

Bagua Seven Star Staff #2

The 7 Star Staff is unique on several accounts. In Chinese martial arts the short staff is not a common weapon. When found it's usually a Taoist Hermit's tool. The most interesting point is that the 3 forms of the 7 Star Staff are known in all Bagua schools but the third set is considered lost. Set one and two are standards in Yin Fu and Cheng Thinghua schools. Being so, this is one weapon that must have been definitely taught and passed down from Dong Haiquan. Lastly it also adapts movements from the Saber and Sword in its applications increasing its versatility..

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1. Wuji
 2. Jinbu, Kai (*front*)
 3. Siliobu, Kai (*rear corner*)
 4. Jinbu, Tiao (*sweep to temple*)
 5. Gungbu, beng, ban, lan, cha, lu
 6. Yoxin jinbu, Tiao r-l
 7. Jinbu liao (*chin*), Cho (*stab eyes*)
 8. Retreat, peng, cha
 9. Moxin kun, circle l -3-
 10. R & L Cho
 11. Moxin kun, circle r -3-
 12. R & L Cho
 13. Mo xin kun, circle l -3-
 14. Cha to rear
 15. Sweep ankle, disperse the clouds
 16. Dian - Dot the head
 17. Ban/Lan Advancing (*defelct/parry*)
 18. Cho, Tiao (*Snap to temple*)
 19. Bouncing staff pi/liao
 20. Double shoulders
 21. Open the 2 gates
 22. Dragon Enters Cave
 23. Retreat Folding staff
 24. Beng / Cha
 25. Sweeping poke l/r & 3rd eye
 26. Spiraling staff back -5-
 27. Spiraling staff forward -5-
 28. Left Monkey King
 29. Right Monkey King
 30. Dragon Springs from hole
 31. Cha
 32. Tiao (*to chin*)
 33. Shooting Star Dian
 34. Catch, Cha (*chest*)
 35. Poke temples l/r/l
 36. Turn to dot wrist (4 steps)
 37. Circle to poke chest (4 steps)
 38. Circle to poke groin
 39. Moxin kun
 40. Turn to spot wrist (4)
 41. Circle to poke chest (4)
 42. Circle to poke groin
 43. Mo xin kun (2)
 44. Lan (*parry*)
 45. Spin sweeping ankle -3-
 46. Shooting star to Lan
 47. Block rear
 48. Sweeping ankle -3-
 49. Shooting star
 50. Jiea slant Liao -3-
 51. Push away from shore (5)
 52. Dian Drop line in water
 53. Sulieobu beng
 54. Strike ankle pien - circle
 55. Sulieobu beng
 56. Yoxin -2- tiao
 57. Moxin kun
 58. Tap ankle
 59. Push away from shore (5)
 60. Dian Drop line in water
 61. Push away from shore (5)
 62. Dian Drop line in water
 63. Beng sweep foot Pien circle r
 64. Beng, Liao
 65. Moxin kun
 66. Sweep ankle to rear -5-
 67. Tiao Za Cha -8- (3x)
 68. Tiao Za Cha
 69. Beng, ankle sweep circle
 70. Beng, liao
 71. Moxin kun
 72. end

ENERGIES

1. Kai - open
2. He - close
3. Cho - poke
4. Cha - stab
5. Dian - dot
6. Pi - splitting
7. Beng - snapping
8. Lan - deflect
9. Chan - spiral
10. Jiea - block intercept
11. Liao - stir up
12. Tiao - flick
13. Mo - smear
14. Peng - slip down
15. Hua - slip up