



Dan DOCHERTY

demonstrated by

Wudang Tai Chi Chuan

weapon forms

Spear



arrangers : Dan Docherty

Dr Luce Condamine

e-book 1

a lucedan production

Les éditions du Wudang



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Wudang Tai Chi Chuan
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weapon forms

Spear

Ready Style

1. Tai Chi Spear Beginning Style
2. Facing Wing Blowing The Willow
3. The Waves Rising And Falling
4. Obstruct The River To Intercept The Dipper
5. Green Dragon Displaying Its Claws
6. Giant Python Turning Its Head
7. Golden Dragon Swinging Its Tail
8. Giving The Horse Its Head Chasing Enemies
9. Black-Eared Kite Flies And The Fish Leaps
10. Golden Cockerel Nodding Its Head
11. White Rainbow Soaring Up To The Sun
12. Lying Tiger Diving Dragon
13. Plum Blossom Opens Five Petals
14. Celestial Horse Walks The Skies
15. Tai Chi Spear Completion Style



Ready Style



1. Tai Chi Spear Beginning Style.



Lower hand and bend knees

Swivel on ball of left foot to face left,
taking butt of spear into right hand





2. Facing Wind Blowing The Willow.
 Nine palaces (cross step) step with left foot forward and to the right, raising spear in defence.

Thrust 22.5° to the left

Seven stars step with left foot to the left and forward, pulling spear round in a spiral.



Stab 22.5° to the right.



3. The Waves Rising And Falling.
 Slide back into cat stance with left foot, diverting with spear.

Slam spear down, parallel to the ground.

Stab straight ahead.



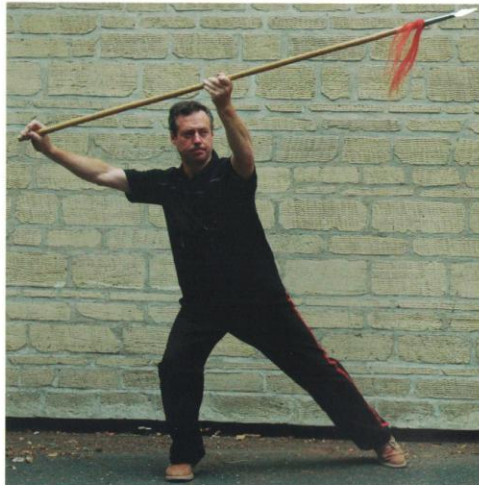


Slide back into cat stance again

Stab straight ahead

**4. Obstruct The River
To Intercept The Dipper.**
Cat stance at 45° to the front,
diverting back and low with
spear.

Seven stars step with left foot, forward and to the left,
pulling spear round in a spiral



Stab the face at 45° to the front.

5. Green Dragon Displaying Its Claws.
Coming across right into a cat stance, divert
low and to the right.

Step forward and round with left foot,
diverting back and to the left.





Bring the spear round in a large clockwise circle, while coming into a cat stance



Slam down spear parallel to the ground

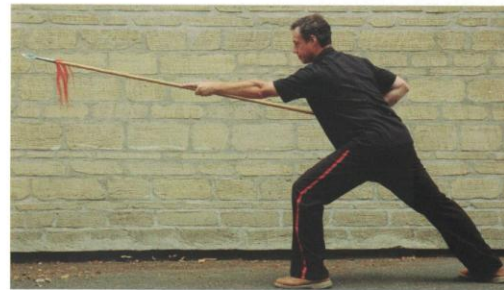
Stab the face.



6. Giant Python Turning Its Head.
Turning on the heels, bring the spear straight overhead.



Slam the spear down, parallel to the ground.



Stab straight ahead.



7. Golden Dragon Swinging Its Tail.
Step back crossing left leg over the right, starting to draw between 2 to 5 clockwise circles at head level with the spear tip.



Continue the movement shifting on to the left foot.

Continue the movement on crossing the legs.



Finishing the last circle, come into a cat stance.



Slam down the spear, parallel to the ground.



Stab straight ahead.

8. Giving The Horse Its Head Chasing Enemies.

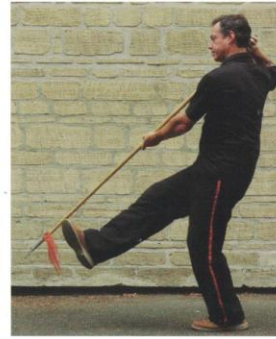
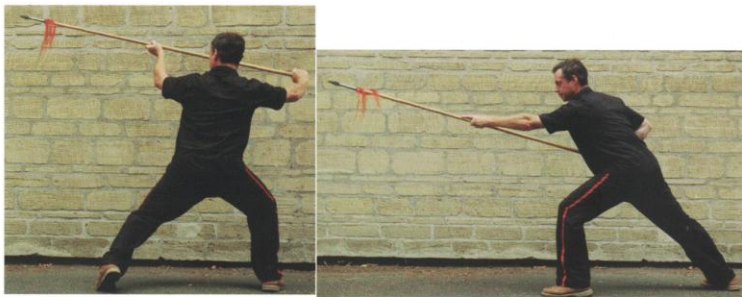
Pivoting on the left ball, twist right drawing a spiral with the spear.

Stab straight ahead.





As before (repeating twice).



9. Black-Eared Kite Flies And The Fish Leaps.

Right leg swips across to left, as spear swips across low to the right.
This can be done with a simultaneous jump or without.

Landing on the right foot, bring the spear back into a central position.

