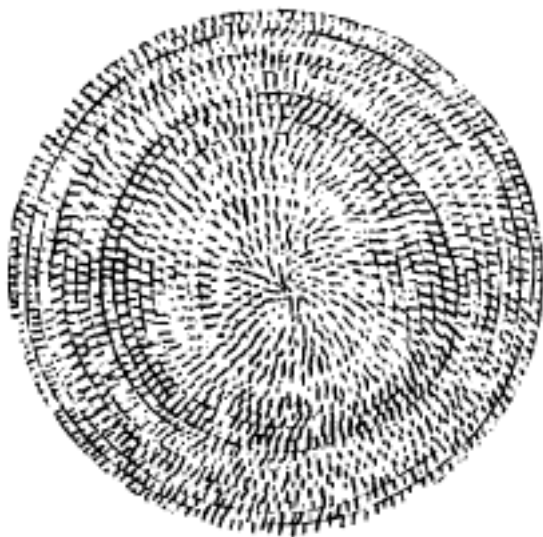


# 〈牌與狼筓〉

The Chinese Shield & Wolf-Brush



Original image from “Ji Xiao Xin Shu”

明代 戚繼光 茅元儀

Translated by: Jack Chen

[www.chineselongsword.com](http://www.chineselongsword.com)



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Every drawing (unless otherwise stated) and translation of the ancient Chinese texts in this book, is redrawn, enhanced and translated by Jack Chen, according to the faded drawings and text in the ancient manuals.

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# About this book

This book covers the combat use of the:

- **Shield**, in combination with the Sword and Javelin
  - **Wolf-Brush**, in cooperation with the Shield
- as 2 very important defensive tools in ancient Chinese warfare.

This book consists of only the “Shield” and “Wolf-Brush” chapters translated from two ancient Chinese warfare manuals:

**1. 紀效新書 (Ji Xiao Xin Shu)**

*New Book of Military Efficiency* by 戚繼光 (General Qi Ji-guang)

**2. 武備志 (Wu Bei Zhi)**

*Military Preparation Manual* by 茅元儀 (Mao Yuan Yi).

Both manuals share identical “Shield” and “Wolf-Brush” stances. In this book, the drawings of 8 Shield stances are from “*Wu Bei Zhi*”, while the pictures of the shield and javelin are from “*Ji Xiao Xin Shu*”, and the drawings of the 6 “Wolf-Brush” stances are from “*Ji Xiao Xin Shu*”.



In dedication to the bravery and wisdoms of Men before us.

For my grandparents.



# Tactical Squad Formations

From General Qi's *Ji Xiao Xin Shu*

## Mandarin-Duck Formation 鸳鸯阵 (*yuān yang zhèn*)

The Mandarin Ducks are always in pairs, thus the name is given to this formation as there is a pair of each weapon. Each squad has:

- 1 Squad Leader (*holding the flag*)
- 2 men with **Shield and Sword**
- 2 men with **Wolf-Brush**
- 4 men with Long-spear
- 2 men with Trident
- 1 logistics personnel (*not shown*)

The formation can be changed to adapt to the various situations on the battlefield.

## Three-Elements Formation 三才阵 (*sān cái zhèn*)

The Three-Talents Formation is named as such, based on the three critical components of:

- **Heaven** 天 (*tiān*)
- **Earth** 地 (*dì*)
- **Man** 人 (*rén*)

