



俊元達摩棍 Chun Yuen Damo Staff

Chun Yuen Quan has a lot weapon forms and the Damo staff is one of the best. Chun Yuen Quan originally comes from the 少林寺 Shaolin Temple. Shaolin Kung Fu's most popular weapon is the staff and so it is one of the very famous weapons skill in all of China. Damo was a Buddhist Monk from India who travelled to China 1500 years ago. He settled at the Shaolin Temple, which at that time, was just a Buddhist temple that did not practise any martial arts. After awhile, Damo (also called Bodhidharma) taught the monks Chan Buddhism and then some mediation and simple exercises for their health. These later those became more martial influenced by political events of the time and they kept developing from there. So although Damo did not create the staff form, monks later created it and named it in his honour.

One branch of the Shaolin Temple skill later passed to the Beijing Opera where it survived many of its more traditional elements. Today we have this skill thanks to the diligence of Master Wu Chun Yuen who studied under Masters Wang Ping and Wu Ren. During the Cultural Revolution, it was very difficult to practise and could not be done in public, particularly the weapon forms. So Master Wang Ping devised a way of doing this so that the skill would not be lost. For the long tasselled sword forms, he would tie a piece of string to a stick and for the staff they would use a longer stick but one that was still not so obvious.

Today, when we use the staff, we will cut it the length to just above the height of a student's eyebrows. The staff is an extremely versatile weapon which can be used to attack or defend from either end, not just one. It can be used for long or close distance fighting and it can even be used like a spear as it covers all the spear applications. The staff can also be used to defend against more than one person, making it practical for many different situations. The more we practise the staff, the more it will become part of our body, and so when we use it, it becomes very comfortable. When we get accustomed to our own staff, we will find it feels good but if we use someone else's staff, it never feels as good as our own. This is because our own staff has our Qi.

Damo Staff Names Explanation:

金剛 **Jin Gang** is the guard of Buddha

羅漢 **Lohan** is a Buddhist disciple who has reached an empty mind level

韋陀 **Weito** is a body guard for the temple

猴王 **Monkey King** is the monkey from the Chinese saga, Journey to the West. He has high level magic.

觀音 **Guan Yin** is the Po Saat (next level down from a Buddha, also names Bodhisttva) of Great Compassion

關羽 **Guan Yu** is three kingdoms period in China, General with high respect, good fighting skill and loalty.

撩 **Liao** means staff moves from low to high with a small curve

崩 **Beng** means that the staff moves with strength

纏 **Chan** means circling the staff

紮 **Za** means to shoot forward with the staff.

截 **Jie** means block with staff

Damo Staff Names

Part I

1. 預備一立 Ready Standing Position
2. 棍氣上堤 Staff Qi Rises Up
3. 輕步撩棍 Light Steps and Liao
4. 金剛待勢 Jin Gang holds the position
5. 回頭是岸 Turn Around back to the Coast
6. 金剛待勢 Jin Gang holds the position
7. 羅漢撩棍(左右) Louhan Left-Right Liao
8. 回身掃根 Turn Body and Sweep the Root
9. 雷轟大地 Thunder Hits the Ground
10. 韋陀崩棍 Weito Bengs the Staff
11. 上兩步花棍 Two Steps Flower Staff
12. 金剛探地 Jin Gang tests the Ground

Part II

13. 猴王回眸 Monkey King Looks Back
14. 走爲上計 Running Away is the best Solution
15. 觀音坐蓮 Guan Yin sits on Lotus
16. 關羽坐鎮 Guan Yu Guards the Position
17. 一踢接棍走 One Kick to Catch Staff and Go
18. 猴王跳步 Monkey King Jumps Over
19. 地下旋風 Spiral Wind from the Ground
20. 雷轟大地 Thunder Hits the Ground
21. 韋陀崩棍 Weito Bengs the Staff
22. 棍守後門 Keep the Back Door Safe
23. 大聖跳雲 Monkey King Jumps over the Clouds

Part III

24. 回身掃根 Turn Around and Sweep the Root
25. 翻身三擋降妖 Turn Around and Block the Demon Three Times
26. 反手棒殼 Turn the Hands and Hit the Opponent's Head
27. 變身纏紮 Change the Body and Chan Za
28. 金剛持棍 Jin Gang Holds the Staff
29. 後踢舉棍 Back Kick and Lift up the Staff
30. 前踢轉肩 Front Kick and Change to Shoulder
31. 如來推棍 Buddha Pushes the Staff
32. 大輪翻身 Big Wheel turns Body

33. 因果回頭 Come Around Cause and Effect
34. 回頭再回頭 Turn Around and Around

Part IV

35. 魔法接棍 Magic Catch
36. 風起葉落 Wind Blows Leaves Fall
37. 二翻回頭棒 Two Turns and Go Back Again
38. 崩纏收紮 Beng, Chan, Pull and Za
39. 風雷雨電 Wind, Lightning, Rain and Thunder
40. 一踢地蹠棍 One Kick Ground Sweep
41. 萬事回頭看 Ten Thousand Things need to Look Back
42. 一點轉身紮 One Point Turns Around and Za
43. 金剛持棍 Jin Gang Holds the Staff

Part V

44. 七步花棍 Seven Steps Flower Staff
45. 左右旱天雷 Left-Right Heat Thunder
46. 崩纏截棍 Beng Chan Jie
47. 一沖擋萬 One Strike Against Ten Thousand
48. 回身天秤 Turn Around to Balance the Scales
49. 反棍棒殼 Turn the Staff and Hit the Head
50. 回身天秤 Turn Around with the Scales
51. 退馬掃腳 Stepping Back to Sweep the Legs
52. 橫腰一棍 Waist Level Hit
53. 上步放棍 Step Forward and Drop the Staff

Part VI

54. 朝天一踢 Kick up to the Sky
55. 轉身金剛待勢 Turn Around and Jin Gang Holds the Staff
56. 大旋風腿 Big Tornado Kick
57. 天降風雨 Wind and Rain falling from the Sky
58. 天棍地蹠腿 Heaven Staff -Earth Sweeping Kick
59. 羅漢持勢 Louhan Holds the Position
60. 收棍 Collect Staff