

# CLUB To STAFF

PART TWO

## The Chinese Connection

As Korean, Chinese and Japanese martial art historians debate when and who developed what weaponry and techniques, modern martial artists reap the rich legacy of their ancestors. We can pay homage to our predecessors by practicing our chosen art to perfection and by being open-minded to learning from all credible martial arts!

This is part two of the article, *Club to Staff*, that appeared in the January 2001

edition of *Tae Kwon Do Times*.

In that article, a short synopsis of the history of the staff and club-type weapons was presented as well as information on protecting oneself from their attack. The article also included segments on the heart chakra and an ancient Five Elder jow formula used to "jump start the heart" (and as a liniment for strikes to that area). Accompanying the article were photographs depicting a series of hay gung exercise postures to counter knife and stick type attacks plus the metaphysical properties of meditating



## stick techniques



Follow the movements used by Parker Linekin (with stick) to fell an attack

with rose quartz for the heart chakra.

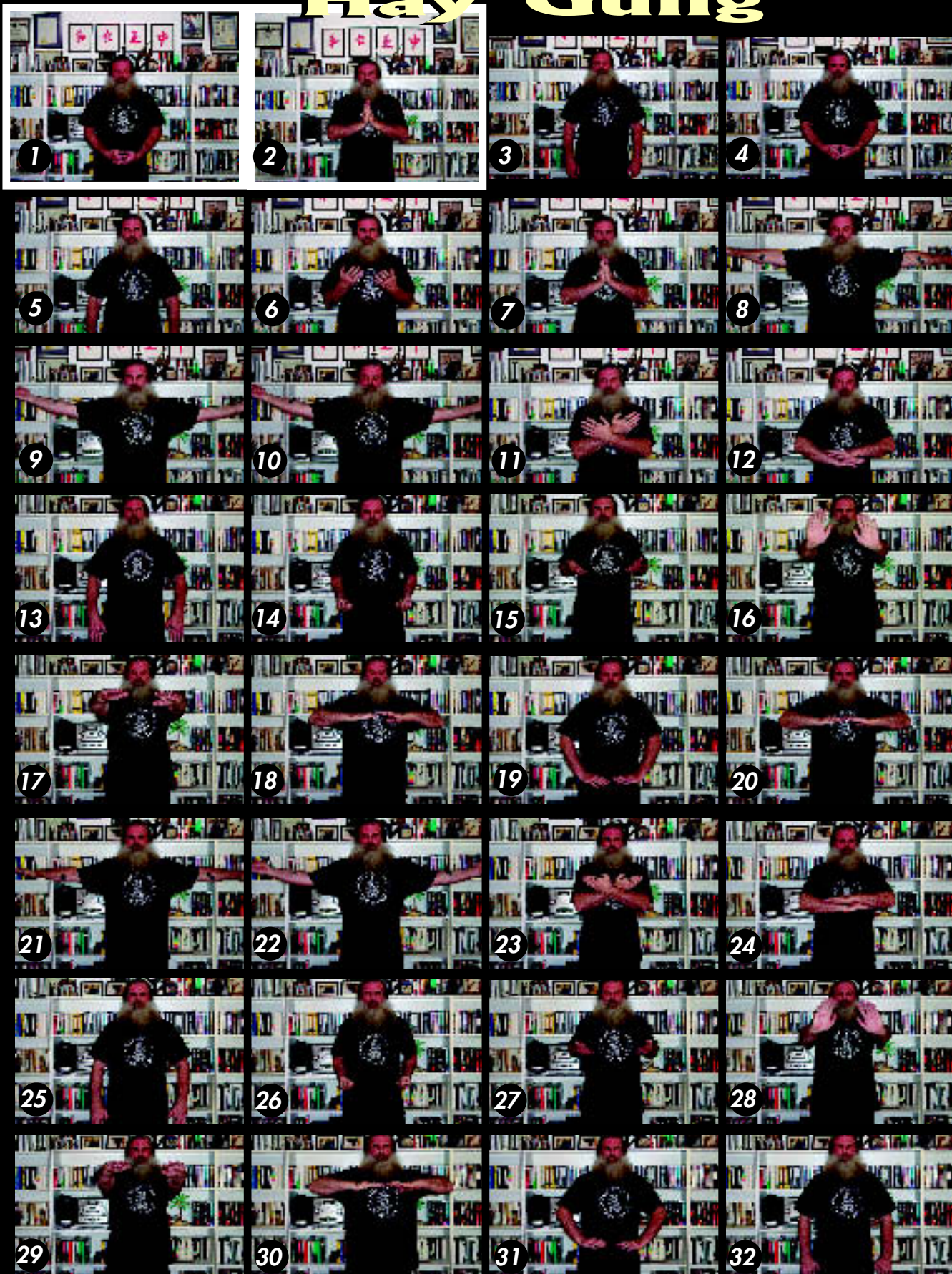
As we view the history of club, stick, staff, stone, and bone weapons, it can be seen how the taming of fire not only led to the effective use and development of these basic martial weapons, but also was the primary link to devise all the weaponry that has evolved over the last million years.

