

Gun (Staff) Basics

Warm Up

1. *Fan* : flipping
2. *Hua* : figure eight
3. *Bao* : wrapping
4. *Qua shou* : shuttling

Original Staff Techniques

(*si lui* to begin, deliver in *gong bu*)

1. *Pi* : splitting
2. *Kan* : slashing
3. *Lun* : horizontal wrapping
4. *Sao* : sweeping
5. *Liao* : lifting
6. *Tiao* : raising (high *xi bu*, deliver in *gong bu*)
7. *Za* : thrusting

(with *lien si bu*)

8. *Fen, He* : shaving counterclockwise, clockwise
9. *Quan, Can* : circle counterclockwise, clockwise
10. *Gai, Na* : cover, receive

Hand Positions

1. *huan ba* : palms facing in/up
2. *yin shou* : palms facing out/up
3. *baji shou* : bridge hand

Martial Arts and Foreverliving are opposite ends of the staff.

Oneness of the individual in mind action world and actions

Martial arts with 2 people without opposition

A oneness of mind energy, action-body is your oneness greater than anothers.

If you didn't have opposing, 2 individuals 1 doing the defense and 1 offense. If you take a still picture what is the oneness of that the picture is portraying

Converting every body part is understanding every posture as doing something.

The 2 are not opposing but what is the wholeness of the action and reaction like yin and yang. Create a balance and wholeness and gain a broader image and create a varying oneness or balance. Taking 2 organs working in harmony or pairs what do you see?

See a different outcome. What is the greater whole as to what is being portrayed.

Reaching with the staff an extension of self-talent ability. Any profession capability. Extension of you action and reaching for their greater self and life. An extension of oneness of you to reach out.

You have denied your goodness you limited yourself from all knowing lessen your limits your limits you set up that limit you from your all self knowing. Do you know what those limits are? Judgments. There fore if you most treat martial arts as a martial art then do battle with your judgments. Fight your judgments win over your own judgments. When you win than the wholeness and oneness appears.

Feel more empowered in life and empowered self.

Sensation of form. Create the vision and sensation of the greater self-wholeness. Only opponent in life are your own self-judgments.

Knock your socks off.

