



陳家太極梨花槍夾白猿棍

Chen Taiji Jasmine Spear and White Monkey Staff

Chen Taijiquan has many different weapons. The basic weapons are the Sword 劍, Broadsword 刀, Long Staff 大杆, Spring and Autumn Big Sword 春秋大刀 and Spear 槍. In China, the spear has been used for over five thousand years particularly during times of war. Chen Taijiquan is a martial art so its weapons are used for fighting. The Chen Taijiquan Spear is a long weapon and the skill is very good for fighting against a group of enemies. In Chen Taijiquan, we always follow the principle of Chan Si Jing (Silk Reeling Energy) 纏絲勁 whether we are using a weapon or not. This spear skill is based on two weapons, one is the Jasmine Spear 梨花槍 and the other is the White Monkey Staff 白猿棍. The spear has one head, like a sharp knife, that is used to attack the enemy. Most of the time we use the sharp head of the spear, it shoots forward to attack and circles for defence. On the other hand, the application of the staff allows us to use both ends and the middle of the staff. In Traditional Chinese Wushu we say, "Staff hits an area, Spear attacks in a straight line 棍打一大, 槍打一條線."

The 10 basic techniques of the Spear are:

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| 1. 扎 | Za - Shoot | 6. 點 | Dian - Point |
| 2. 攔 | Lan - Circle from inside out | 7. 崩 | Beng - Jerk up quickly (for defence mainly) |
| 3. 拿 | Na - Circle from outside in | 8. 纏 | Chan - Full circle or more |
| 4. 挑 | Tiao - Sweep upward | 9. 雲 | Yun - Big Circle around the body |
| 5. 劈 | Pi - Chop down | 10. 舞花 | Wuhua - Circle the spear around body vertically |

There are others techniques, but these techniques are very similar to the basic ones and are more or less repeating them. When we practise the spear we should follow the Chan Si principle and regular practice will make the spear become part of us. In Traditional Chinese Wushu training, the spear will not leave the person 槍不離身. We use the spear to shoot whatever target we want and block whatever comes close to us.

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| 1. 起勢 | Starting Position |
| 2. 夜叉探海 | Demon Goes into Sea |
| 3. 全舞花 | Full Circle the Spear Around the Body |
| 4. 中平槍 | Middle Level Spear |
| 5. 急三槍 | Urgent Three Spears Strike |
| 6. 上平槍 | Upper Level Spear Strike |
| 7. 珍珠倒卷簾 | Pearl Drape Rolls Upward |
| 8. 下平槍 | Downward Level Spear Strike |
| 9. 顛腿擡扎一槍 | Stamp the Foot and Strike with the Spear |
| 10. 扎青龍猷爪 | Green Dragon Shows His Claws Strike |
| 11. 上步扎一槍 | Step Forward and Strike |
| 12. 掃地刺邊攔槍 | Sweep the Floor, Shoot to the Side and Circle the Spear |
| 13. 往前打兩槍 | Shoot Twice Forward |
| 14. 黃龍點杆 | Yellow Dragon Points the Pole |
| 15. 撩扎一槍 | Flick and Shoot |
| 16. 腰群攔槍 | Block High on Waist |
| 17. 半個舞花 | Half Circle Around the Body |
| 18. 手按地蛇槍 | Snake Spear with Hands on the Ground |
| 19. 挑一槍 | Flick Up |
| 20. 扎一槍 | Shoot |
| 21. 掩兩槍 | Shoot Twice while Stepping Forward |
| 22. 左搖旗一掃 | Swing the Flag to the Left |
| 23. 朝天槍 | Facing the Sky Spear |
| 24. 右搖旗一掃 | Swing the Flag to the Right |
| 25. 鐵牛耕地槍 | Iron Buffalo Ploughs the Field Spear |
| 26. 回頭半個舞花 | Turn Around with Half Circle Around the Body |
| 27. 下滴水槍 | Water Drops Down Spear |

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| 28. 掩兩槍 | Shoot Twice while Stepping Forward |
| 29. 上騎龍槍 | Riding Up the Dragon Spear |
| 30. 往前進撥草尋蛇 | Go Forward to Separate Grass to Look For the Snake |
| 31. 往後退白猿托槍 | White Monkey Goes Back Carrying the Spear |
| 32. 回頭扎烏龍入洞 | Turn Around to Shoot and Black Dragon Goes Back to the Cave |
| 33. 顛回腿收琵琶式 | Turn Back with Stamping Legs to Get Back Pipa (Chinese Guitar) |
| 34. 往前打兩槍 | Go Forward and Shoot Twice |
| 35. 搖旗掃地 | Swing the Flag and Sweep the Ground |
| 36. 泰山壓卵 | Tai Shan (Big Mountain In Shan Dong Province) Presses Down on the Egg |
| 37. 半個舞花 | Half Circle Around the Body |
| 38. 靈貓撲鼠 | Agile Cat Jumps to the Rat |
| 39. 左撲一槍 | Left Shoot |
| 40. 右撲一槍 | Right Shoot |
| 41. 翻身回頭刺一槍 | Turn Around and Look Back to Shoot |
| 42. 踢一跟子 | Kick and Hit |
| 43. 单手出槍 | Shoot with One Hand |
| 44. 全舞花 | Full Circle the Spear Around the Body |
| 45. 二郎担山 | Er Lang (Chinese Three Eyes Immortal) Carries the Mountain |
| 46. 掃一槍 | Swing the Spear |
| 47. 半個舞花 | Half Circle Around the Body |
| 48. 下六分槍 | Shoot Down with Sixty Percent Power |
| 49. 回頭半個舞花 | Turn Around with Half Circle Around the Body |
| 50. 鷓子撲鶴鶩 | Hawk Jumps to the Quail |
| 51. 右掃一槍 | Sweep to the Right |
| 52. 挑一跟子 | Kick and Flick |
| 53. 扎一槍 | Shoot |
| 54. 半個舞花 | Half Circle Around the Body |
| 55. 二郎担山 | Er Lang Carries the Mountain |
| 56. 掃一槍 | Swing the Spear |
| 57. 半個舞花 | Half Circle Around the Body |
| 58. 美女認針 | Beautiful Lady Sews with Needle |
| 59. 玉女穿梭 | Jade Lady Weaving |
| 60. 刺闖鴻門槍 | Rush into the Wild Goose Gate. (About 2200 year ago the Wild Goose Gate was where a party was held which was a cover to assassinate the King of Han, Liu Bang 漢王劉邦, who became the first emperor of Han Dynasty 漢朝. The assistants of the King rushed into the party to save him.) |
| 61. 回頭掃一槍 | Turn Back and Shoot |
| 62. 全舞花 | Full Circle the Spear Around the Body |
| 63. 護膝槍 | Protect the Knees Spear |
| 64. 掩兩槍 | Shoot Twice while Stepping Forward |
| 65. 蒼龍擺尾 | Black Dragon Swings Its Tail |
| 66. 往前擋一槍 | Block to the Front |
| 67. 往前再擋一槍 | Block to the Front Again |
| 68. 往左擋一槍 | Block to the Left |
| 69. 往右擋一槍 | Block to the Right |
| 70. 半個舞花 | Half Circle Around the Body |
| 71. 太公釣魚 | Tai Gong Fishing (There was a very famous Prime Minister during the Zhou Dynasty 周朝, named Jiang Zi Ya 姜子牙. He used a straight pin instead of a hook when he went fishing. This meant he did not catch fish by tricking them, he only caught fish who wanted to come to him.) |
| 72. 翻身回馬槍 | Turn Around and Shoot While Riding the Horse |
| 73. 收勢 | Closing Form |