Our ancestors were fearless and successful hunters. With the exception of certain berries and fruit, they lived exclusively on flesh. In one folk legend, a man named Andon is credited as inventing the stone ax.





# Hay Gung





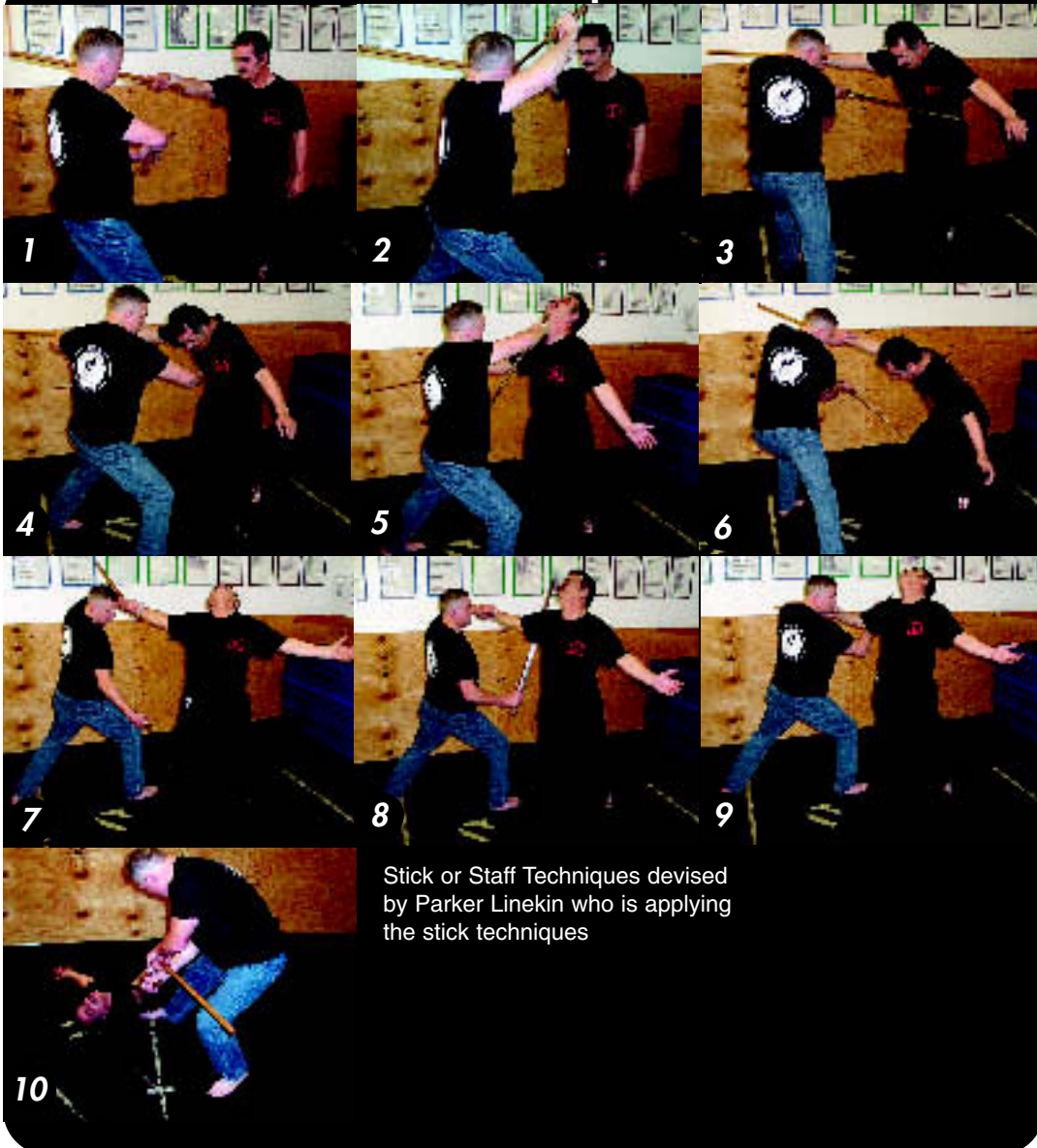
### Hay Gung: (OPPOSITE PAGE)

