

Yang Style Taiji 13 Spear (Qiang)¹ 楊式太極十三槍

Solo Practices

1. Zha, Peng 扎備
2. Kai, He, Fa 開合發 Open, Close, Issue
3. La, Na, Zha 拉捺扎 Pull, Press Down, Thrust

I. Preliminary Drills

1. Upper range: *Shoulder, Throat, Heart, Solar plexus*
 - a. Solo
 - b. Stationary without response from partner
 - c. Left/ Right Parry from partner
2. Lower range: *Thigh, Knee, Foot*
 - a. Solo
 - b. Stationary without response from partner
 - c. Left/Right Parry; Evading Step; Walk Circle
3. Cornering spear (Da La, Na, Ja 大拉捺扎)
 - a. Stabs front leg
 - b. Parry, Wrap around. Stabs front leg
 - a. Parry, Wrap around. Stabs front leg

II. Thirteen Spear Method 十三法槍

八槍法 Eight Spear Methods

Start with Spear Down and Left

- a. 1) Stomach 2) Shoulder 3) Foot 4) Face
- b. 1) Open (r) 2) Open (l), 3) Open (l), 4) Open (r)

Start with Spear Up and Left

- a. 1) Heart 2) Knee (clockwise) 3) Shoulder 4) Throat
- b. 1) Pull-down (r) 2) Open (l) 3) Open (r) 4) Circle (r)

五行槍勁 Five Spear Energies

- 金 Spade Spear (Clearing, Driving back)
- 水 Pull Spear (Drawing downward to drag to ground)
- 木 Parry Spear (Tossing, Flinging Parry)
- 火 Split Spear (Intercepting Side-snap)
- 土 Bind Spear (Freestyle Binding)

III. Thirteen Spear Energies 十三槍勁

八門槍勁 Eight Gates Spear Energies

1. Kai 開 *Open* (clear)
2. Ho 合 *Close* (downward pressure seizes)
3. Ci 刺 *Puncture*
4. Zha 扎 *Pierce* (short thrust)
5. Bo 撥 *Poke, Stir* (agitate)
6. Peng 備 *Slip Downwards* (snapping collapse)
7. Dian 點 *Point, Poke* (lit. 'dot')
8. Hua 滑 *Slip Upwards* (thrust)

五行槍勁 Five Phases Spear Energies

9. 金 Dai 帶 *Carry Spear* (lift, take)
10. 水 Jie 截 *Intercept Spear* (receive attack)
11. 木 Liao 撩 *Hold-up Spear* (tease, provoke)
12. 火 Pi 劈 *Split Spear* (laterally attack)
13. 土 Chan 纏 *Bind Spear* ('entangled' spears)

¹ As taught by Sam Masich. There are actually two methods of 'Thirteen Spear' presented here in a compiled form. The first, in section II, deals firstly with two sets of cyclical exercises, each comprising four movements. Together these represent the Eight Gates (*Ba Men* 八門). The last five are separate energy/technique studies which are related to the emblematic Five Phases (*Wu Xing* 五步). In section III a similar format occurs (4+4=8+5=13), but here all the Thirteen Spear Energies are portrayed as individual energies (*jin* 勁). These do not correspond with the previous set of thirteen but it is interesting to see the partial correlation in the sections of five. It is important to note with regard to the latter set, the organization of the first two sections of four around the *Kai, He, Fa* theme. Careful study reveals many tremendous similarities to the bare hand Thirteen Powers (*Shi San Shi* 十三勢) theme.