## Field Military Discipline

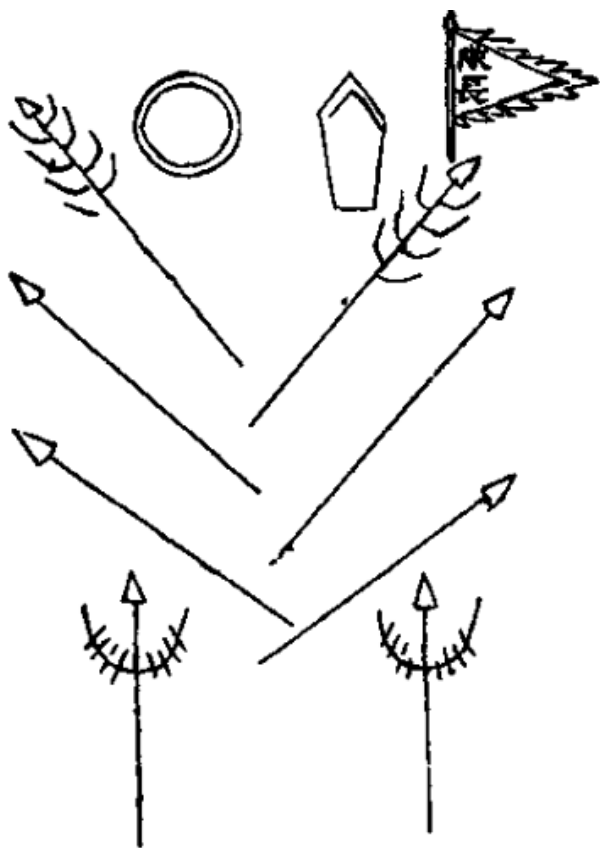
- He who retreats shall be executed.
- Entire team retreats, Squad Leader shall be executed.
- Entire team retreats when Squad Leader dies, all shall be executed.



# 鸳鸯阵

yuān yāng zhèn

## Mandarin-Duck Formation



Original image from "Ji Xiao Xin Shu"

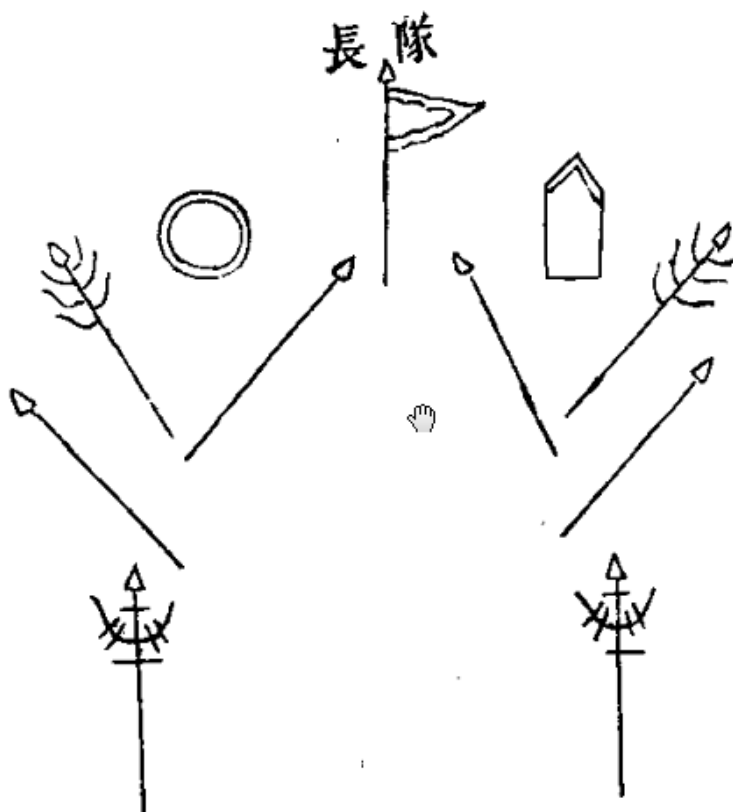
# 鸳鸯阵左右分变二伍

yuān yāng zhèn zuǒ yòu fēn biàn èr wǔ

## Mandarin-Duck

## Formation

## 2-Squads Split



Original image from "Ji Xiao Xin Shu"

## 二伍各變小三才陣

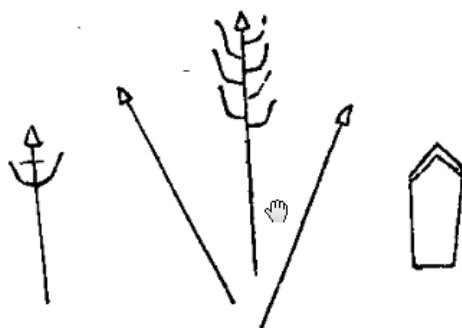
èr wǔ gè biàn xiǎo sān cái zhèn

## Transformation of 2-Squads into Small Three-Elements

### 原右一伍變

yuán yòu yī wǔ biàn

### Right Squad

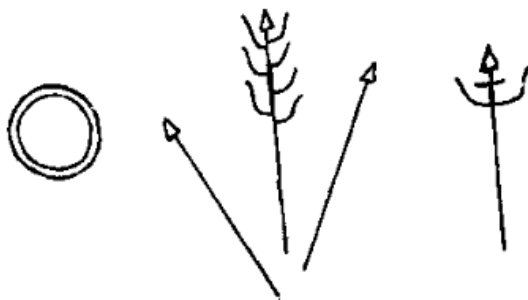


Original image from "Ji Xiao Xin Shu"