Simply memorize the moves with your eyes open and then learn them with the eyes closed. The first two are stand-alone preparatory hay gung standing stationary meditations with breath control combinations for each of the two meditations. Notice the posture for **Number 1**. The right hand is on top of the left. The palms are up and the thumbs touching. This is 'The Lotus Position.' First, remember the breath control and then perform it with the eyes closed. I will explain the breath control for the first one, then apply this process to the proceeding exercise. Take two relaxed breaths. Take a breath and exhale 80% (vague judgement). Next, take a breath from that point and exhale, (called the breath in-between.) Take another deep breath and exhale 50%. Take a full breath from that point and exhale it all. Take a breath and exhale 10%. Take a full breath from that point and exhale all. Then, breathe normally with the mouth closed and tongue on the roof of the mouth. After about five minutes, take three breaths before opening your eyes and moving around.

**Number 2** is 'Monk Watching The Moon.' The hands are held about head high and slightly wider than the head. The palms are open and slightly facing out. Hold this posture and do the following breath control; two breaths to start, next, take a breath and let 50% out. Take a full breath from that point and let it all out. Take a breath and let 20% out, take a full breath from that point and let it all out. Breathe normal for five minutes after the breath control while maintaining the stationary hand posture "Monk Watching The Moon".

To begin the hay gung exercise with proper meditation, merely learn to flow from photo position to photo position using common sense basics and adhering to the 'sequence.' Apply your understanding of 'basics' to understand the martial meanings. After that, apply the universal principle in this type of exercise of inhaling during transition and exhaling on the move itself. Add a 'stretch' quality and dynamic tension to the moves by inhaling and exhaling naturally with the moves application.

