



長穗劍基本功 Zhǎng Suì Jiàn Jī Běn Gōng Long Tassel Sword Basic Skills

Practising with a sword is not easy. In Chinese we say, “百日刀，千日劍 Bǎi Rì Dāo, Qiān Rì Jiàn (Sword) - A hundred days for the Dao (Broadsword), a thousand days for the Jiàn.” This means the sword is ten times harder than the Dao. The reason for this is because the sword is soft and technical, and we should use to use the enemy’s energy, whereas the Dao is hard and fast. As long as we have the strength, it will cut through everything, and this makes it easier to use. When the Japanese invaded China (1930-1945), Chinese soldiers used Dao to fight against them. There is a story of one soldier defeating almost 100 Japanese soldiers with his Dao, even though they all had guns!

The sword has many subtle techniques, which make it much harder, and when we put a long tassel on it, it makes it even more challenging! So to make it easier to master the tassel sword we have some basic techniques to help you to control and play with the tassel.

1. 開合 Kāi Hé - Opening and Closing
2. 勾掛翻身返撩 - Gōu Guà Fān Shēn Fǎn Liāo
3. 撩天 Liāo Tiān - Sword up to Sky
4. 袍打肩 Páo Dǎ Jiān - Tassel Hits the Shoulder
5. 踢袍 Tī Páo - Kick the Tassel
6. 旋劍 Xuán Jiàn - Spiral the Sword