



## Yáng Jiā Qiāng 楊家槍 - General Yáng Spear

The most famous spear skill in China comes from the General Yáng Yè 楊業 (923-986), of the Yang Family, during the Běi Sòng Huáng Cháo 北宋皇朝 - North Song Dynasty (960-1127). Through many wars, he achieved many victories, but sadly he died in battle. General Yáng Yè's son, Yáng Yán Zhāo 楊延昭 was also very good with the spear, his grandson Yáng Wén Guǎng 楊文廣, who was the most famous. In China there are many people who carry on General Yáng's spear. Though they may practise the form differently, many of the techniques like Lán Ná Zhā 攔拿紮, Huí Mǎ Qiāng 回馬槍 - Shoot Back from the Horse are the same. Throughout Chinese history, there have been many people who have been called King of Spear. They would carry their spear wherever they went and some even slept with it next to them! They would also practise their Zhā 紮 – Shooting thousands of times so that the spear became part of them. They could Zhā and hit any target, even a mosquito! Their Zhā could be a light touch, or it could break through the object. This is high level and is based on a lot of practise.

1. 楊業敬禮 Yáng Yè Salutes
2. 踢槍塵飛 Kick the Spear Dust Flies Up
3. 攔拿紮 Lán Ná Zhā
4. 橫掃遼敵 Sweep the Liao Enemies (Liáo was a country)
5. 防後攔拿紮 Protect Behind Lán Ná Zhā
6. 回身再看 Look Back
7. 再回身踢腳攔拿紮 Turn Around, Kick, Lán Ná Zhā
8. 立槍踢敵 Hold the Spear and Kick the Enemies
9. 輕步入敵 Creep into the Enemy's Area with Light Walking
10. 回身攔拿紮 Turn Around Lán Ná Zhā
11. 舉槍振敵 Lift Up the Spear to Scare the Enemies
12. 反手馬步槍 Reverse to Hold the Spear in Horse Stance
13. 楊延昭背槍 Yáng Yán Zhā Carries the Spear
14. 金槍纏身 Golden Spear Circles Around the Body
15. 攔拿紮 Lán Ná Zhā
16. 前踢輕步入敵 Kick Forward and Creep into the Enemy's Area with Light Walking
17. 回身攔拿紮 Turn Around Lán Ná Zhā
18. 楊文廣持槍 Yáng Wén Guǎng Holds a Spear
19. 燕子奪窩 Swallow Wins Back its Nest
20. 回馬槍 Shoot Back from the Horse
21. 烏龍擺尾 Black Dragon Swings the Tail
22. 回頭是岸 Turn Back to the Shore
23. 攔拿紮 Lán Ná Zhā
24. 快步堵塞槍 Blocking Spear with Fast Walk
25. 鯉魚脫鉤 (右左) Carp Fish Escapes the Hook (Left,Right)
26. 攔拿紮 Lán Ná Zhā
27. 鯉魚翻身 Carp Fish Turns Around
28. 鐵牛耕地 Iron Buffalo Ploughs the Field
29. 攔拿紮 Lán Ná Zhā
30. 反轉槍頭 Turn Around the Spear Head
31. 攔拿紮 Lán Ná Zhā
32. 火焰穿雲 Fire Shoots Through the Clouds
33. 童子抱槍 Child Holds the Spear
34. 觀星望月 Look at the Stars and the Moon
35. 飛槍入雲 Shooting the Spear into the Clouds
36. 金龍獨立 Golden Dragon Stand on One Leg
37. 烏龍擺尾 Black Dragon Swings its Tail
38. 回頭是岸 Turn Back to the Shore
39. 攔拿紮 Lán Ná Zhā
40. 旋風破道 Spiral Wind Opens the Way
41. 雙龍入海 Two Dragons go into the Sea
42. 挑起千斤 Lifting up Thousand Jīn (a Jīn is a Chinese weight measurement)
43. 回頭是岸 Turn Back to the Shore
44. 虎鶴歸山 Tiger and Crane Return to the Mountain
45. 兩虎入穴 Two Tigers Go into the Cave
46. 橫掃千軍 Wiping Out Thousands of Soldiers
47. 開勝回營 Get back to the Camp with Victory