

Shaolin Academy
Traditional Chinese Weaponry

The Shaolin
Red Eagle Spear



少林
絳鷹
戰矛

Table of Contents

Welcome	1
Shaolin Red Eagle Spear	2
Spear History	5
Spear Types	6
The 11 Virtues of the Spear Warrior	7
The 18 Key Tactics of the Spear Warrior	7
Red Eagle Spear Targets	8
Red Eagle Spear - Head Angle	8
Thrusting	9
The Shaolin Red Eagle Spear Techniques	10
Thrust Lead-In Techniques	14
Dulling Spear Techniques	15
Spear Defence	15
Spear Defence	15
Interfering Spear Techniques	15
Postures & Guards	15
Postures & Guards	15
Shaolin Spear Stepping	15
Past, Present and Future	15
Progress	15
Shaolin Red Eagle Spear	15
Attendance Record	15

Welcome

So, you have the two Soldier's weapons behind you and are now looking at the two Warrior's weapons. To successfully complete these too, you need to make a shift in attitude, from that of Chop, Hack and Slash to Weave, Dance and Pin Point. Are you ready for this?



The Shaolin Red Eagle Spear's key technique is the Thrust; and a million different ways of applying it. You will need to make a shift from variety to precision, from blocking to elegant evasion, from power to speed. Red Eagle Spear practitioners practice the way of the being a mist rather than an oak. A warrior uses strategy and tactics where a soldier just rushes in.

There is also another shift that you need to make. A soldier does what is expected of them, a warrior does what needs to be done. A soldier sees a target and goes for it, a warrior sees a target and sees possibilities and consequences. A soldier puts on his day to day clothes and becomes a civilian, a warrior is always a warrior. What does this all mean? Well, for the duration of training Spear & Straight Sword, you need to go beyond normal training. What does that mean? You work it out!

Are you ready for this?

I will wish you good luck, as it means what it means; Luck is 99% Preparedness and 1% Opportunity. Here is your 1% opportunity, the 99% hard work and perfection (kung fu) *you* need to deliver. But I will help you with this path. It is my pleasure!



Sijo Robert Z

Shaolin Red Eagle Spear

The Red Eagle Spear is taught when you have achieved a firm understanding of the Shaolin Staff, Broad Sword and Bare Hand Techniques. It is the ideal weapon for those who wish to develop their agility & speed, precision & focus, thinking and tactics.

The execution of a Spear can be nearly invincible when performed with expertise. While the Chinese straight sword is considered to be the most difficult to learn, the Spear is considered to be the most difficult to master.

Compared to heavier weapons, the Spear is light and possessed of a long reach. Its techniques are simple but efficient. The proper practice of the Spear is all about full body coordination and the mastery of the point thrust techniques with no hard force. The ancient Chinese Martial Art Classics stated that "a Spear that moves in a constant rapid-fire pace can never be defeated."

The Shaolin Red Eagle Spear is considered the quickest and most agile of all Spears. Made of a white wax wood (Bai La Wood), that only grows in Northern China, it is used for its flexibility and spring-like quality. It is such a good base for the Spear Head that all Chinese Wushu schools have chosen it as the preferred training Spear over all other Spear types!

The Spear's butt, or end, is thick but tapers as it gets closer to the tip. The tip of the Spear is made of steel and is shaped like an arrowhead with two edges. One of the most noticeable characteristics is the red beard, also referred to as horsetail tassels, because they were made of horsehair.

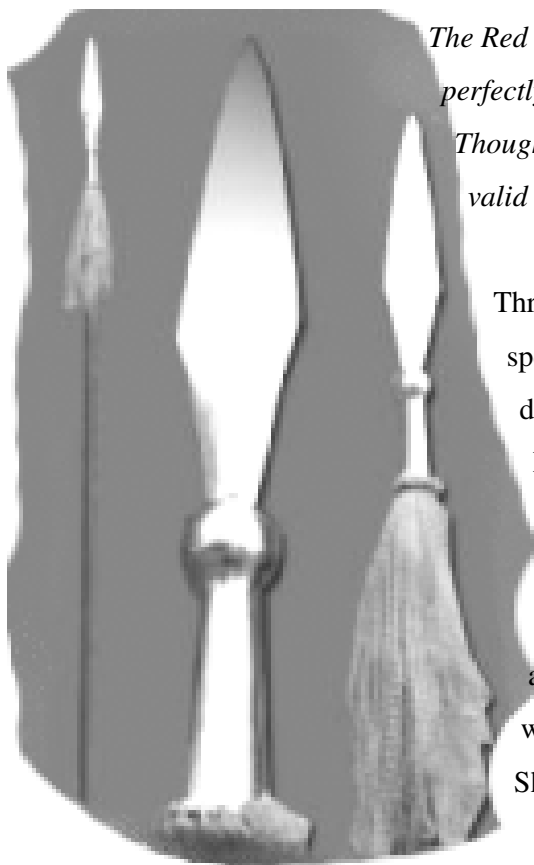


Warrior Qin Ming His nickname is Pi-Li Huo which means "Thunder-clap Fire" or simply "Thunderbolt", because of his fiery and short temper.



The Red Beard serves 3 main functions;

1. **Distraction** - The Red Beard draws the opponents eye away from the sharp spearhead. As it is hair, it is always behind in the spear movement and thus the spearhead seems to arrive at the target a bit quicker than it truly does.
2. **Blood Protection** - the flow of blood from the blade onto the shaft of the Spear would cause the shaft to initially be very slippery, and once it started drying to be sticky, until it was completely dried and then just difficult to handle. It could also adversely effect the wood and make it stiffer or more brittle.
3. **Penetration Depth** - The Beard defines the maximum penetration of the Spear Head, As the Spear is a long weapon, it can be difficult to judge how deep you are penetrating. With the redness of the beard it is much clearer for the Spear Master to see depth of penetration and thus be able to recover their Spear quicker for the next task.



The Red Eagle Spear is not normally thrown and need not be perfectly straight, as a throwing Spear would need to be.

Though, in a pinch, a Spear Master would also use this as a valid technique.

Throughout the years, there has been many versions of the spear. The design of the spear normally depended on the dynasty it was in. It was said that in the Southern Song Dynasty (1127-1280 AD) that General Yue Fei added a hook, which was sharp on both edges, to the head of the Spear. This gave him an advantage because he could also cut off the legs of horses. Generals even added the metal taper on both ends to increase the weapons killing potential. It could also hook onto a Shield and rip it away from the holder.

Where the Red Eagle Spear originated from and who else in the world knows of it, is a mystery at this time. Although Wushu practitioners use the Red Eagle Spear, they use it as Wushu and not as the weapon of a warrior. Sometimes they even have demonstrations where two Spear people fight one Sword person and the Spears loose. The reality would be the other way around that a good Red Eagle Spear wielder should be able to manage two equally well skilled Sword wielders.

1000 Days

It is said that it takes one thousand days to master the Spear. This means training everyday, continuously for three years, before you have mastered the techniques. Not just when you feel like it for three years.

