

Xin Qi Shen Dojo Bagua Da Dao

This Da Dao (Big Knife) is from the Cheng Ting Hua Nine Palace System.

Continuous Rolling Hand Knife

PREPARATION: (Lion Kua)

1. Black Bear Looks Back
2. Pay Respect
3. Spin, Cut Across Ocean Wave
4. Grinding Body Knife left
5. Look Back at the Moon
6. Sweep and Deflect
7. Phoenix Soaring

SECTION ONE: (Lion Kua)

1. Deflect and Thrust
2. Lifting Knife
3. Grinding Body Knife left
4. Strike with Hilt
5. Spin and Sweep Away Soldiers

SECTION TWO: (Monkey Kua)

1. Splitting Knife
2. Stab and Close
3. Turn and Block
4. Spin, Parry and Push Knife

SECTION THREE: (Qi Ling Kua)

1. Swallow Brushes Water
2. Splitting Knife
3. Swallow Brushes Water
4. Splitting Knife
5. Rolling Hand Push Knife

SECTION FOUR: (Rooster Kua)

1. Snake Slithers In The Grass
2. Upper Guard, rlr
3. Turn Splitting Knife
4. Rolling Hand Push Knife

SECTION FIVE: (Phoenix Kua)

1. Splitting Knife
2. Block Left
3. Strike Back
4. Upper Guard
5. Na Cha Searches Sea
6. Spin, Disperse The Clouds
7. Push Knife

SECTION SIX: (Dragon Kua)

1. Push Vertical knife
2. Turn split with knife
3. Strike back with butt r
4. Splitting knife to rear
5. Mo Xin Dao - Push V Knife
6. Spiral knife Cut Across Ocean Wave
7. Block Upward
8. Poke & Stab to low rear (3) rlr
9. Spiral Cut Across Ocean Wave
10. Push Vertical Knife
11. Lion Rolls Ball
12. Guard Right & Left (flowing Palm)
13. Press Dao Downward
14. Guard Left & Right
15. Press Dao Downward to stab
16. Sweep Away the Clouds Left
17. Sweep Away the Clouds Right
18. Beng, Standing Dao
19. Push

SECTION SEVEN: (Bear Kua)

1. Warrior Stands on One Leg
2. Yean Dao, Tui
3. Circle, Spiral Dao 2x
4. Beng, Tui
5. Circle, Spiral Dao 2x
6. Beng, Tui, & Splitting Knife
7. Push Vertical Knife
8. Splitting Dao to 4 Directions
9. Three Interlocking Rings
10. Rolling Hand Dao
11. Phoenix Circles Clouds

SECTION Eight: (Snake Kua)

1. Overturing Dao & Chop
2. Turn & Chop
3. Turn & Cut Grass 3
4. Embrace the Moon
5. Spiral into Center & Stab
6. Grinding Body Knife left
7. Return Knife
8. Black Bear Looks Back
9. End

13 Energies of the Dao

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|---------------------------|----------------------------------|-------------------------|
| 1. <i>Pi</i> - splitting | 6. <i>Dao</i> - vibrate/shake | 11. <i>Mo</i> - smear |
| 2. <i>Kan</i> - chopping | 7. <i>Jien</i> - cut/scissors | 12. <i>Cha</i> - Stab |
| 3. <i>Beng</i> - snapping | 8. <i>Yun</i> - Cloud like | 13. <i>Tiao</i> - flick |
| 4. <i>Lan</i> - block | 9. <i>Jiea</i> - block intercept | |
| 5. <i>Chan</i> - spiral | 10. <i>Liao</i> - stir up | |