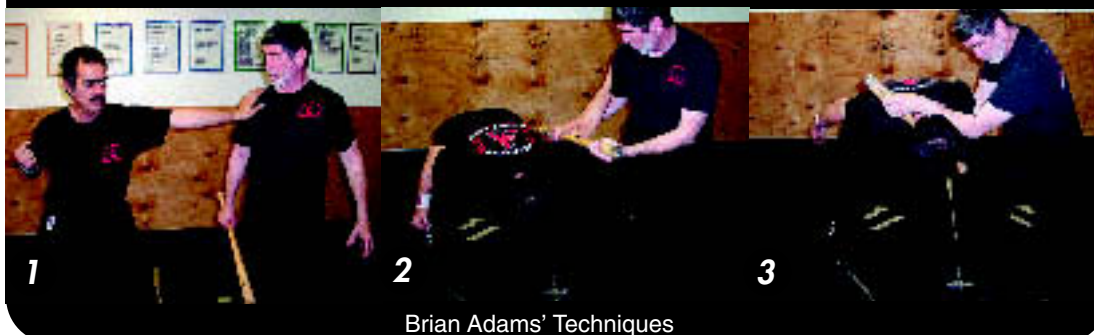
### stick techniques



## 18 Daoist Palms' Speed/Quick Reactions Herbal List

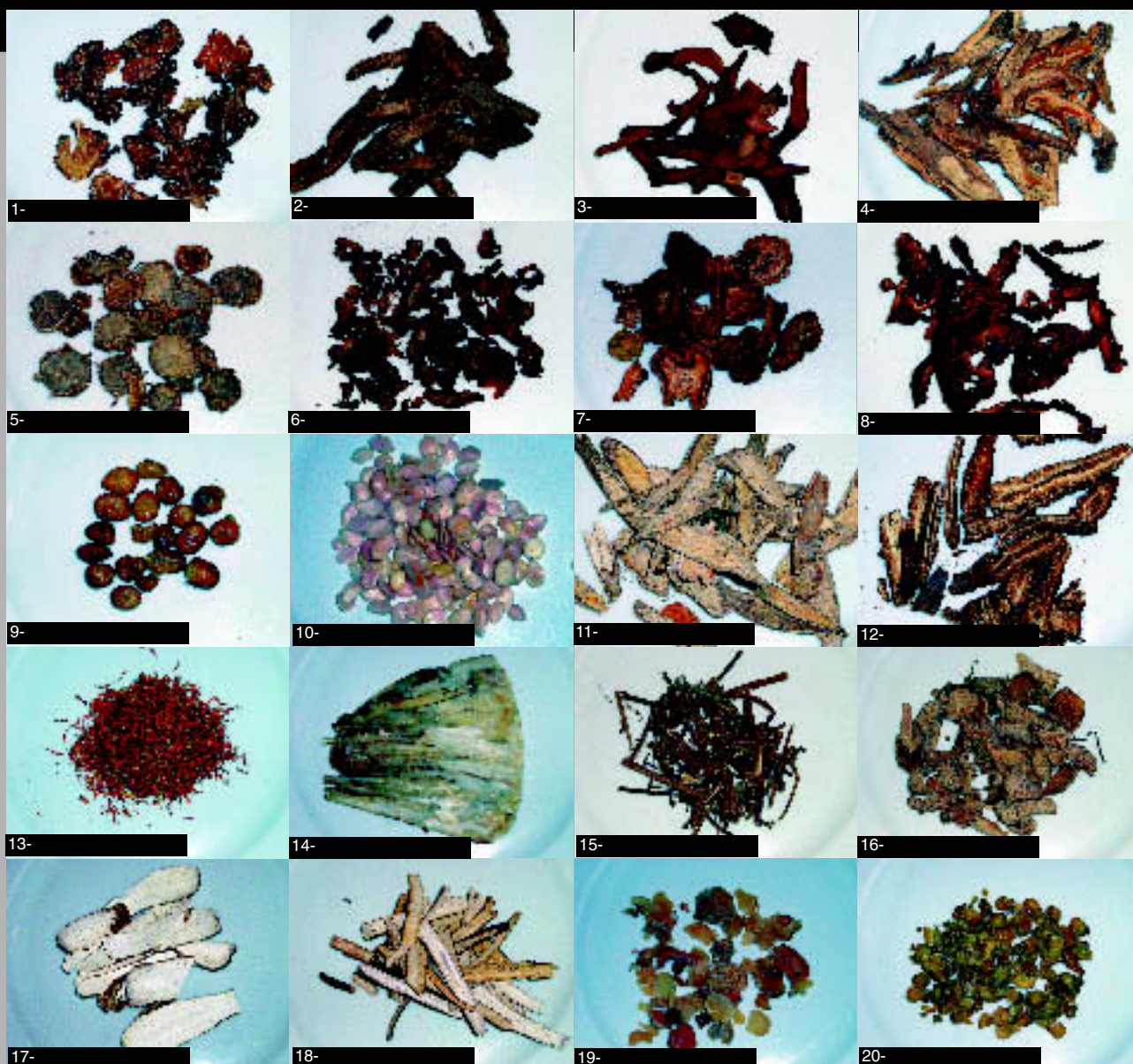
1. **Susangja.** Rhizoma is the root part. Its literal English translation is snake's bed seeds. Monks got parasites, weeping, and itchy skin lesions especially in the genital area. This plant is also used for scabies and ringworm
2. **Sokdan.** Literally means: restore what is broken. Tonifies liver and kidneys and strengthens sinews and bones. Used for lower back pain, stiff joints or weak legs.
3. **Kolswaebo.** Kidney tonic. Promotes mending of sinews and bones in cases of falls, fractures, contusions and sprains. Tonifies hearing, teeth and gums.
4. **Chin'gyo.** Relaxes sinews and cramps, especially in the extremities. Moistens intestines and unblocks the bowels.
5. **Achiul.** English: zedoary rhizome, zedoaria. Moves the chi and alleviates pain. Helps fullness and abdominal constriction due to food stagnation. Also used for nutritional impairment.
6. **Puja.** English: prepared daughter (accessory) root of Szechuan aconiti, aconite (processed). Restores devastated yang disorders. Assist the heart yang to unblock the vessels and tonify the kidneys. Symptoms of devastated yang could include chills, cold and poor pulse as well as vomiting, diarrhea or sweating. Used when cold is blocking organs, channels, sinews, bones or blood vessels.
7. **Taehwang.** English: rhubarb root and rhizoma. Literal English means "big yellow." This ingredient drains heat. It is used to invigorate the blood. Used topically for burns and skin lesions. Good for stagnant blood stasis in cases of traumatic injury or intestinal abscesses.
8. **Mokka.** English: Chinese quince fruit, chaenomeles. Literal English translation is "wood melon." Relaxes sinews and unblocks channels. Used for abdominal pain, spasms and cramping of the calves.
9. **Panha.** English: pinellia. Literal English translation is "half summer." For cough and phlegm in the lungs. Helps stop vomiting and dissipates nodules.
10. **Toin.** English: peach kernel, persica. Breaks up blood stasis in traumatic injury, flank pain, lung abscess and intestinal abscess. Moistens intestines and unblocks bowels.
