

8 Sabre Forces

When practising the **Sabre**, we employ movements such as spring up, shift, dodge and display. The sabre is entwined like a belt round the waist and then shoots out; when the steps change the body shifts; advance one step, withdraw one step; chop once, cut once. Hand and sabre in conjunction; coil and spin, rise and fall; like a long rainbow passing through the skies. Like a swirling wind rotating snowflakes.

- 1) **Pi** to chop/split from various angles
- 2) **Ci** to stab/pierce
- 3) **Tan** to search out, slashing upwards to the groin
- 4) **Tou** to push up left hand supporting the blade
- 5) **Ti** to lift an upward diversion
- 6) **Liao** to stir diversion and slash in a continuous movement
- 7) **Chen** to sink diverting an attack by pressing downwards
- 8) **Lu** to divert an attack to the side