### 原左一伍變

yuán zuǒ yī wǔ biàn

### Left Squad

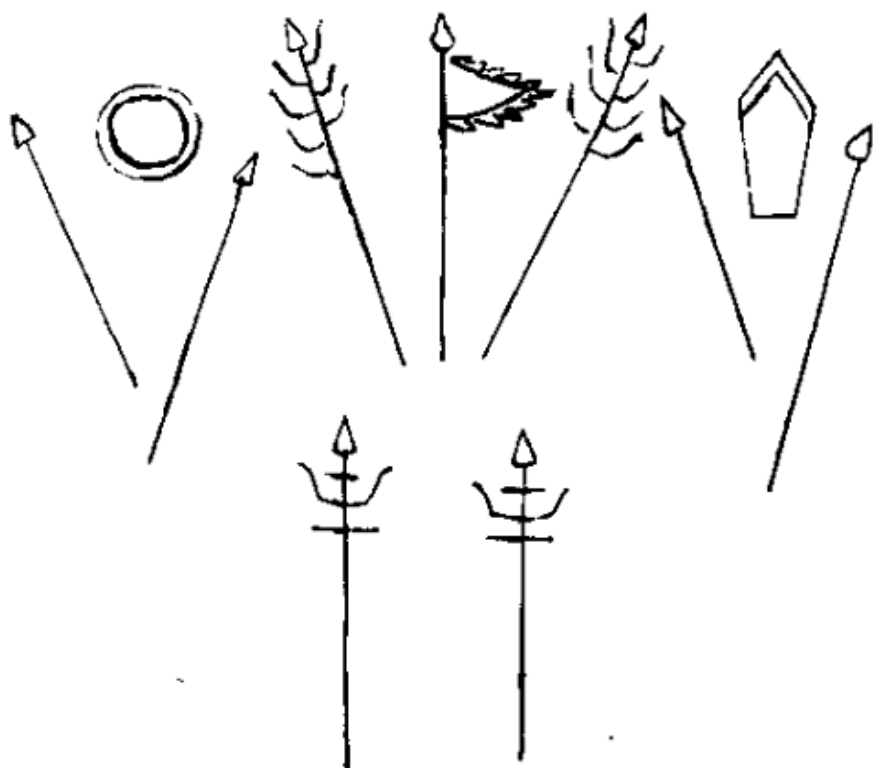


Original image from "Ji Xiao Xin Shu"

# 鸳鸯阵變三才陣

yuān yāng zhèn biàn sān cái zhèn

## Transformation of Mandarin-Duck into Three-Elements Formation



Original image from "Ji Xiao Xin Shu"

# 〈藤牌總說篇〉

téng pái zǒng shuō piān

千古有圓長二色其來尚矣

qiān gǔ yǒu yuán cháng èr sè qí lái shàng yǐ

主衛而不主刺

zhǔ wèi ér bù zhǔ cì

國初木加以革重而不利步

guó chū mù jiā yǐ gé zhòng ér bù lì bù

以藤為牌近出福建

yǐ téng wéi pái jìn chū fú jiàn

銃子雖不能隔

chòng zi suī bù néng gé

而矢石槍刀皆可蔽

ér shǐ shí qiāng dāo jī kě bì

## Rattan-Shield Chapter

from *Ji Xiao Xin Shu*

Historically, there are 2 kinds of shield: Round & Long.

The primary job is to Defend, and not to Thrust.

Initially, the shield is made by adding leather to wood.

This makes the shield heavy and difficult to move around with.

The method of using rattan to make shields came from the Fu-jian province.

Though it's ineffective against the gun

It is effective for defense against arrows, rocks, spears and swords.

所以代甲冑之用

suǒ yǐ dài jiǎ zhòu zhī yòng

So it acts as a substitute for armour.

在南方田塍泥雨中頗稱極便

zài nán fāng tián chéng ní yǔ zhōng  
pō chēng jí biàn

It is convenient to use in muddy and rainy conditions, as well as on the raised pathways of farming fields in the South.