11. **Ogapfi.** English: acanthopanax root bark. Literal English translation is "bark of five additions." This herb is especially useful when the stomach flow of chi and blood is obstructed. Helps leg chi. Reduces swelling and helps with urinary difficulty.
12. **Kanghwal.** English: notopterygium root. Used for chills, headache, fever and body aches and pains, even in the occipital region.
13. **Honghwa.** English: safflower flower, carthamus. Literal English translation is "red flower." Dispels blood stasis in wounds and alleviates pain.
14. **Tanggwi.** English: Chinese angelica root. Literal English translation is "state of return." Tonifies the blood. Good for blurred vision. Important herb in stopping pain from blood stasis. Reduces swelling, expels pus and generates flesh.
15. **Traekvan.** English: bugleweed. Literal English translation is "marsh orchid." Promotes the movement of blood.
16. **Sammung.** English: burr-reed rhizome, scirpus. Literal English translation is "three edges." Moves the blood and chi and is also good for pain.
17. **Tokhwal.** English: pubescent angelica root. Gets rid of wind dampness and alleviates pain. Good for helping with wind-cold-damp obstruction in the lower back or legs. Also used for headache and toothache in lesser yin stage.
18. **Chokchak.** English: red peony root. Literal translation is "red peony." Invigorates blood and removes blood stasis. Clears heat and cools the blood. For swelling and pain associated with traumatic injury and early stages of abscesses and boils and trauma-induced pain. For red swollen painful eyes, it clears liver fire.
19. **Chionnamsong.** English: Jack-in-the-pulpit rhizoma, arisaema. Literal English translation: "star of the southern heavens." Used for cough and chest phlegm, drying in nature. Reduces swelling and alleviates pain in traumatic injury. Used topically for deep-rooted sores, ulcers and carbuncles. Used in situations where because of wind and phlegm, obstructed channels are causing dizziness, numbness in the extremities, facial paralysis, hand or foot spasms, stroke, seizure or jawlock.
20. **Yonhosaeck.** English: corydalis rhizome. For pain due to traumatic injury with blood stasis this ingredient invigorates the blood and alleviates the pain. Used when chi is stagnant and there is chest pain, abdominal or menstrual pain, hernial disorders and epigastric pain.

