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:

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.

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.	顛腿櫓扎一槍	Stamp the Foot and Strike with the Spear
10.	扎青龍献爪	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.	左摇旗一掃	Swing the Flag to the Left
23.	朝天槍	Facing the Sky Spear
24.	右摇旗一掃	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

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. 摇旗掃地 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. 二朗担山 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. 鷂子撲鵪鶉 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. 二朗担山 Er Lang Carries the Mountain
56. 掃一槍 Swing the Spear
57. 半個舞花 Half Circle Around the Body
58. 美女認针 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

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