



達摩棍熱身棍式 Damo Staff Warm Ups

Before we begin to learn or practise a staff form, it is beneficial to do some staff warm ups first. The warm ups will help our body to become familiar with staff and will also train our waist, shoulders, wrists and fingers making them stronger and more flexible.

Some of these staff warm up exercises were created by Sifu, Wu Chun Yuen 武俊元, and others by myself. Others are traditional movements from Chinese martial arts. These staff warm ups are both fun and challenging. Once we have mastered them well, then this will help us to perform the Damo and White Monkey Staffs forms easier.

1. 簡單旋轉 Simple Cycle
2. 前後旋轉 Front and Back Cycle
3. 連天接地 Connect to Heaven and Relate with the Earth
4. 單手旋轉 Single Hand Cycle
5. 金剛指轉 Jingang Fingers Cycle
6. 手足情心 Hand and Leg Have Same Heart
7. 太公釣魚 Taigong Fishing
8. 太公還魚 Taigong Returns the Fish
9. 失而復得 Lost but Got it Back
10. 有來有往 Goes Around - Comes Around
11. 前轉棍花 Forward Spinning
12. 撩轉棍花 Reverse Spinning
13. 單手棍花 One Hand Spinning
14. 單手撩花 One Hand Reverse Spinning
15. 一手棍花 Same Hand Spinning
16. 一手撩花 Same Hand Reverse Spinning
17. 大周天轉 Big Cycle
18. 反周天轉 Reverse Big Cycle
19. 一大片棍 Cover The Big Area
20. 金猴跳濶 Golden Monkey Jumps Over the River
21. 借棍飛踢 Flying Kick with the Staff
22. 強臂接槍 Catch the Spear with a Strong Arm

© Movements were arranged and/or created by Michael Tse in 1997. Names of movements in both Chinese and English created by Michael Tse in 1997 and revised in 2009 & 2013.

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