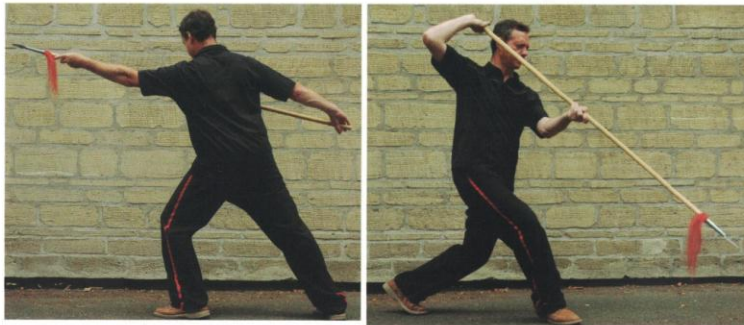
Slam down the spear, parallel to the ground.





Stab straight ahead.

10. Golden Cockerel Nodding Its Head. Turning on the right heel, swing round to the right through 180°, sliding the left hand back to its original position, as the spear swings across low to the right.

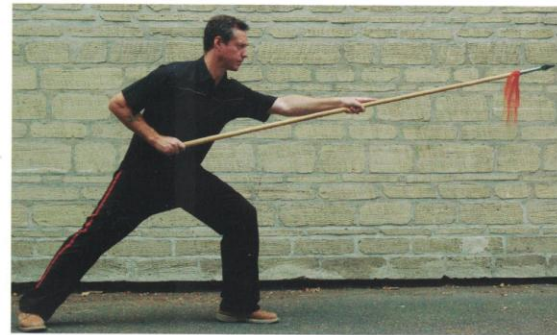


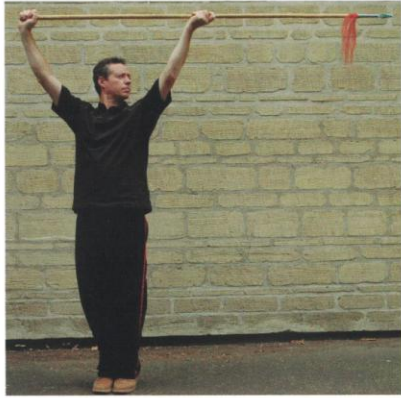
Bring the spear round in a high clockwise circle, while stepping through into a cat stance.



Slam down the spear, parallel to the ground.

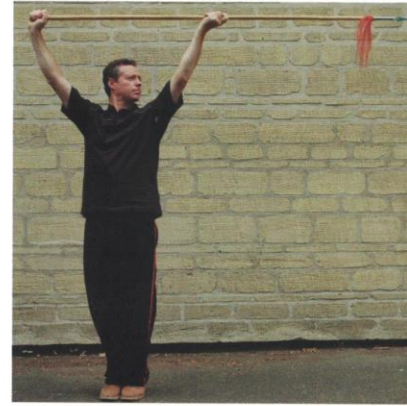
Stab straight ahead





11. White Rainbow Soaring Up To The Sun.
Step back, feet together, raising spear above the head and parallel to the ground.

Suddenly lounge forward with left foot, stabbing straight ahead.



12. Lying Tiger Diving Dragon.
Step back, feet together, raising spear above the head and parallel to the ground.

Step back into low stance, slamming down the spear parallel to the ground.





Suddenly lounge forward with left foot and stab straight ahead



13. Plum Blossom Opens Five Petals.
Slide back into cat stance and start to draw a figure 8 on its side by diverting down and to the left with the spear tip.



Whip round and down to the right.



Continue the movement.



Whip down and round to the left.



Lounge forward, thrusting straight ahead.



14. Celestial Horse Walks The Skies.
Sweep right with the left foot, while diverting low and to the left.



Sweep left with right foot, diverting low and to the right with the spear.
This can be done with or without a jump.



Slam down the spear, parallel to the ground.



Stab straight ahead.



15. Tai Chi Spear Completion Style.
Turning on the heels, swing round to the right.

Step in with left foot and ground the spear.



Straighten up, facing to the front.



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Wudang Tai Chi Chuan demonstrated by Dan Docherty

These series include :

- Tai Chi Chuan form with weapons :
 - spear (e-book 1)
 - sabre (e-book 2)
 - sword (e-book 3)
- hand long form (e-book 4)

Dan DOCHERTY was born in Glasgow in 1954. He earned a black belt in karate and graduated LLB from Glasgow University in 1974. From 1975 to 1984 he served as an inspector in the Royal Hong Kong Police. He trained in Tai Chi Chuan under master *Cheng Tin-hung* from 1975-2005. He was SE Asian Open weight martial arts champion in 1980. He has a postgraduate diploma in Chinese from Ealing College. He is president of the *Taijiquan & Qigong* federation for Europe and has trained many European & national champions. He is the author of *Complete Tai Chi Chuan* and *Instant Tao*, and columnist for *Combat* magazine. Some of his writings can be found on www.taichichuan.co.uk



Luce CONDAMINE is a french doctor (MD), specialized both in Pediatrics and in Sports Medicine. She is also a western scientist (PhD), teacher in Physiology, in massage, and she is studying asian traditionnal medicine. She has been training in *Taiji Quan* for 20 years, and has been teaching (particularly to children) for 14 years (in schools, college, university and hospitals...). She is European Champion in *Taiji Quan* with weapons and World Champion in China (traditional Tai Chi). She is the author of the bilingual book « Tai Chi pour Enfants / *Easy Tai Chi for Children* », and co-author of the mini-book *Taiji Quan*, and contributes to several french or international magazines (as *Génération Tao*, *Dragon*, *Energies*, and the *European Internal Arts Journal*). She created La Maison du Taiji (Paris Tai Chi), for courses and health education in 2005 (www.maisondutaiji.com). She has been training under Dan Docherty since 2003-2004, and has been working now as his « *xiao tudi* » (« little disciple »).

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