## stick techniques / baseball bat



Brian Adams' Techniques





### 18 Daoist Palms' Speed/Quick Reactions Herbal List

This is one of the rare formulas I inherited during my study of Kung Fu. Although my certificates state training in herbs, I also have video documentation of my education in this field. I was taught what herbs to grind first and which to subsequently add. Once in a fine powder, my instructor taught me how to cook and detoxify poison herbs in honey. The number 19 ingredient in this formula is toxic. There are only a few practitioners in the world who can document their herbal training from a Five Elder Jung Shee.

According to legend, monks would make pills and then take them before going into battle. These "hit pills" were designed to quickly start the body's immune system. Obviously, a heavy club strike would cause a hematoma or an internal organ rupture. Even a stab wound would benefit from blood that could coagulate. The legendary benefits

### INGREDIENTS

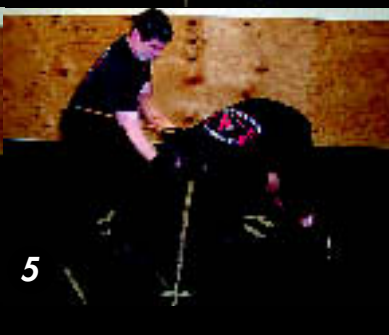
1. **Cnidii Rhizoma**
2. **Dispsaci Radix**
3. **Drynariae Rhizoma**
4. **Gentianae Macrophyllae Radix**
5. **Zedoariae Rhizoma**
6. **Radix Aconiti**
7. **Rhei Rhizoma**
8. **Chaenomelis Fructus**
9. **Pinellia Tuber**
10. **Persicae Semen**
11. **Cortex Acanthopanax**
12. **Notopterygii Rhizoma**
13. **Carthami Flos**
14. **Angelicae Radix Sinensis**
15. **Lycopi Herba**
16. **Starganii Rhizoma**
17. **Radix Angelicae**
18. **Paeoniae Rubra Radix**
19. **Rhizoma Arisaematis**
20. **Corydalis Tuber**

of the pills were to jump start the chi, super-energize the warrior, and jump start the immune system before incurring injury. I do not recommend that you need this type of pill or should try it.

Before purchasing any herbal medication, you must be 21 and seek more than one opinion from a Western, an Eastern or a licensed Chinese herbalist. Consult with herbalists as well as study Chinese medicine to become educated on the properties of herbs. Remember, you are responsible for your own actions. Study the formula to better understand 'why' the monks may have concluded it was beneficial for mentioned purpose. Do your homework! Learn the Korean names. Discover the metaphysics of Chinese herbology.

I use this formula as a jow for external use only. It quickly brings the chi to the hands. I do not use it often but when I do, it is in small amounts (a few drops on the hands before Springy Palm training.)

