



## Basic Spear Techniques 基本槍法

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

There are 6 basic Spear 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. 攔拿紮 Lan, Na, Za
2. 回馬槍 Shoot Back While Riding the Horse
3. 七紮槍 Seven Za Spear
4. 大掃槍 Big Sweeping Spear
5. 倒頭槍 Reverse to Catch the Spear Head
6. 轉位紮槍 Changing Position to Za Spear