Single Purpose

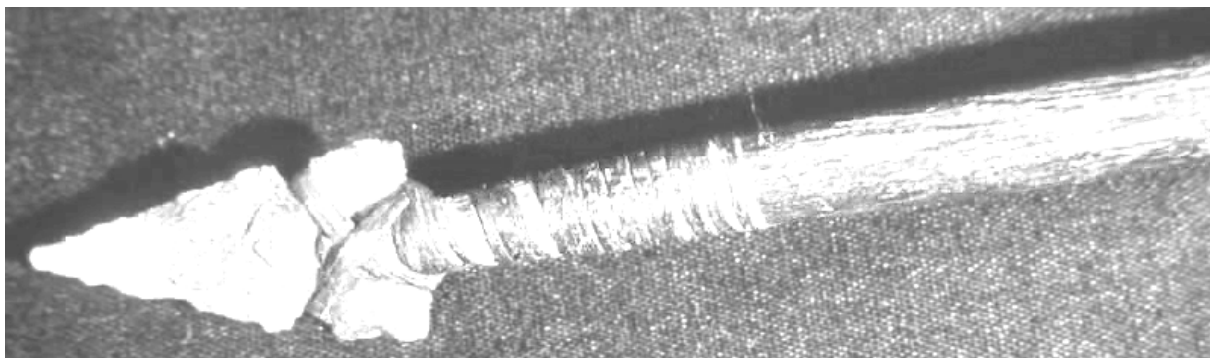
You have to have a singularity of purpose. A dedication to **precision, fluidity, timing, focus** and a high degree of **coordination**. Externally, the proper practice of the Spear is all about full body **coordination** and the mastery of the point thrust techniques with no hard force. Emphasis should be placed on the use of the spear's point or tip. You need to be able to thrust the tip of the Spear quickly and accurately in any direction. The consummate Spear user should be able to move like a "snake"; that is, the movement should be agile, precise and fluid. A classic description of a correctly performed Spear action is:

"...quick as a serpent's tongue."

When you use the Spear you must judge where you are going to hit and focus your eyes on the target. Focus your eyes on your opponent's head, torso, or foot. When the Spear is thrust, you should coordinate the weapon with your mind, hands, and feet. Your Spear should shoot like a dragon rising from the sea. The motion must be able to surround the opponent's body. With that action, you will be able to hit him.

Spear History

The spear is as ancient as China. Not only is it considered to be the oldest military weapon in China, the spear was originally developed as a mounted soldier's weapon. Before 400 BC, foot soldiers used either a nine or eighteen foot spear. These spears combined a thrusting point with a hooking or slicing blade.



Archeological evidence documents that wooden Spears were used for hunting 400,000 years ago. However, wood does not preserve well. Craig Stanford, a primatologist and professor of anthropology at the University of Southern California, has suggested that the discovery of spear use by chimpanzees probably means that early humans used wooden Spears as well, perhaps five million years ago.

Spear manufacture and use is also practiced by the Pan troglodytes verus subspecies of the Common Chimpanzee. This is the only known example of animals besides humans crafting and using deadly weapons. Chimpanzees near Kédougou, Senegal were observed to create Spears by breaking straight limbs off of trees, stripping them of their bark and side branches, and sharpening one end with their teeth. They then used the weapons to hunt galagos sleeping in hollows.



By 250,000 years ago, wooden Spears were made with fire-hardened points. From 280,000 years ago human ancestors began to make complex stone blades, which were used as spearheads. By 50,000 years ago there was a revolution in human culture, leading to more complex hunting techniques.

Spear Types

In current perception, the Spear has been relegated to near obscurity. There are many schools that teach Staff, Sword and even Archery, but the 'King of All' weapons seems to be left out; and that is as it should be. Yet, in the history of the world, there have been many, many Spears and spear based weapons. Just as a matter of interest, following is a list of Spear Weapons. The best list was found on the Wikipedia. As this is only for the purposes of overview and some guidance for your assignments, the Wikipedia is a good enough source.

Spears and Spear like weapons of the world, not Thrown

Arbir	Aunurgith	Awl pike	Barchi	Boar Spear
Bohemian ear spoon	Chimbane	Contus	Doru	Dung
Fauchard	Halberd	Half pike	Hasta	Ji
Kadji	Kamayari	Katakamayari	Kontos	Lance
Magari yari	Military fork	Mon-Gil	Ox tongue	Partisan
Pike	Plançon a picot	Qiang	Ranseur	Rochin
Rummh	Sangu	Sarissa	Sibat	Spetum
Spontoon	Sudis	Su yari	Taru	Tepoztopilli
Trident	Trishula	To-ono	Xyston	Yari

Spears that are usually also Thrown

Angon	Assegai	Ballam	Bandang	Bhala
Bilari	Budiak	Cateia	Chimbane	Cirit
Contus	Do-War	Egchos	Enhero	Fal-feg
Falarica	Framea	Gravo	Golo	Granggang
Hak	Hinyan	Hoko	Huata	Irpull
Ja-Mandehi	Jaculum	Jarid	Javelin	Jiboru
Kasita	Kan-Shoka	Kannai	Koyuan	Kujolio
Kuyan	Laange	Lance-Ague	Lanza	Lama-pe
Leister	Mahee	Makrigga	Makura Yari	Mandehi liguje
Máo (𠄎)	Mkukt	Mongile	Mongoli	Mu-Rongal
Nage-Yari	Nandum	Nerau	One flue harpoon	Paralyser
Patisthanaya	Pelta	Pill	Pillara	Pilum
Plumbatae	Sang	Sangkoh	Sanokat	Saunion
Shaill	Shanen kopaton	Siligis	Short Spear	Simbilan
Sinan	Sligi	Soliferrum	Spiculum	Sudanese lance
Tahr Ruan	Tao	Tawok	Telempang	Vel
Te yari	Tirrer	Tjunkuletti	Toggling harpoon	Tombak
Tschehouta	Tumpuling	Two flue harpoon	Wainian	Wallunka
Wi-Valli	Zagaye			

Why are there so many? I believe for two reasons. Unlike the other Weapons, it is also a tool for hunting and as such, will have developed for specific hunts. And then also as a weapon.

The 11 Virtues of the Spear Warrior

- Patience:** The ability to endure delay, trouble, pain or hardship.
- Determination:** Will to Persevere.
- Focus:** Concentrated awareness and effort.
- Peace:** Freedom from mental agitation; serenity.
- Flexibility:** Adaptable, ability to change to suit circumstances.
- Simplicity:** Straightforward; not complex or complicated. Unpretentious.
- Bravery:** A quality of spirit that enables you to face the danger of pain without showing fear.
- Devotion:** and dedication to the Art and Task
- Reliability:** of Action and Word
- Steadfastness:** Firm, resolute; determinedly unwavering.
- Toughness:** Strong and durable; not easily damaged.