其體須輕堅密

qí tǐ xū qīng jiān mì

The shield must be made light, firm, and dense.

務使遮蔽一身

wù shǐ zhē bì yī shēn

It must be able to cover the whole body.

上下四旁無所不備

shàng xià sì páng wú suǒ bù bèi

From top to bottom, and the four sides, all must be guarded.

用牌之間復有所謂標者

yòng pái zhī jiān fù yǒu suǒ wèi biāo  
zhě

Among those who use the shield, there are also javelin-users.

所以奪人之目而為我之疑兵

suǒ yǐ duó rén zhī mù ér wéi wǒ zhī  
yí bīng

Capture the enemies' attention, to serve as a decoy.

所賴以勝人者也

suǒ lài yǐ shèng rén zhě yě

Relying on the ones who are victorious.

牌無鏢能禦而不能殺

pái wú biāo néng yù ér bù néng  
shā

Shield without Javelin can defend  
but cannot kill.

將欲進步然後起鏢

jiāng yù jìn bù rán hòu qǐ biāo

Enter step and raise javelin.

勿輕發以敗其事

wù qīng fā yǐ bài qí shì

Do not throw haphazardly and fail.

腰刀用於發鏢之後以殺敵

yāo dāo yòng yú fā biāo zhī hòu  
yǐ shā dí

The waist-sword is used to kill the  
enemies after the javelin is  
thrown.

非長利輕泛則不能接遠

fēi cháng lì qīng fàn zé bù néng  
jiē yuǎn

The waist-sword is not suitable for  
long-distances.

其習牌之人又須膽勇

qí xí pái zhī rén yòu xū dǎn yǒng

Those who practice the shield,  
must also be courageous

氣力輕足便捷少年

qì lì qīng zú biàn jié shào nián

Have good stamina, and are  
youngsters who have speed.

然後可授之以此

rán hòu kě shòu zhī yǐ cǐ

Only then training is allowed  
(in using the shield).

置於行伍之先為眾人之藩蔽

zhì yú háng wǔ zhī xiān wéi zhòng  
rén fān bì

Shield-users are placed at the  
front of the formation, to  
provide cover for everyone.

衛以長短之器為彼之應援

wèi yǐ cháng duǎn zhī qì wèi bǐ zhī  
yìng yuán

Defence is provided by the long  
and short weapons, to provide  
aid for him.

以之臨敵其眾可合而不可離

yǐ zhī lín dí qí zhòng kě hé ér bù kě  
lí

When facing the enemy,  
everyone must stick together  
and must not separate.

可用而不可疲

kě yòng ér bù kě pí

There must be efficiency and no  
sloppiness.

進退左右無所不利

jìn tuì zuǒ yòu wú suǒ bù lì

Advance and Retreat, Left and  
Right,  
without any disadvantageous  
weak spots.

此藤牌之功用也

cǐ téng pái zhī gōng yòng yě

This is the function of the  
Rattan Shield.

今將牌勢之可錄者繪說於後

jīn jiàng pái shì zhī kě lù zhě huì  
shuō yú hòu

The Shield-stances that can be  
recorded are drawn and  
described later on.



一 習藤牌人牌一面

yī xí téng pái rén pái yī miàn

For shield-training, each person is assigned one shield.

內用大藤為骨

nèi yòng dà téng wéi gǔ

Interiorly, the “bone” (structure) of the shield is made of big rattan.

以藤蔑條條退藤纏聯

yǐ téng miè tiáo tiáo tuì téng chán lián

Then use strips of thin rattan to wrap around.

每面隨牌標槍二枝腰刀一把

měi miàn suí pái biāo qiāng èr zhī yāo dāo yī bǎ

Each shield is accompanied by two javelins, and one waist-sword.

其兵執牌作勢向敵

qí bīng zhí pái zuò shì xiàng dí

The soldier faces the enemy by making a stance with the shield.

以標執在右手

yǐ biāo zhí zài yòu shǒu

Right-hand holds the javelin.

腰刀橫在牌裏

yāo dāo héng zài pái lǐ

Waist-sword is horizontally behind the shield.

挽手之上以腕抵住

wǎn shǒu zhī shàng yǐ wàn dǐ zhù

In front of forearm, supported by the wrist.

