

# BAGUA ZHANG SHORT STAFF SECTION I

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## Bagua Short Staff

Small, nimble, quick and agile describe the movements of the short staff when performed properly. Small in movements, nimble hands, quick footwork, agile body movements. All movements are relaxed and natural, knees well bent. The short staff is Yin in applications.

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1. Chien Kua Wuji
2. Slip staff right
3. Cast the line
4. Old man pulls in the fish
5. Block down left
6. Deflect upper left PENG
7. Sweep temple L & R
8. Push away from the shore
9. Poke to right rear
10. Double hip poke
11. Dot the head
12. Double shoulder poke
13. Poke to right rear
14. Lift & control
15. Double back shoulder poke
16. Kidney poke Xu Xin
17. Folding staff right
18. Thrust to rear
19. Folding staff left
20. Thrust to rear east
21. Tap wrist L & R
22. Deflect over head
23. Forward spiraling staff 8
24. Rear spiraling staff 5
25. Forward spiraling staff 5
26. Poke
27. Deflect, Parry, Thrust
28. Block L, dot the head
29. Sweep Knee
30. Folding staff
31. Smash to rear, thrust
32. Swooping Figure 8 (3)
33. Smash to rear, thrust
34. Grinding body staff circle 3
35. Thrust and poke
36. Grinding body 3/ circle 3
37. Grinding body 3/ circle 3
38. Thrust and poke circle 3
39. Grinding body staff
40. upper snapping staff 3
41. Figure 8, 7 steps
42. Sweep ankle, strike head 4
43. Figure 8 to CHIEN KUA
44. Folding staff returns