*The gem cannot be polished without friction, nor
man perfected without trials.*

Chinese Proverb

The 18 Key Tactics of the Spear Warrior

- Surprise** There is no advantage like the advantage of surprise
- Agility** It does not matter how good your skills are if you can't deliver them
- Accuracy** If you can't miss
- Evasion** If you can't be hit . . .
- Positioning** Position, position. Very often it is the difference between victory and defeat.
- Attack** Often the best form of defence
- Pre-emption** Do it before they do it
- Endurance** When opponents of equal ability meet, endurance and fitness will aide
- Speed** Is the ability to get from point a to b
- Timing** Is the ability to choose the right moment for speed
- Observation** To recognise the timing; strength and weaknesses of the opponent
- Feint** Is to do what will not be done yet seem to be imminent
- Confuse** Is to distract the opponent with their own thoughts
- Retreat** Is what you do if all the above is not working out

Red Eagle Spear Targets

Much as the name suggest, the Red Eagle Spear is not a Spear of power and force like a tiger, but of speed and accuracy like a Snake. Often striking from below and in-between, the Red Eagle Spear is one of the most beautiful of all Spears, possibly also of most weapons. The Spear has a number of specific targets yet there is also the one key target, the one you aim for. You use the others only if this one target is blocked or the person is prepared for this.

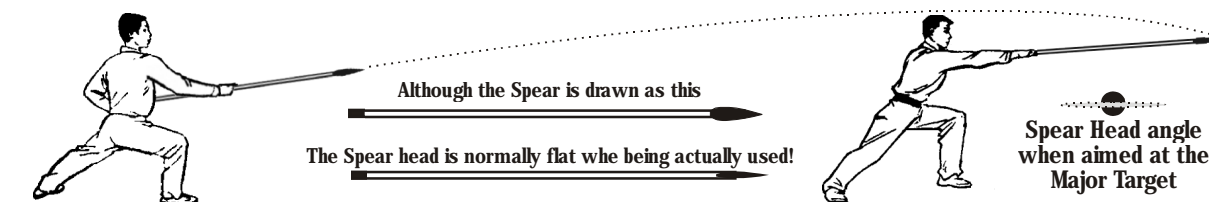
Technique	Primary	Other Possibilities
Thrust	Throat	Eyes, Mouth, Throat, Bladder, Kidney, Liver, Ear, Anus
Slice	Neck	Forehead and Tendons
Chop	Neck	Joins and Head
Slap	Neck	Muscles
Pummel	Neck	Solar Plexus, Mouth, Nose, Bladder, Toes

Yet, in training we always aim for the Throat of an opponent the same height and size as ourselves. When working with partners we always aim lower, at the chest where it is the strongest, between the pecks. **It is important that you understand this when training.**

Remember what is above the Law; SAFETY.

Red Eagle Spear - Head Angle

By considering the Targets of the Red Eagle Spear, the Shape of the Head and the Nature of the Spear (precision rather than force) you will then be aware of the angle of the Spear Head when Striking. Each of the Targets also has an Angle of Thrust; yet this is best covered in class and when training, as one picture is better than several pages of explanations. What we will cover is the main Target, the Angle of the Head, the Trajectory of the Spear and the Elevation of the End position.



The drawing above depicts a normal Thrust, Start to End position, showing the trajectory of an ideal thrust. In addition, it is important to note, that although the Spear Head may be any angle when in the Start position, the end position needs to be Horizontal or Flat when entering the Main Target

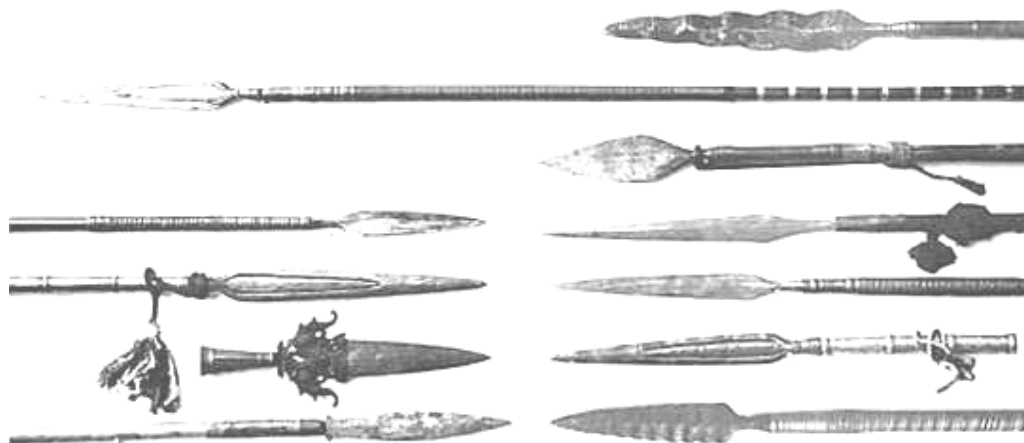
Thrusting

In the beginning of training, emphasis will be placed on single Thrusting and Stepping, the two key skills of a Spear Warrior. The Spear Warrior must be able to thrust the tip of the Spear quickly and accurately in any direction from any direction and any posture. The consummate Spear Warrior should be able to move like a "Snake", weaving and swaying and striking when least expected.

The Spear is held with the front hand, to balance the Spear, while the back hand is used to control and guide. It has been said that a Spear in motion "*starts like a flying phoenix and accelerates toward the target like a comet.*" (The beard should be moving as one unit with the Spear.) If the striking motion of a Spear is consistently straight, it is then considered that the Spear Warrior has achieved the pinnacle of perfection. Another classic description of a correctly performed Spear action is "quick as a serpent's tongue."

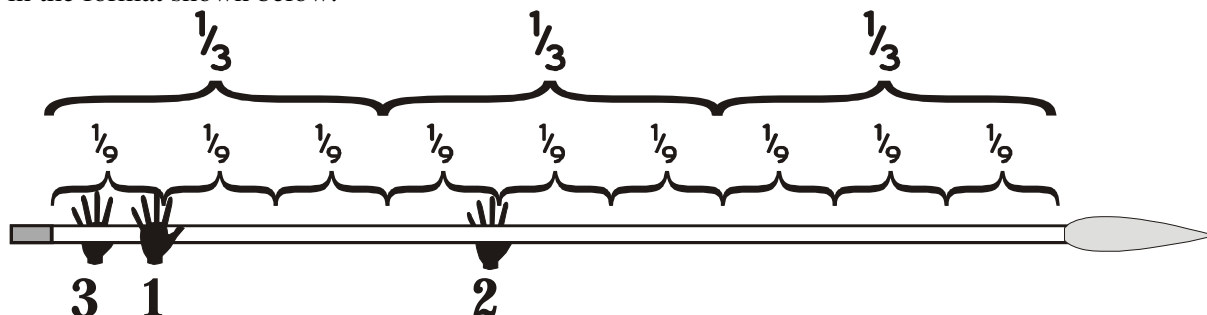
Besides the basic act of thrusting, there are many different types of offensive Spear techniques and surprise manoeuvres that can be utilized by the Spear Warrior. A Spear Warrior should never be underestimated in combat. Almost all the movements of the Staff apply to the Spear, just with different emphasis.

Finally, it is best to see the Spear as a part of the Dragon. All of the Basic 4 can be seen like that; the Staff is the body, the Broad Sword the Claws, the Straight Sword the Reach and the Spear the Flame or Tongue. It is up to you to be worthy of this!