待敵長槍將及身擲標刺之

dài dí cháng qiāng jiāng jí shēn  
zhì biāo cì zhī

Wait for the enemy spear to come,  
then throw the javelin to deliver a  
thrust.

中與不中敵必用槍顧撥

zhòng yǔ bù zhòng dí bì yòng  
qiāng gù bō

Whether the javelin hits or not, the  
enemy will surely attempt to  
defend himself and try to block.

我即乘隙徑進

wǒ jí chéng xì jìng jìn

I shall seize the opportunity and  
rush in directly.

急取出刀在右隨牌砍殺

jí qǔ chū dāo zài yòu suí pái kǎn  
shā

Quickly draw out the sword to the  
right, attack together with the  
shield.

一入槍身之內則槍為棄物

yī rù qiāng shēn zhī nèi zé qiāng  
wéi qì wù

Once closed in with the spear, the  
spear becomes useless.

我必勝彼矣

wǒ bì shèng bǐ yǐ

I will definitely win him.

但擲標後而倉惶不及取刀

dàn zhì biāo hòu ér cāng huáng  
bù jí qǔ dāo

But, to panic and not draw the  
sword quickly right after throwing  
the javelin

是一大病

shì yī dà bìng

Is one big mistake.

其禦短兵更易

qí yù duǎn bīng gèng yì

It will be easy (for the enemy) to  
defend against short weapons.



右牌用藤云云

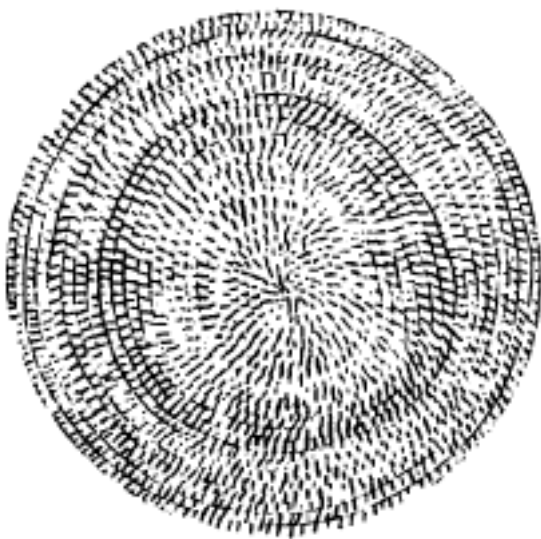
yòu pái yòng téng yún yún

On the right is the Shield.  
Made of rattan, and so on.

木牌皮牌皆類此用

mù pái pí pái jiē lèi cǐ yòng

The wooden shield and leather  
shield are also similar.



Original image from “Ji Xiao Xin Shu”

右標槍或用稠木細竹皆可

yòu biāo qiāng huò yòng chóu  
mù xì zhú jiē kě

On the right is the Javelin.

Use dense-wood, or thin bamboo.  
All are fine.

但前重而後輕

dàn qián zhòng ér hòu qīng

But the front is heavy, and the rear  
is light.

前稍粗而後稍細為得法

qián shāo cū ér hòu shāo xì wéi  
dé fǎ

The front is slightly thicker, and  
the rear is slightly thinner.  
This is the way.



Original image from “Ji Xiao Xin Shu”

# 〈牌〉

pái

紀效新書曰

jì xiào xīn shū yuē

古有圓長二色其來尚矣

gǔ yǒu yuán cháng èr sè qí lái shàng yǐ

主衛而不主刺

zhǔ wèi ér bù zhǔ cì

國初用木加革重而不利步

guó chū yòng mù jiā gé zhòng ér bù lì bù

以藤為牌近出南方

yǐ téng wéi pái jìn chū nán fāng

雖不能禦銃子

suī bù néng yù chòng zǐ

其矢石槍刀皆可蔽

qí shǐ shí qiāng dāo jiē kě bì

# The Shield

from **Wu Bei Zhi**

It is written in the book, “Ji Xiao Xin Shu” (by General Qi Ji-guang)

“Historically, there are 2 types of shields: Round & Long.

The primary job is to Defend, and not to Thrust.

Initially, the shield is made by adding leather to wood.

This makes the shield heavy and difficult to move around with.

The idea of making the shield with rattan came from the South.

Although it cannot defend against the gun

It can still shield against arrows, rocks, spears and swords.

