

Xin Qi Shen Dojo

Eight Direction Seven Stars Staff

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1. Spinning Staff ▲
2. R Knee Block
3. Turn, Upper Bridge ▼
4. Spin, Smash Knee
5. R Windmill Staff
6. Sweep Across The Water ▲
7. Folding Strike
8. Turn Choh
9. Beng, Ban, Lan (block, deflect, parry) ▼
10. Liao
11. Dragon Comes Out of Cave ◀
12. Liao
13. Figure 8
14. Turn Choh ▶
15. R Head Sweep
16. L Leg Sweep
17. Spin, Leg Hook
18. L Leg Sweep
19. Dot The Head
20. Push Away From Shore
21. Arm Fold, Turn Block Knee ◀
22. Close The Trunk, Smash & Choh
23. Ban, Spin Swinging Sweep Ankles ▲
24. Smashing staff & Choh
25. L Windmill Staff
26. L Monkey King ▶
27. Snake Coils Around Trunk, Choh
28. Folding Knee Smash
29. Fold & Hide Staff, R arm
30. Spin, Spiral Staff & Swing ▼
31. Upper Bridge & Choh
32. Turn, Split & Folding Smash ▼
33. Tree With Twisted Root Choh rear
34. Sweep Ankle
35. Lion Rolls Ball To Upper Bridge
36. L Figure 8 To Upper Bridge
37. Turn R Dragon Lashes Tail ▼
38. Horizontal Sweep to upper block ◀
39. Turn, Back Liao
40. Swing, Hide In Back ▶
41. Swing Nunchaku Hold
42. Waist Cradle Staff ▼
43. Dragon Lashes Tail
44. Choh
45. Rear Choh
46. Front Choh ▶
47. R Windmill Staff
48. R Monkey King ▼
49. Snake Coils Around Trunk
50. Windmill To Close



This form was created in the summer of 2006 by Andrew T. Dale for students of Xin Qi Shen Dojo.

The purpose of this creation was to improve footwork, body movement, and nimble handling of the staff. In addition it was purposefully designed to change direction quickly, and hopefully, unexpectedly as is done in Aikido Randori and Bagua Bird Enters Forrest to train the mind and awareness as well as the physical body.

This form merges element of the Aiki Jo and the Bagua Seven Stars Short Staff. The turning, spinning, and quick change of direction was also meant to be the next step up from the previous staff sets: 22 Aiki Jo, Tenkan Jo, Partner Jo, and 7 Stars Bagua Staff.

My hope is that this will be as instructive and beneficial as the Aiki partner jo in developing a moving center.

Andy