



俊元拳十三把手鞭杆 Chun Yuen Quan - 13 Grab Stick

Practising with this short stick is so much fun! It is good for the circulation, joints, co-ordination and makes the boy light yet strong. The form contains elements of the staff, spear, sword and broadsword, and it is also a long form. Being a long form is good as it means you can enjoy it for longer, particularly the spinning, circling, jumping, kicking and even cartwheeling with the stick, and these are very challenging movements. It covers both health and self-defence and is a complete and balanced form from the Chun Yuen Quan System.

1. 俊元站樁 Chun Yuen Stance
2. 上步提氣 Step Forward to Bring up Qi
3. 猿猴探洞 Monkey Explores the Cave
4. 猿猴採果 Monkey Catches the Fruit
5. 猿猴藏果 Monkey Hides the Fruit
6. 持棍飛踢 Hold the Stick with Flying Kick
7. 把棍蓋天 Cover the Sky with a Stick
8. 舉棍立竿 Hold the Stick Straight Up
9. 左右逢源 Cover the Right and Left
10. 猿猴探地 Monkey Tests the Ground
11. 魔法接棍 Magically Catch the Stick
12. 因果回頭 Comes Around, Cause and Effect
13. 失而復得 Lost but Got it Back
14. 太公釣魚 Taigong Fishing (x2)
15. 前轉棍花 Forwards Spin (x2)
16. 單手棍花 One Hand Spin (x2)
17. 轉身接棍 Turn Around to Get the Stick
18. 猿猴點頭 Monkey Nods its Head
19. 釜底抽薪 Pull Out the Bottom Wood to Reduce the Fire
20. 出奇不意 Surprise Strike
21. 推窗望月 Push to Open the Window and Look at the Moon
22. 收棍待勢 Withdraw the Stick and Hold the Position
23. 直搗黃龍 Strike Forward at the Yellow Dragon (x2)
24. 撐船上落 Rowing the Boat Up and Down (x3 forward – x3 backwards)
25. 擔棍守護 Guard the Position with the Stick
26. 風雷雨電 Wind, Lighting, Rain and Thunder (x2)
27. 猿猴飛天 Monkey Flies up to the Sky
28. 猿猴掃妖 Monkey Sweeps the Devil
29. 上步掃根 Step Forward and Sweep the Root
30. 劍指定天 Give Orders with Sword Fingers
31. 大護身棍 Big Protecting Body Stick
32. 舉旗待勢 Lift Up a Big Flag Position
33. 輪棍降魔 Wheel the Stick to Beat the Demon (x3 turns)
34. 輪棍服妖 Wheel the Stick to Beat the Devil (x3 turns)
35. 四擋伏地 Four Blocks then Lay Down
36. 纏頭纏腰棍 Around Head and Waist Stick (x2 turns)
37. 護頭護身棍 Protect Head and Body Stick (x2 turns)

38. 有來有往 Goes Around - Comes Around (x3)
39. 撥雲掃霧 Separating the Cloud and Fog
40. 橫掃千軍 Swing the Stick Against a Thousand Armies
41. 回馬暗棍 Horse Turns with Hidden Stick
42. 暗紮一棍 Shoot the Stick Unexpectedly
43. 猿猴飛踢 Monkey Flies to Kick
44. 猿猴飛天 Monkey Flies up to the Sky
45. 五指山轉 Five Finger Mountain Spins (x3 turns – x5 spins)
46. 猿猴待勢 Monkey Holds the Position
47. 上步掛錘 Step Forward with a Back Fist
48. 翻筋斗地 Cartwheel on the Ground
49. 直搗中宮 Strike the Centre
50. 前轉棍花 Forward Spin (x2)
51. 單手棍花 One Hand Spin (x2)
52. 輪棍護身 Protect the Body by Circling the Stick
53. 窒步橫掃 Three Double Step Strikes (x3 double steps and x3 strikes)
54. 纏頭纏腰回身轉 Turn Around Head and Waist Stick
55. 收步有來有往 Goes Around - Comes Around with Closing Step (x3)
56. 失而復得 Lost but Got it Back
57. 太公釣五魚 Taigong Gets Five Fish (x5 steps with stick)
58. 太公窒步釣三魚 Taigong Double Steps to get Three Fish (x3 double steps with stick)
59. 太公釣魚 Taigong Fishing (x6 spins)
60. 太公轉身還魚 Taigong Turns to Returns the Fish (x6 spins)
61. 左右開花 Flowers Blooming Left and Right
62. 左踢花棍 Left Kick to Spin the Stick
63. 右踢花棍 Right Kick to Spin the Stick
64. 撥烏雲棍 Clear the Dark Clouds Stick (x3 spins around head)
65. 上步十字棍 Step Forward with Crossed Stick
66. 有來有往 Goes Around - Comes Around (x3 spins)
67. 猿猴跳澗 Monkey Jumps Over the Stream
68. 太公釣魚 Taigong Fishing (x6 spins)
69. 天降大任 Heaven Gives a Big Duty*
70. 猿猴待勢 Monkey Holds the Position
71. 如來—掌 Buddha Palm
72. 收勢沉氣 Sink Qi to Close the Movement

*Meng Zi says, “孟子曰：「天將降大任於斯人也，必先苦其心志，勞其筋骨，餓其體膚，空乏其身，行拂亂其所為，所以動心忍性，增益其所不能。” In English this means, “Heaven Gives a Big Duty”. When heaven wants a worthy person to have a big duty, then it will make them suffer first. It will exhaust their muscles and bones, and break down their mind and tame their spirit. By suffering first, the person becomes transformed and will become great and become a leader. Heaven makes the person suffer the bitter then happiness.