



Basic Dao (Broadsword) Techniques 基本刀法

Before we start to practise Dao 刀 (Broadsword) we should learn some basic Dao techniques as these will help us to be able to use the Dao properly. We also need to learn how to hold the Dao as this is also very important.

There are 6 basic Dao techniques and if you can manage the basic techniques then you will also be able to manage the form. Of course, there are more techniques to learn in a form, but we will begin with these 6.

1. 纏頭 Chan Tao
2. 過腦 Gou Nao
3. 剪花刀 Jian Hua Dao
4. 撩花刀 Liao Hua Dao
5. 劈 Pi
6. 砍 Kan