always remain in an optimum position



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(GSS). The NMS student researches one eight directional palm (Ba Gua Zhang) philosophy, strategy and tactics they will learn one hundred techniques.

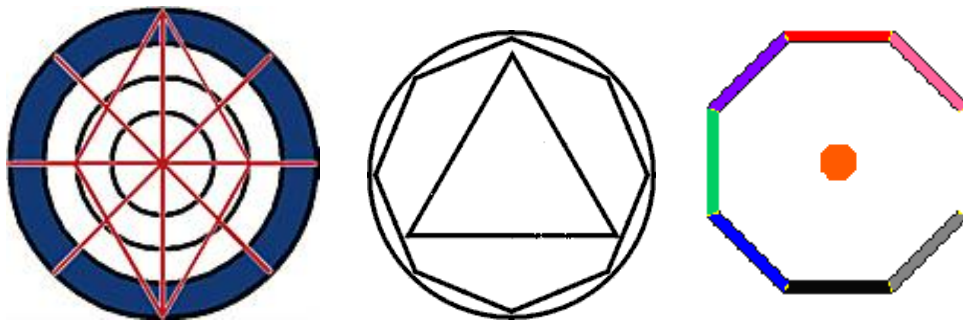
“In this manner, one technique becomes "no technique." (Ba Gua zhang –Master)
Becoming a general not a soldier.

The movements and sequences in any Ba Gua Zhang form relate to patterns and principles and strategies of the martial science system, not (techniques.) The NMS understanding of the movement beyond offense and counter offense, and techniques. Once the essence of the movement is understood, there are limitless (boundless) variations that one can extrapolate from the principle. Characteristics of NMS Spiral method player are; Understanding of the principles of movement and possibilities in eight directional Palms (Ba Gua Zhang). Offense combinations and counter offense unpredictable and confusing (gorilla ware fare). Change unpredictably. Strikes with palm that come out of nowhere (back gate). Change (turning) rapidly in response to any of the player’s movements. Knowing how to change and when to change. Change is continuous, it is unpredictable, and it is powerful (penetrating power). Like water constantly changing direction in accordance with resistance, changes and flows smoothly into player’s areas (control the back). The NMS player is moving, changing, and attacking (running and fighting).

The NMS player is (sneaky) crafty in application and ability while changing suddenly and unpredictably .Example; The NMS player might throw and then as soon as the opponent is off balance and moving towards the ground, (half throw) change quickly so that a palm delivered to the player (accelerate the fall) while he is falling . Quick Crisp and Fast is the rule.

In NMS applications, the player will get the opponent moving one way, then suddenly change to strike directly into the direction the opponent is moving (Physics’ object in motion is easy to keep in motion). Using the opponent's momentum, or (inertia), against him (two best friends floor and wall).

The Law of eight, Shown with various graphics.



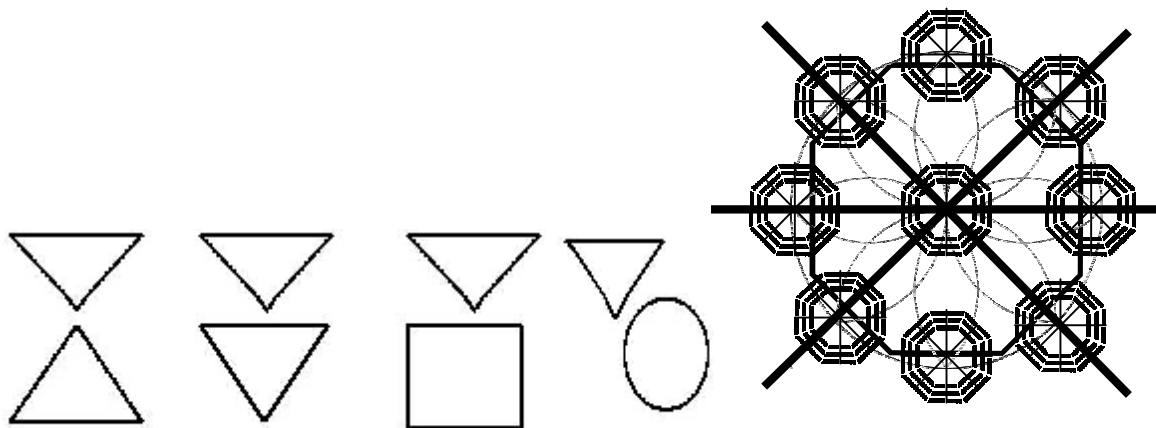
Pa Fang Ken Pu Stepping and the Pa Kua Diagram

Movement principles which were based on the geometrical configuration of the Eight Directions (Ba Kua) diagrams. Linear movement in eight directions. Maneuvers and patterns are derived from the eight Directions (Ba Gua) diagrams principle of linear movement in eight directions. The theory of movement, the practitioner is standing in one location (center)

Focusing outward (the center of the practitioner's body being viewed as the point from which movement is initiated); there are an infinite number of linear directions, eight major directions of the Ba Gua (or the compass).



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The original name of eight direction palm (Baguazhang) was *Zhuan Zhang*, (Turning Palms) The process of Gathering the fist techniques (crossed-manipulation). In Eight Transformations Palm (Ba Gua Zhang) uses animals to represent the characteristics of the phases. Animals to represent fighting patterns, in correspondence with the different phases of the Eight Trigrams.

Snake - Kan trigram

Bear - Gen trigram

Dragon - Zhen trigram

Phoenix - Xun trigram

Rooster - Li trigram

Unicorn - Kun trigram

Monkey - Dui trigram

A student's body type and personality were matched with the system that best suited them.