

### **wudang taijiquan spear sabre pdf**

Way of the Short Staff Self-Defense Arts and Fitness Exercises Using a Short Wooden Staff Cane, Walking Stick, Jo, Zhang, Guai Gun, Four Foot Staff, Hiking Staff Whip ...

### **Short Staff (Jo, Cane, Zhang, Jo Do, Aikijo, Jojutsu, Gun**

Chen Shen-Pu's Taijiquan Short Staff 74 Form. Taught by Shifu Jiang Jian-ye, 1950-. The title on the DVD is "Traditional Chen Family Tai Chi Short Staff." This 74 movement form was created by Grand Master Chen Shen-Pu, 1902-2000.

### **Cane Exercises and Self-Defense: Guides, Bibliography**

Parts of the jian. A guard or hilt protects the hand from an opposing blade. The shape of the guard can be described as short wings pointing either forward or backward. A minority of jian featured the disc-shaped guards associated with dao. A handle behind the guard can accommodate the grip of both hands or one hand plus two or three fingers of the other hand.

### **Jian - Wikipedia**

Xing Yi Quan (Chinese: 形意拳; pinyin: Xíng Yì Quán; Wade-Giles: Hsing I Ch'üan) is classified as one of the Wudang styles of Chinese martial arts. The name of the art translates approximately to "Form-Intention Fist", or "Shape-Will Fist". Xing Yi is characterized by aggressive, seemingly linear movements and explosive power that's most often applied from a short range.

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