所以代甲冑之用

suǒ yǐ dài jiǎ zhòu zhī yòng

*So it substitutes the armour."*

每兵執一牌腰刀一把

měi bīng zhí yī pái yāo dāo yī bǎ

Every soldier holds a shield, and  
a waist-sword.

閣刀手腕一手執鏢鎗一枝

gé dāo shǒu wàn yī shǒu zhí biāo  
qiāng yī zhī

Hold the saber in one hand, and  
the other hand holds a javelin.

彼長我短特定無隙將鏢擲去

bǐ cháng wǒ duǎn chí dìng wú xì  
jiāng biāo zhì qù

His weapon is long, mine is  
short.

In a sturdy manner, throw the  
javelin.

毋論中否彼必應我

wú lùn zhòng fǒu bǐ bì yìng wǒ

Regardless of hitting the enemy  
or not, he will surely react.

急取刀在手隨牌殺入

jí qǔ dāo zài shǒu suí pái shā rù

I shall quickly take my sword  
and shield and rush in for the  
kill.

一入鎗身內則鎗為棄物

yī rù qiāng shēn nèi zé qiāng wéi qì  
wù

Once closed in with the spear,  
the spear is useless.

我必勝彼矣

wǒ bì shèng bǐ yǐ

I will definitely win him.



但擲鏢後每每倉皇不及取刀

dàn zhì biāo hòu měi měi cāng  
huáng bù jí qǔ dāo

But after throwing the javelin,  
often people panic and don't  
draw their sword in time.

是一大病

shì yī dà bìng

This is one big mistake.

此器禦短更易

cǐ qì yù duǎn gèng yì

The shield is even more  
effective at defending against  
short weapons.

南方田埂泥水間頗稱輕便

nán fāng tián gěng ní shuǐ jiān pō  
chēng qīng biàn

It's light and convenient to use  
on the watery and muddy  
environments of the paddy  
fields' pathways in the South.

務便遮蔽一身附之以鏢者

wù biàn zhē bì yī shēn fù zhī yǐ biāo  
zhě

It shields the body of the  
javelin-user

所以奪人之目而為我之疑兵

suǒ yǐ duó rén zhī mù ér wéi wǒ zhī  
yí bīng

Capture the enemies' attention,  
to serve as a decoy.

賴以勝人者也

lài yǐ shèng rén zhě yě

Relying on the ones who are  
victorious.

牌無鏢能禦而不能殺

pái wú biāo néng yù ér bù néng  
shā

Shield without Javelin can defend  
but cannot kill.

將欲進步然後起鏢勿輕發

jiāng yù jìn bù rán hòu qǐ biāo wù  
qīng fā

Enter and raise javelin.  
Do not throw haphazardly.

即岳武穆旁牌麻劊刀之制

jí yuè wǔ mù páng pái má zhā  
dāo zhī zhì

“Yue Wu Mu”  
(aka General Yue Fei) regulated the  
use of the sword by ‘thrusting’  
ferociously with the shield.

令軍士低頭只砍馬足

lìng jūn shì dī tóu zhǐ kǎn mǎ zú

Ordering the soldiers to lower  
their heads, and only cut at the  
horses’ legs.

以敗兀朮拐子馬是也

yǐ bài wù zhú guǎi zǐ mǎ shì yě

And defeated General Wu-Zhu’s  
cavalry, known as “*Guai Zi Ma*”.

**Note:** There is also the story of the  
General Wu-Zhu’s cavalry being  
defeated by General Yue Fei’s  
tactic of cutting the horses’ legs  
with a long hook-spear or long axe.

出入陣中進退便利且衛且殺

chū rù zhèn zhōng jìn tuì biàn lì qiě  
wèi qiě shā

It's convenient to move around  
within the formations, able to  
defend, able to attack.

南北通用之利器也

nán běi tōng yòng zhī lì qì yě

An effective tool used from  
South to North

製雖稍有不同

zhì suī shāo yǒu bù tóng

Even though the construction  
methods are different.

以此置於行伍之先

yǐ cǐ zhì yú háng wǔ zhī xiān

In a formation, the shield is  
placed in the front rows.

必在狼筅之下

bì zài láng xiǎn zhī xià

It must be under the  
“Wolf-Brush” (a form of  
polearm).

蓋恃筅為勢架護於上

gài shì xiǎn wéi shì jià hù yú shàng

Relying on the “Brush” to be at  
the top.