## stick techniques



Brian Adam's Techniques

## stick techniques / shop brush



## short stick techniques



## carpenter's level



## stick techniques / cane





His early descendants discovered and made use of the throwing stick and harpoon. These were the first fashioners of flint tools. They searched for flint much as we search for gold, diamonds and platinum today.

### Basics

Before one can learn Five Elder Staff forms, there are about a dozen basic techniques to memorize. The 18 Daoist Palms System houses many staff forms. The following basic techniques reappear in all the forms in some way shape or form. There are more forms but these are the most universal and foundational. They are: sweeping staff, the monk scooping the water, upward staff, lower staff, shooting staff, circling staff, flower staff, child blowing the flute, lower sweeping staff and side sweeping staff.

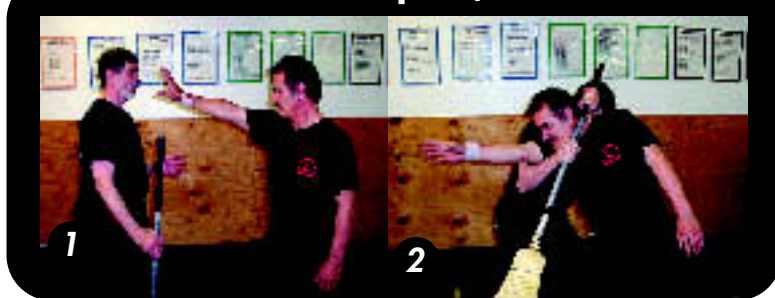
### Principles

When using a staff, the left foot forward stance is preferred. Always avoid the opponent's weapon by stepping or angling to the side. The stance is neither high nor low and communicates its principle: you don't attack, I don't defend. Angle or side step to your opponent's awkward side to make it more difficult for the opponent to defend against your counter. Always attack the hand that holds the staff. The same principle applies for knife, sword or any weapon. Trying to hit a person holding a weapon is not as practical as ridding them of the weapon first.

Some of the popular 18 Daoist Palms System staff forms include Lohon Staff, Monk Splashing The Water, Black Dragon, Buddha Staff, Lotus Flower Staff, Lee's Family Staff, Snake Staff, Eight Centerline Staff and Five Dragon Ba Qua Staff--to name about 20 percent of the forms. The System also teaches the staff two-person forms. Complete forms usually have a two-person form. There are also about 20 forms that pit the staff against other weapons. In one or two forms there is no contact. The whole form demands you never get hit. The sizes of the staffs vary from nine feet to rifle size. One last point: never leave an outstretched finger exposed to an opponent's hit!

The ancients used many herb formulas as well as the practice of forms to prepare for battle. Included in this article is a formula for strengthening the body (used externally) and a hay gung form from the 18 Daoist Palms System. ●

### stick techniques / broom



### stick techniques



### short stick techniques



Defense for an attack when seated or confined to a sitting position



Author James Lacy (center with beard) with Brian Adams to his left. Notice the variety, group shot and how we can work these with many body types including someone confined to a wheel chair. Visit Master Lacy at his website: [www.ironpalm.com](http://www.ironpalm.com).

**Grandmaster Brian Adams** briefly operated the late Ed Parker's Kenpo School that Mr. Parker owned with Chuck Sullivan. Brian was Kenpo classmates with Dan Inosanto and through Dan was able to meet and train with Bruce Lee in Los Angeles for about six months. Learn more about him at [www.integratedma.com](http://www.integratedma.com).

**Grandmaster Parker Linekin** is the 7th generation White Tiger Tai Chi Chuan (Doo's family) Jung Shee since 1985. He was the one who sent me to study White Tiger at the start of the 80's. I am the first person to ever reach 5th dan under him in kenpo. Brian was his Kenpo teacher. Visit Jung Shee Linekin's site at [www.ParkerLinekin.com](http://www.ParkerLinekin.com).