The Shaolin Red Eagle Spear Techniques

With the Shaolin Staff we covered the power techniques, all of them Chops in one form or another. Staffs can also poke, but it is the Spear that makes this into a menu of techniques. All Spear techniques are defined by their 'end positions'. These will be explained both in word and in picture in the format shown below.



Just a short note; you do not want to touch or handle the Spear head or the metal Spear Butt. This is not only bad form, but human perspiration can, over time, weaken and scar the metal parts.

Spear techniques can be broken down into 5 Categories;

1. Thrusting
2. Step-up to Thrusting
3. Impact
4. Blocking
5. Interfering

Each of these has a number of interesting techniques. Yet there is one item that may be just as important possibly even more. Stepping Techniques!

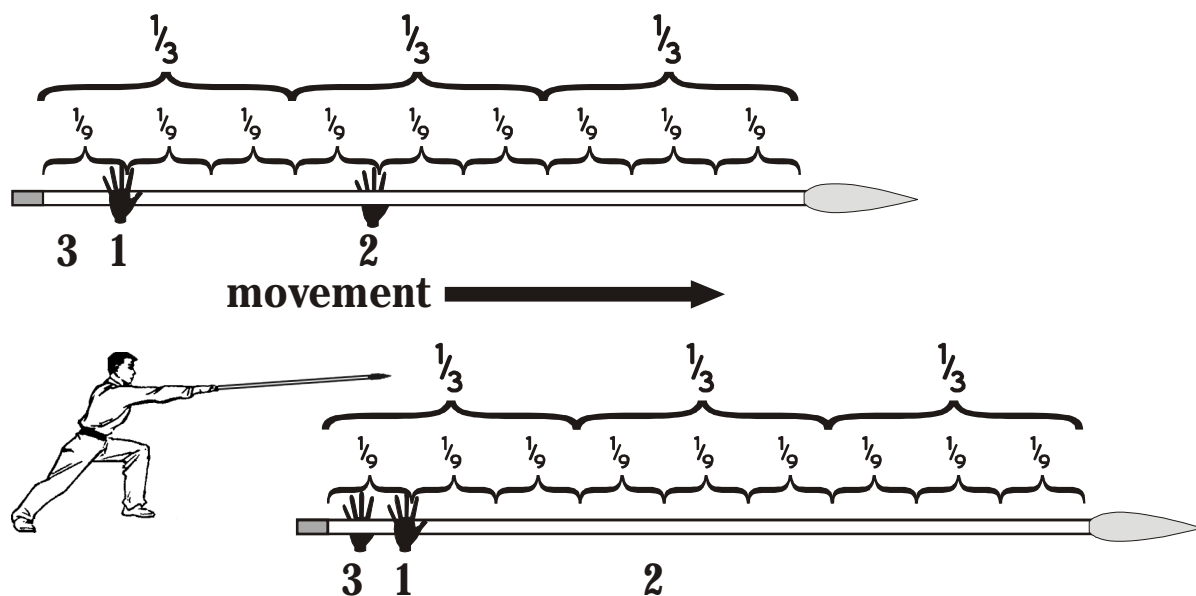
The Key to being a successful Warrior, as opposed to being a Soldier, is the ability to move and evade, move into position or just move to maintain. For this we have the family of stepping called Twisting Loma combined with Straight line Stance Horse Stepping.

The key to successful Weaponry, specifically the higher forms of Weaponry and 5 Animal Kung Fu, is this family of stepping. The true ability to master the art of Shaolin Dancing. So as much as you focus on the King of All Weapons; remember to focus as much on the Foundation of all Kings!

The Spear Thrust

The Spear is generally handled on the two major Spear Handling points marked 1 & 2 just below.

The Key point, 1, which is the one used most when bowing and thrusting, is situated about two hand widths away from the butt of the Spear. The other points is just behind the half way mark on the Spear, marked point 2. When the Spear is thrust, the hand position 2 is slid down until it is just behind hand one but still NOT touching the metal Spear butt! The Thrusters may have made a small STEP/slide forward but generally would not have moved their body far.

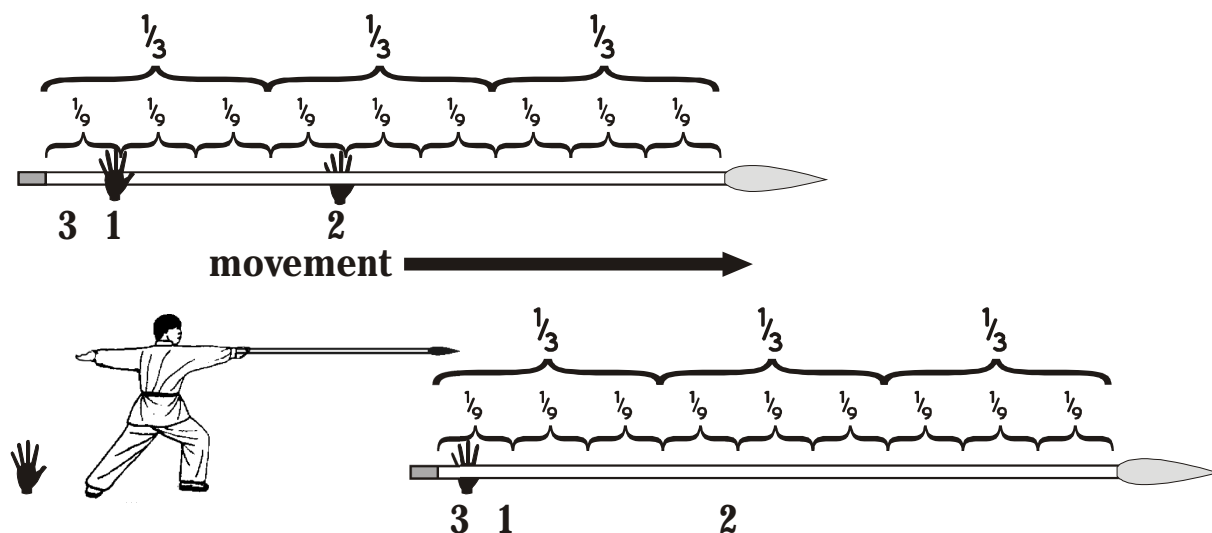


Most of the time, the person thrusting will be on a Spear Stance, both hands in front of the body!



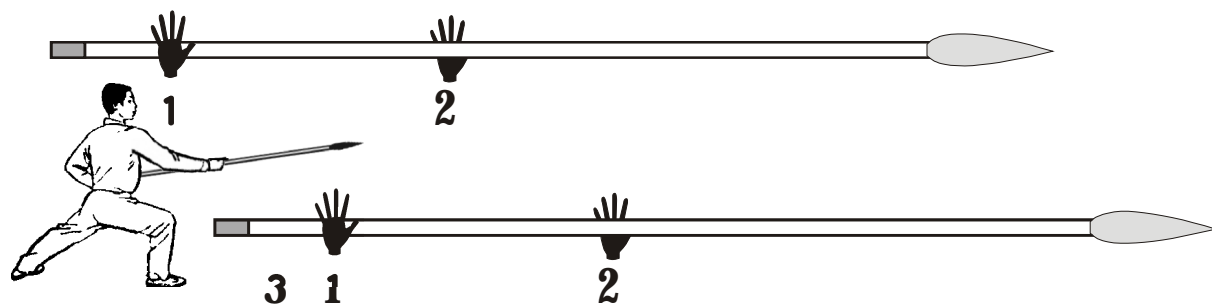
The Long Spear Thrust

Everything is the same as with the Spear thrust, but the Thruster takes a full step forward whilst thrusting the Spear with the hand that is now moving forward. The now back hand is extended straight behind, palm up, fingers closed, making one straight line. This one-handed technique would be aimed at a soft and unprotected target, whereby you would immediately step in to grab your Spear with the other hand and recover your Spear!



