

# Basic Weapon Curriculum

## **Staff** (Lohan and Lotus)

### Staff I

Salutations  
Holding Staff  
Block Box Sets  
Horizontal Strikes  
Six Star Staff (2 person)

### Staff II

Downward 45 Blocks  
Short and Long Pokes  
Pop Ups  
Overhead Spin  
Hi – Lo Blocks (2 person)

### Staff III

Figure 8 's  
Hook & Strikes  
9 Step Staff I  
9 Step Staff II  
Staff Dodge (2 person)

### Staff IV

Jump Staff & Strike  
Back Spin  
Roll & Pick up  
9 Step Staff Form (III)  
8 Count Block & Strike (2 person)

## **Sword** (Sabre, Katana, Gim)

### Sword I

Salutations  
Holding the Blade  
Drawing the Blade  
Short & Long Stab  
Four Corner Blocks

### Sword II

Pull Over & Thrust  
Horizontal Slice  
Figure 8's  
Basic Spin Around  
Supported Upward Block

### Sword III

Parry Hand Block  
Back Spin  
Dragon Spin  
Full Circular Body Block  
Pull Through & Drive

### Sword IV

9 Step Sword I  
9 Step Sword II

### Sword V

Dragonfly Touches the Water  
Three Rings Over the Moon  
Golden Rooster Stands on One Leg  
Big Dipper  
Phoenix Spreads Its Wings and Nods

### Sword VI

Fan the Grass and Search for Snake  
Tiger Pounces Its Prey  
Twisted Root of Ancient Tree  
Dragon Whips Its Tail  
Dragon Holds Head and Leaps Ravine

## **Sticks (White Crane)**

### **Stick I**

**Holding the Sticks**

**Fanning Block**

**Forward Strike**

**Swipe**

**6 Star Strike (2 Person)**

### **Stick II**

**Snake Defense I**

**Snake Defense II**

**Storm Defense I**

**Storm Defense II**

**Flowing Strike (2 Person)**

### **Stick III**

**Storm Defense III**

**Storm Defense IV**

**Storm Defense V**

**Storm Defense VI**

**Tiger vs. Dragon (2 Person Set)**

## **Fan (Iron Fan)**

### **Fan I**

**Salutations**

**Holding the Fan**

**Opening the Fan**

**Upward Block**

**Downward Block**

**Inward Block**

### **Fan II**

**Outward Block**

**Closed Blocks**

**Closed Strikes**

**Flipping**

**Dragon Twist**

**Butterfly**