



謝瑋精氣功中心俊元拳教學大綱

Tse Qigong Centre Chun Yuen Quan Syllabus

This is the Chun Yuen Quan Syllabus. Most of the Chun Yuen Quan skill comes from Grandmaster Wu Chun Yuen who has them passed down. Some others, like Wudang Sword and Dragon Sword, have come from my other teachers. All these skills are very valuable and healthy. I hope that they can bring all of you good fitness and health and also a good standard of martial art skill.

基本功法 Beginning Basic Level

1. 熱身功第一至三層 Warm Up Levels I, II & III

第一層 Level I

1. 行手 Xing Shou
2. 大悲拳 Da Bei (Great Sadness) Quan
3. 武當劍 Wudang Sword
4. 達摩棍 Damo Staff & Staff Warm Up
5. 五虎斷門刀 Five Tiger Breaking Gate Dao (Broadsword)
6. 楊家槍 General Yang Spear

第二層 Level II

7. 十三把手鞭杆 13 Grab Short Stick
8. 龍影劍 Dragon Shadow Sword
9. 密祖拳 Miju Quan
10. 二郎拳 Erlang Quan
11. 青龍劍 Green Dragon Sword
12. 梅花槍 Plum Blossom Spear

第三層 Level III

13. 燕青拳 Yanqing Quan
14. 落葉拳 Falling Leaf Quan
15. 白猿棍 White Monkey Staff
16. 白鶴劍 White Crane Sword
17. 龍鳳劍 Dragon and Phoenix Sword
18. 九節鞭 Nine Section Whip