The Jab (Short Spear Thrust)

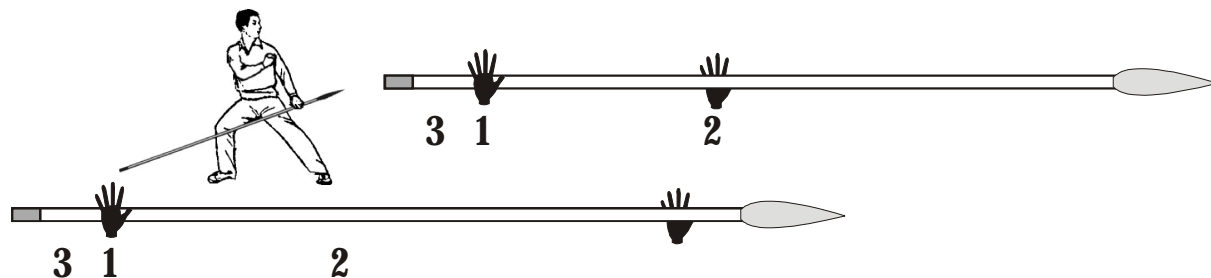
Again, a minor variation on the Standard Spear Thrust except, your hands do not move from the hand positions 1 and 2, you just 'Jab' it forward! This is a very strong technique that may be used against someone with leather or light armour.



The Spear Stab

Imagine the surprise on an attackers face, when they come in for close quarter combat, and think they have overcome your long weapon, just for you to turn your Red Eagle Spear into a knife!

Wouldn't it be great if one could do that? Well you can, and very easily.



You slide the Spear all the way back until you are holding it in your front hand only, just behind the Spear head and using it like a knife!

The Spear Throw

It is not a 'done' thing in Chinese Weaponry to throw a Spear; they are too precious and not really made for it. Yet, if it could save a life, even yours, it is good to also consider this. It is also important to remember that the person you may be defending against may not adhere to tradition and throw their weapon at you. It is best you consider this too as a Thrown Spear Thrust.



Thrust Lead-In Techniques

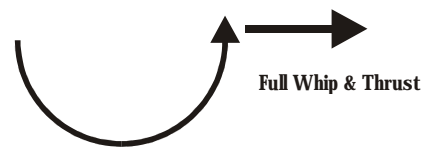
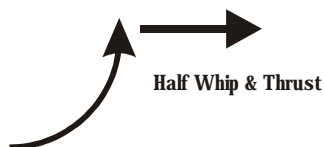
Most all of the Thrusting Techniques mentioned on the previous two pages can be combined with the 5 Lead-in or Entire Techniques;

1. Whip
2. Tornado
3. Circle (up the Mountain and down the Mountain)

All of these are not techniques in and of themselves, but ‘fancy’ or distracting movements that set the Spear Warrior up to apply a Thrust, Stab or Jab at the conclusion of the movement.

The Spear Whip

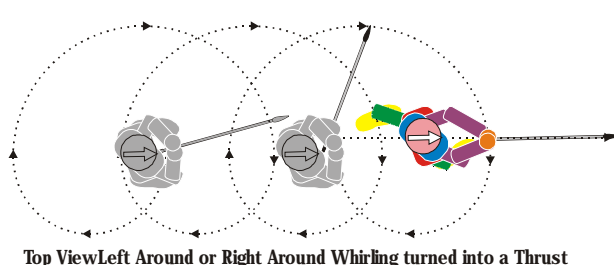
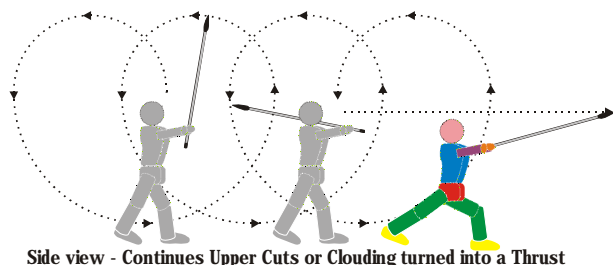
Much like the movement of a Whip, the Spear travels a quarter or half circle and turns into a Thrust. This movement can be Horizontal or Vertical and can combine with any number of body movements and stepping. Below is how it may look like following the Spear Head from above.



The Spear Tornado

Using the Spear in a Whirling Fashion to make space is a good tactic when not used too often.

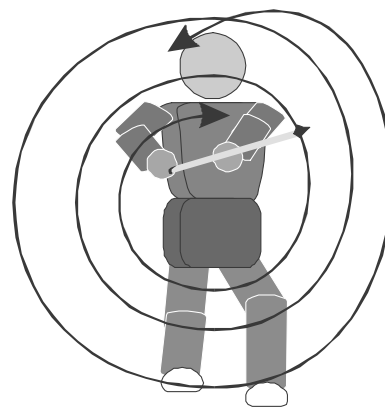
Being able to Change a Continuous Upper Cut or any rotary action into a Thrust is so much better!



You can be surrounded and decide to make Space for your Spear by Twirling it above your head, every so often, like a Tornado throwing out an object, you Thrust into an opponent. Or you could be advancing on a number of opponents and either performing the continuous Uppercuts or Clouding, and when the time & timing is right, thrust!

The Spear Circle (Shield)

As with the Tornado Techniques, this is also a Hybrid in the way that it works as a Blocking Shield first and then turns into a thrust. In essence you do a Circular action in front of you, between your self and your opponent. Not really extending the Spear very far and making the circles bigger and smaller without an apparent pattern.



As with any simple weapon, there are always those techniques that only the warrior knows. The warrior realises that although these techniques may not seem important, he or she must be familiar with them and be prepared not only to use them, but to defend against them.

Dulling Spear Techniques

Honour duels allowed for a win by blood, but usually avoided serious injury or even killing. With the Spear, this required a very high degree of skill and control. These techniques are the same for most Bladed Weapons and the rules also apply for Swords. These techniques can also be used in defence and to warn off an opponent before they commit to the real thing!

The Spear Slap

Quite a useful technique in warning an opponent with a Sharp Slap with the flat of the Spear Head to Forehead or any other part of the body. Especially effective when delivered to the knuckles of your attackers Weapon Holding hand!

The Spear Scrape

Much the same as with the Broad Sword and later Straight Sword, you Scrape along the front of the body with the tip of the Spear. This can of course be on any body part, leg, arm, etc.

