

Ba Gua Staff

Created by Professor Jiang Zhou Chun

Taught by Shifu Jiang Jian-ye

List of Movements, Comments, Notes, and Bibliography by Mike Garofalo

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List of Movements, Directions, Notes

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[[First, purchase the instructional DVD featuring the instruction by Shifu Jiang Jian-ye. You *must* have this good instructional DVD, and the guidance of Shifu Jiang Jian-ye therein, to learn this Ba Gua Staff Form. I have based my descriptions of this solo Ba Gua staff form on the performance and instructions by Shifu Jiang Jian-ye in his instructional DVD “Traditional Ba Gua Staff with Applications,” and my personal practice of this challenging form.]

Starting Position and Salutation

1. Starting Position

Face N12. Provide a description of the movement.

2. Salutation

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Face N12. Provide a description of the movement.

Fierce Tiger Turns It's Head Up

3. Circling Staff - Vertical

Face N12. Provide a description of the movement.

4. Circling Staff - Horizontal

Face N12. Provide a description of the movement.

5. Sweep Staff Left

Face SW8. Provide a description of the movement.

List of Movement Names

Group A

1. Starting Position
2. Fierce Tiger Turns Its' Head Up

References and Notes

Ba Gua Staff with Applications

As taught by Shifu Jiang Jian-ye. A 124 minute instructional DVD. The DVD case title: "Traditional Ba Gua Staff with Applications." A 19 movement form in the Ba Gua Zhang style, created by Professor Jiang Zhou Chun, "a respected professor of martial arts (Wu Shu)." Produced in 2000 by Shifu Jiang Jian-ye of the Capital District Tai Chi and Kung Fu Association of New York, 29

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West Dillenbeck Drive, Albany, NY 12203. "It combines elements that characterize Baguazhang with movements that are specific to staff techniques. It develops flexibility throughout the body, and increases joint mobility." Website: [Jiang's Tai Chi Videos](#). Vendor: [WLE](#). This form is taught in 19 lessons and each lesson has from 2 to 5 movement sequences. In each lesson, Shifu Jiang carefully explains the movement sequence in a voiceover narrative as he slowly and precisely demonstrates each aspect of each movement sequence. He repeats the movement very slowly two or three times from a front view and he explains exactly what is to be done. Then the lesson is slowly repeated 3 times from a side view. Finally a demonstration from a rear view of the movement sequence is repeated 3 or more times at a moderate speed.



Ba Gua Zhang Staff and Cane Practices

Way of the Short Staff

By Michael P. Garofalo. A comprehensive guide to the practice of the short staff, cane, *jo*, walking stick, *gun*, *zhang*, whip staff, 13 Hands Staff, and related wood short staff weapons. A detailed and annotated guide, bibliography, lists of links, resources, instructional media, online videos, and lessons. Includes use of the short staff and cane in martial arts, self-defense, walking and hiking. Separate sections on Aikido Jo, Cane, Taijiquan cane and staff, Jodo, exercises with a short staff, selected quotations, techniques, selecting and purchasing a short staff, tips and suggestions, and a long section on the lore, legends, and magick of the short staff. Includes "Shifu Miao Zhang Points the Way." Published by Green Way Research, [Valley Spirit Taijiquan](#), Red Bluff, California. Updated on a regular basis since October, 2008. Filesize: 375 Kb.

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General Notes and Comments

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