



WEAPONS COURSES

Most Chinese styles also make use of training in the broad arsenal of Chinese weapons for conditioning the body as well as coordination and strategy drills. Weapons training are generally carried out after the student is proficient in the basics, forms and applications training. The basic theory for weapons training is to consider the weapon as an extension of the body. It has the same requirements for footwork and body coordination as the basics. The process of weapon training proceeds with forms, forms with partners and then applications. Most systems have training methods for each of the Eighteen Arms of shaolin kung fu in addition to specialized instruments specific to the system.

WEAPONS COURSE

Are you advanced enough to train at the weapons courses

The courses are not for anybody to join. You must meet the requirements below:

1. You must have level 2 or higher in forms grading at UK Shaolin Temple
2. If you come from other clubs, you must be checked by one of UK Shaolin Temple's coaches
3. You must have the valid martial arts licence

STICK(GUN) 棍

Shaolin Yin Shou Gun



Shaolin Yin Shou Gun is one of shaolin sticks form. This form are varied, the world is divided into yin and yang, yang is hard, Yin is soft, in the martial arts, in hard side have soft side and in soft side have hard side, Yin Shou Gun looks soft, met the then turn to hard, to confuse others, soft as cotton, hard as iron. Common movements are: Pi Gun, Wu Hua, stab, Liao gun, Shuai gun.

Yin Shou Gun in the Shaolin stick forms is the most widely recognised, this form is significantly different than other

stick forms because its movements are unable to be predicted.

Location: UK Shaolin Temple Main Base. St Clements road, Boscombe, Bournemouth, BH1 4DZ.

Time/Date: Every Saturday at 1.30pm – 3.00pm from 23rd October 2010 - 26th February 2011

Cost :

Book before 30 th September 2010			Book after 30 th September 2010		
Membership Type	Adult	Students/Kids	Membership Type	Adult	Students/Kids
Non Member	£170	£140	Non Member	£200	£175
Members	£125	£105	Members	£160	£130

SWORD (DAO) 刀

Shaolin Dao



Dao was originally used in martial arts and as military weapons. As the Shaolin Kung Fu and the order of monks developed their skills, they became soldier monks for defensive needs. Dao has become the weapon most often used by Shaolin monks. In the late Ming dynasty, Shaolin Dao was used on the battlefield.

Shaolin Dao consists mostly of Guo Tou, Guo Nao, sweep together with stab (Ci), Liao, Tease (Liao), cutting (Kan), blocking (Lian), throwing (Pao). Shaolin Dao forms are: Shaolin Dao, Shaolin Kunlun Dao, and other Shaolin Chun Qiu Da Dao etc.

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WHIP (BIAN) 鞭

Shaolin Jiu Jie Bian



Whip is divided into: single, double, soft and hard and its materials include copper, iron, iron and wood; which are very different than the whips made of leather, used to drive cattle and horses. But the 7, 9 and 13 section whips are similar to those used to drive oxen.

Shaolin Jiu Jie Bian (9 sections) consist of mainly blocking, throwing, point, cut, sweeping, sit, Liao and twist etc. Jiu Jie Bian is a soft metal weapon, which is characterized by the coordination of bodily strength, speed and skilful defensive.

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Any other courses will be updated here in the future. You need to book in advance for these courses. For more information please contact us. **PLEASE NOTICE ALL FEES MUST BE RECEIVED A MINIMUM OF TWO WEEKS BEFORE A COURSE IS DUE TO START.** We can only take a certain amount of people.

HOW TO BOOK

Please return the booking form below to: UK SHAOLIN TEMPLE, 55 Upper Gordon Road, Highcliffe, BH23 5ND

Course No: **SHAOLIN WEAPONS - 2010**

Full Name: _____ Age: _____

Contact No: _____

Address: _____

Post Code: _____

Email: _____

Membership No: _____

I prefer to pay by: _____

A. Credit/debit card over the phone, B. Bank Transfer, C. Personal Cheque

YOUR MESSAGE:

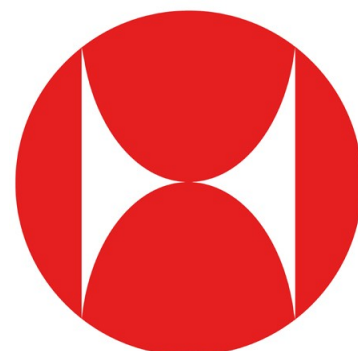
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UK SHAOLIN TEMPLE