**T’ai Chi Spear**

**Spear Techniques Spear 5 Elements**

1. Pull Down – Ts’ae Water – Pulling Spear
2. Split – Lieh Fire – Splitting Spear
3. Advance – Kao Wood – Parrying Spear
4. Issue – Chu Metal – Spade Spear
5. Roll Back – Lu Earth – Binding Spear
6. Parry – Ch’ih

**Solo Drills**

1. Big K’ai – Ho – Fa
2. Small K’ai – Ho – Fa
3. Walking K’ai – Ho – Fa
4. Shaving
5. “Tree” Practice

**Two-Person Drills**

1. K’ai – Fa
2. Ho – Fa
3. Po – Tzu
4. Liao – Tzu
5. K’ai – Liao – Fa
6. Shaving

**Two-Person Active Step Drills**

1. Walking K’ai – Ho – Fa
2. Circling Liao – Tzu

**T’ai Chi Thirteen Spear**

1. Warding Off Staff
2. Black Dragon Appearing in the Water
3. A Young Boy Bows to Kuen Yin
4. A Hungry Tiger Seizes Its Prey
5. A Tiger Blocks the Road
6. Pulling Out the Feet
7. Diagonal Split
8. Wind Sweeps Away the Plum Blossoms
9. Chinese Army Going Out to Battle
10. A Bird Enters the Nest to Roost
11. Dragging Away the Staff Brings Defeat
12. Vigilant Cat Seizes the Rat
13. Hands Playing the Guitar

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| --- | --- |
| **Side A** | **Side B** |
|   |   |
| **First Section - 4 Direction Spear (Blocking)** |
| Thrust to Heart | Forward Block |
| Thrust to Shoulder | Backward Block |
| Thrust to Knee | Forward Semi-Circle - Backward Block |
| Thrust to Throat | Backward Semi-Circle - Forward Block |
|   |   |
| **Second Section - 4 Corner Spear (Sticking)** |
| Thrust to Heart | Forward Block |
| Front Semi-Circle - Thrust to Knee | Backward Semi-Circle - Backward Block |
| Press Down B's Spear - Thrust to Front Hand Shoulder | Step Offline to Open Side - Push Up Block |
| Horizontal Circle - Thrust to Throat | Step Back Online - Forward Block |
|   |   |
| **Third Section - 5 Element Spear (Disarming)** |
|   | Thrust to Heart |
| Roll Back Spear | Flinging Spear |
| Thrust to Heart | Forward Block |
| Thrust to Shoulder | Backward Block |
| Thrust to Heart | Forward Block |
| Circle Forward 3 Times - Cross Stepping in Front | Circle Backwards 3 Times - Cross Stepping Behind |
| Thrust to Heart | Roll Back Spear |