The Spear Slice/Nick

Very much used (together with the Scrape) in 'Gentleman Sparring' where the winner is the first to draw Blood. The Aim is to Slice/Nick your opponent with the Edge of the Spear head and Draw Blood. This can be done on the way of a Thrust, Recovery or any other movement. As long as the technique dose not penetrate more than necessary!

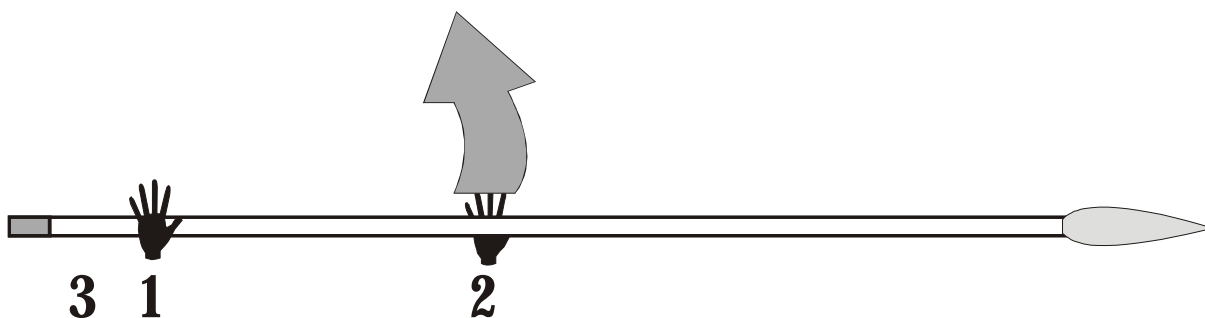
The Spear Push-Hit

Exactly the same as with the Shaolin Staff, this is just hitting or pushing your opponent with the bit of the Spear that is in-between your hands. This is both a defensive technique, in the form of 'Shoving' your opponent away into a Spear Distance or just simply a Sharp Movement to the Throat or Face to Stun your opponent.



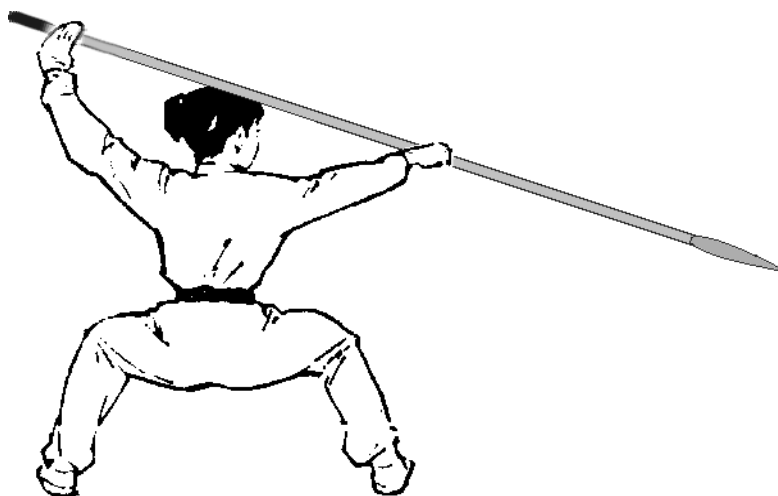
The Spear Punch

This is another impact technique where you simply punch the person whilst still holding the Spear in your fist. Usually, this is a roundish punching movement!



The Spear Pommel

The pommel movement is again, much the same as with the Broad Sword, where you hit with the Blunt end of the Spear. There are two versions of this; one where your hand is close to the Pommel (like the Sword technique) and the other is where you turn the Spear and use the Blunt end instead of the Sharp end.



Spear Defence

Defensive techniques belong before offensive in Shaolin Kung Fu; yet, in order to understand how to defend, it is good to learn how to attack. This is a fairly universally acknowledged method of learning and preparation. If you know what the attacker can and can't do, you are more likely to be successful in your defence and defensive preparations.

Accelerate Spear Block

Is getting behind the force of the attack and helping it along, thus also inhibiting the opponent from stopping/controlling their weapon the way they wanted. This of course requires that you are not on the spot where you were when the opponent attacked. This requires you to always move.

Redirecting Spear Blocks

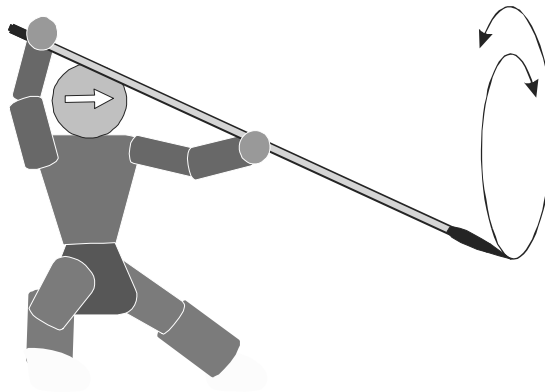
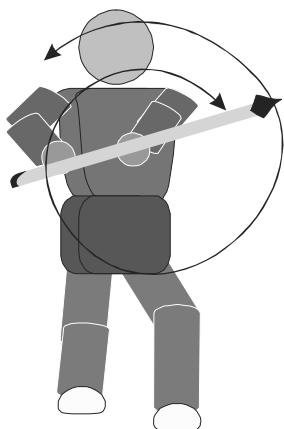
This is slightly nudging the opponents attacking object onto a different trajectory. It is a bit like the accelerating, except that you do not need to move from where you are because you are redirecting the attack on a different path.

Stopping Spear Blocks

When using a wooden weapon, it is best not to use Stopping, force against force, blocks. If the wood is damaged, your weapon may fail at a crucial moment. Of course, in dire circumstances, by all means stop the movement of the attacking object if it saves you, but avoid this type of blocking most of the time for wooden weapons.

Coiling Snake Spear Block

This is where you intercept the attacking object and direct it into a rotating action. Inward (up the mountain) to be followed by a Thrust or Jab, or outward (down the Mountain) with the aim of disarming the opponent with a little flick at the end of the coil.



Interfering Spear Techniques

Between attacking and defending is either waiting and positioning, or Interfering and Distracting. There are a number of proven Spear Techniques that can make this aspect of the defense more interesting for you and less pleasant for the attacker.

Pointing/Center Control

No matter what your attacker does, you point the tip of your Spear at the point between their eyes. This occupies the Centerline, forces the person to either deal with the irritation or have to attack either right or left.

Stirring/Irritating

Where, with pointing, you seek to keep your Spear pointed at your opponent, with stirring you want to stop your opponent pointing their weapon at you. You also keep them off balance by constantly interfering with the flow of their weapon.

Pressing/Lifting

It is much like Stirring, except you constantly try and force the opponents weapon down to the ground or above their head. This then halves the types of techniques with which they can attack you with. You may even want to specialize in one of these by, say, pressing your opponents weapon down and learning all the possible ways they can counter and attack.

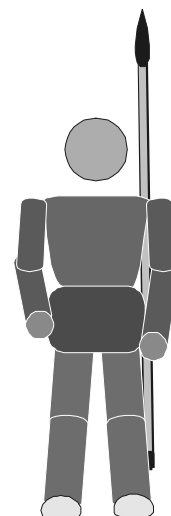
Wiping

Wiping is a form of mechanical blocking where you hold your weapon vertically or horizontally with both hands and just constantly block left right or up down. You can even hold your Spear stationary and step left and right around it.



Postures & Guards

Although there are many Guard and Stance positions depicted, there are only a few that are multi functional and truly workable. Having said that, there will be 'Style' specific stances that compliment the style and the Master's way of working. The following are more generic and multipurpose; Shaolin has 21 Guard Postures. Especially the Safe Stance or Carry position.

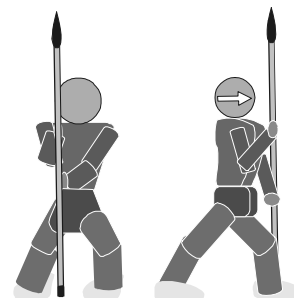


Safe Stance

As a Cardinal rule, always carry your Spear Vertically, on the 1st Holding Position, straight up nestled in the crook of your Shoulder. If you want to increase your chances for ruining your and somebody else's life, ignore this; for surely you will injure someone, poke their eye out or some-such.

Guardian Stance

This is the ideal posture for Left/Right Wiping as your Spear is on the one side of the body, ready to 'wipe' across any single attack!

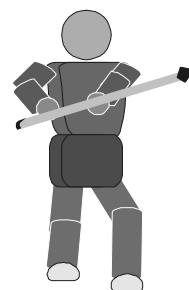


Front

Side View

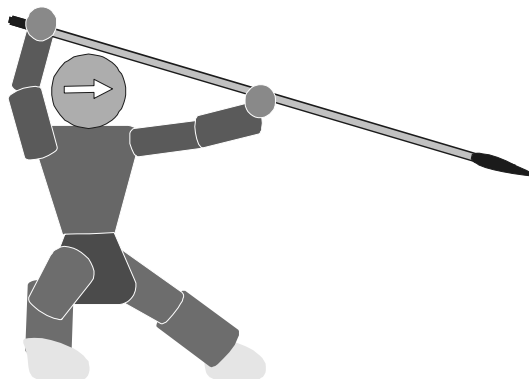
Guard Stance

Shaolin Kung Fu Guard Stance is a fundamental position in both Bare Hand and Weaponry Kung Fu. Your front hand is in front of your chin in direct line with the chin of your opponent, elbow bent at 90 degrees and close to the ribs. Back hand, fist is next to the elbow of the front hand in direct line between your solar plexus and that of your opponent. Now, put a Spear into your hands on the Standard handling points and lower the point to aim at your opponents third eye position!



Warrior Stance

This is one of those Specific postures that Shaolin like to use. there is even a number of drills and combinations built around this, as well as it being a transitional Posture.



Shaolin Spear Stepping

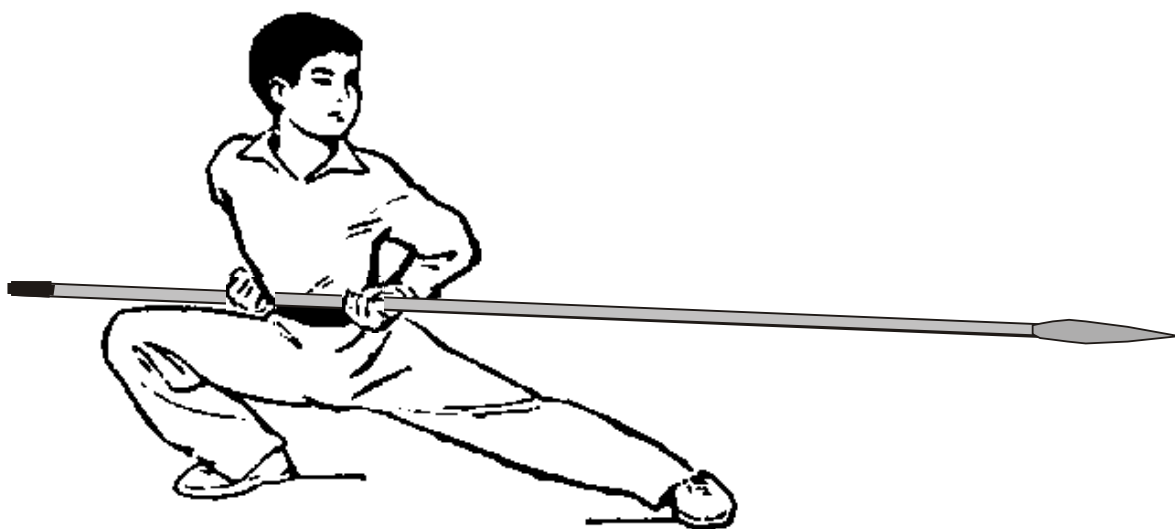
It is interesting to note, that the most advanced form of stepping is just variations of Stance Horse Walking. If you have a look at the matrix of possibilities you will find around 38 versions. A Yin/Yang break down graph is below.

Shaolin Loams Stepping											
Advancing					Stationary		Retreating				
Twist		No Twist					Twist		No Twist		
Twist 1 st	Step 1 st		front step			back step	Twist 1 st	Step 1 st	back step		
	Unicorn	Simple x	Unicorn		Simple x				front step	Unicorn	Simple x
			Stepping	Leaping							

It looks complex, and it took a while to work out, to make sure that we have everything. Once that happened, we could easily divide the types into 5 basic Groups; assuming that most can be done both advancing & retreating we have the following;

1. Stationary Twisting
2. Straight Line Stance Horse Walking; back step or front step, advancing or retreating
3. Straight Line Stance Horse Walking Twist 180°; Step Twist and Twist Step, adv & ret
4. Unicorn Stepping, 2 Step, 3 step and leaping
5. 360 Degree Stepping (subset of Unicorn)

You do not need to memorise these, just be able to do them when asked.



Past, Present and Future

It is good to know what you have achieved, where you are and what you wish to achieve. Use this page to practice this life skill and note down at least two items in each category

Past

1 I have decided in my Kung Fu training to aim at achieving _____ Sash

2 _____

3 _____

Present

1 I am working on passing this level with credit

2 _____

3 _____

Future Immediate & Medium term

1 I will become a Black Sash in Shaolin Weaponry

2 _____

3 _____

Future Long term

1 I will specialise in

2 _____

3 _____

Dreams

1 _____

2 _____

Progress

It is good to appreciate what we have achieved! From Shaolin 5 Animal Kung Fu point of view there are initially two major reasons;

1. If we do not appreciate our success, both small and large; we will cease to succeed!
2. How we achieve our initial improvements/success is NOT how we continue to achieve improvements/success. We need to recognise when old habits & methods no longer work!

For this reason it would be a very good idea, once you have received this book, to record the following details;

Physical Details _____ **Date Today** _____

My Age _____ years My Height _____ cm My Body Weight _____ kg

Chest Size _____ cm Tummy _____ cm Hips _____ cm

left Upper Arm _____ cm Lower Arm _____ cm Fist _____ cm

right Upper Arm _____ cm Lower Arm _____ cm Fist _____ cm

left Quad _____ cm Calf _____ cm Ankle _____ cm

right Quad _____ cm Calf _____ cm Ankle _____ cm

Strength _____ **(Amount total)**

Push Ups _____ Sit-ups _____ Squats _____

(Distance in cm)

High Jump _____ cm Long Jump _____ cm Hop-Step-Jump _____ cm

Stretch _____ **(measured in Hands & Fingers)**

Sitting-Leg Split against wall _____ left bend _____ right bend _____

Hands & fingers from crotch to wall

both hands either side of leg - distance to foot (+/-)

Hands up & down spine - left up _____ cm Right-up _____ cm

Speed/Coordination _____ (how many in one minute)

100 Straight Punches _____ 100 Front Kicks _____ 100 O.Blocks _____

Stature _____ (completed by Instructor)

Ideal Horse Stance

Headtilt	L5 - 4 - 3 - 2 - 1 - 0 - 1 - 2 - 3 - 4 - 5R
Bodylean	L5 - 4 - 3 - 2 - 1 - 0 - 1 - 2 - 3 - 4 - 5R
Hipslean	L5 - 4 - 3 - 2 - 1 - 0 - 1 - 2 - 3 - 4 - 5R
Left Leginward	L5 - 4 - 3 - 2 - 1 - 0 - 1 - 2 - 3 - 4 - 5R
Right Leginward	L5 - 4 - 3 - 2 - 1 - 0 - 1 - 2 - 3 - 4 - 5R
StanceHeight	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Stamina _____ (how many seconds)

Ideal Stance Horse, Golden Buddha _____ sec Shadow Sparring _____ sec

Hand Stand Against Wall _____ sec Lower Push Up Position _____ sec

Beats Per Minute _____ BPM

Notes, items you wish to focus on/achieve

1 _____

2 _____

3 _____

4 _____

5 _____

Maybe _____

Shaolin Red Eagle Spear

Warm-up		Needs Work	Pass	Good
Checking	Standing Stretches	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
Preparation	Stances Stretching	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
Warm-up	Push-ups, Sit-ups etc	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
Loosening	Sitting	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
Balance & Coord	Crane Walking	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
100 Exercises	Punches	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
	Kicks	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		

Adv Bare	Hand Skills	Needs Work	Pass	Good
Stances	Horse 5 minutes foundation	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
	Twisting Loma and Moving	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
	Mantis	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
	Spear	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
Legs	Inside Crescent Kick	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
	Outside Crescent Kick	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
	Back Spin Crescent Kick	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
	Axe Kick	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
Elbow	Spear	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
	Inside Elbow Skills	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
	Outside Elbow Skills	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
Knee	Spear	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		

Spear	Defence Skills	Needs Work	Pass	Good
Defence	Accelerate Block	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
	Redirecting Block	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
	Stopping Block	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
	No Block (Evading Correctly).....	left 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 right 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		

Spear	Attack Skills	Needs Work	Pass	Good
Jab	Front Hand at Spear Mid Point 25 rings.....	left 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 right 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
	Time Taken in seconds _____			
Thrust	Front Hand at Spear End Point 15 rings.....	left 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 right 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
	Time Taken in seconds _____			

Form	Shaolin Red Eagle Spear Form											
Footwork	Stances Executed Correctly.....	0	1	2	3	4	5	6	7	8	9	10
	Moving from Posture to Posture	0	1	2	3	4	5	6	7	8	9	10
	Stability	0	1	2	3	4	5	6	7	8	9	10
Body	Posture.....	0	1	2	3	4	5	6	7	8	9	10
	Balance	0	1	2	3	4	5	6	7	8	9	10
	Head and Correct Looking	0	1	2	3	4	5	6	7	8	9	10
Spirit	Breathing	0	1	2	3	4	5	6	7	8	9	10
	Attitude.....	0	1	2	3	4	5	6	7	8	9	10
	Walking-On, Start and Finishing.....	0	1	2	3	4	5	6	7	8	9	10
Skill	Correct Function of Techniques	0	1	2	3	4	5	6	7	8	9	10
	Angles and Direction of Techniques	0	1	2	3	4	5	6	7	8	9	10
	Strength of Techniques.....	0	1	2	3	4	5	6	7	8	9	10

Spear	Sparring	Inadequate	Pass	Good								
Footwork	Stances Executed Correctly.....	0	1	2	3	4	5	6	7	8	9	10
	Moving from Posture to Posture	0	1	2	3	4	5	6	7	8	9	10
	Stability	0	1	2	3	4	5	6	7	8	9	10
Body	Posture.....	0	1	2	3	4	5	6	7	8	9	10
	Balance	0	1	2	3	4	5	6	7	8	9	10
	Head and Correct Looking	0	1	2	3	4	5	6	7	8	9	10
Spirit	Breathing	0	1	2	3	4	5	6	7	8	9	10
	Attitude.....	0	1	2	3	4	5	6	7	8	9	10
	Walking-On, Start and Finishing.....	0	1	2	3	4	5	6	7	8	9	10
Skill	Correct Function of Techniques	0	1	2	3	4	5	6	7	8	9	10
	Angles and Direction of Techniques	0	1	2	3	4	5	6	7	8	9	10
	Strength of Techniques.....	0	1	2	3	4	5	6	7	8	9	10

Spear	Knowledge
Assignment	200 to 400 words, 1 page (or so), choose one of the following as a subject - List 5 different Spear Styles from 5 Different Countries, other than China - List 5 Different Chinese/Oriental Spear Styles - List 5 Weapons that are based on the Spear

Shadow	Skills	Not Needed for Gradings
Bare Hand	Spear Capture (Snakes Head Skills)	
	Spear Capture (Crab Claw Skills)	
	Upper Block Snake Grab	
	Roundhouse Shin Block	
	Panther Front Kicks	
	Evading a Thrown Spear	
Spear	Spinning Cont. Thrusts	
	Throwing & Capturing	
	Short Spear Skills (Holding the Spear behind the Spear Head/like a knife)	
	Reverse Spear Thrusts	
	Spear Drill No 1 (1-2-3) & 5 Directional Spear with ¼&¾ turns	
	Spear Whipping	

Attendance Record

Date & Signature	Date & Signature	Date & Signature	Date & Signature	Date & Signature
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50
51	52	53	54	55
56	57	58	59	60
61	62	63	64	65
66	67	68	69	70
71	72	73	74	75
76	77	78	79	80
81	82	83	84	85
86	87	88	89	90
91	92	93	94	95
96	97	98	99	100
101	102	103	104	105
106	107	108	109	110
111	112	113	114	115
116	117	118	119	120
121	122	123	124	125
126	127	128	129	130
131	132	133	134	135
136	137	138	139	140
141	142	143	144	145
146	147	148	149	150
151	152	153	154	155
156	157	158	159	160
161	162	163	164	165
166	167	168	169	170
171	172	173	174	175
176	177	178	179	180
181	182	183	184	185
186	187	188	189	190
191	192	193	194	195
196	197	198	199	200

Class attendance register

all previous classes
from all workbooks

+

this level classes
when level

=

total Classes when
level completed