方能筅下突進

fāng néng xiǎn xià tū jìn

And only then, the “Brush” can  
enter and attack.

因勢之踣躄利於出入故也

yīn shì zhī bó bēi lì yú chū rù gù yě

Because the stance is tight, it is  
easy to move in and out.

若無筌則牌刀皆短

ruò wú xiǎn zé pái dāo jiē duǎn

If there isn't any "*Brush*", with  
only shield and short sword

不能獨出獨入

bù néng dú chū dú rù

Then one must not move alone.

每為長器所制故不便于用耳

měi wéi cháng qì suǒ zhì gù bù biàn  
yú yòng ěr

The long weapons will always  
gain control, and it's therefore  
not a good way to use the  
shield.

# 起手勢

照高下

橫行直進

諸勢可變

有躲閃之妙



## 起手勢

qǐ shǒu shì

## Raise-Hand Stance

照高管下

zhào gāo guǎn xià

Raise high, take care of low.

橫行直進

héng xíng zhí jìn

Move horizontally or straight ahead.

諸勢可變

zhū shì kě biàn

Able to change into various stances.

有躲閃之妙

yǒu duǒ shǎn zhī miào

Good for evading and dodging.

# 斜行勢

此乃直來橫受之法  
動偏步生硬騎龍  
以進人之左



## 斜行勢

xié xíng shì

此乃直來橫受之法

cǐ nǎi zhí lái héng shòu zhī fǎ

動偏步生硬騎龍

dòng piān bù shēng yìng qí  
lóng

以進人之左

yǐ jìn rén zhī zuǒ

## Diagonal-Movement Stance

This is the technique for horizontally receiving/blocking a straight attack.

Move with a slanted step, like stiffly riding a dragon

To enter a person's left.



# 仙人指路勢

乃看管之法

拗步直進直退

諸勢可變



## 仙人指路勢

xiān rén zhǐ lù shì

## Immortal Gives Direction Stance

乃看管之法

nǎi kān guǎn zhī fǎ

This is the technique for standing guard.

拗步直進直退

ào bù zhí jìn zhí tuì

Enter or retreat straight with twisted steps

諸勢可變

zhū shì kě biàn

Able to change into various stances.

# 滾牌勢

此勢隨滾進  
以襲人之右  
先進刀後進牌  
疾速如風為妙



## 滾牌勢

gǔn pái shì

此勢隨滾進

cǐ shì suí gǔn jìn

以襲人之右

yǐ xí rén zhī yòu

先進刀後進牌

xiān jìn dāo hòu jìn pái

疾速如風為妙

jí sù rú fēng wéi miào

## Roll-Shield Stance

This stance follows rolling in

To attack a person's right

Enter first with sword, then with shield

Most effective when fast like the wind.

# 躍步勢

此乃騎龍如探馬  
刀前牌後誘人來  
轉過牌來刀在後  
低平坐下靠和挨



## 躍步勢

yuè bù shì

此乃騎龍如探馬

cǐ nǎi qí lóng rú tàn mǎ

刀前牌後誘人來

dāo qián pái hòu yòu rén lái

轉過牌來刀在後

zhuàn guò pái lái dāo zài hòu

低平坐下靠和挨

dī píng zuò xià kào hé ái

## Leap-Step Stance

This is riding the dragon like a mounted scout.

Sword in front, Shield behind, to lure people in.

Turn the shield forward, with the sword behind.

Sit down low to receive and block.

# 低平勢

此真正對敵勢也  
用推步須要帶鏢一根  
身在牌內 鏢步齊進  
百發百中



## 低平勢

dī píng shì

## Low-Flat Stance

此真正對敵勢也

cǐ zhēn zhèng duì dí shì yě

This is the stance when you're really facing the enemy.

用推步須要帶鏢一根

yòng tuī bù xū yào dài biāo yī gēn

Use "Pushing Steps".

A javelin is required.

身在牌內鏢步齊進

shēn zài pái nèi biāo bù qí jìn

Body stays within the shield.

Javelin and footwork enter simultaneously.

百發百中

bǎi fā bǎi zhòng

One hundred shots,

One hundred hits

*(This is referring to unfailing accuracy)*



# 金雞畔頭勢

畔頭之勢最為良  
鎗上頭從牌下藏  
進步如風人莫變  
刀鎗牌俠闌為難當



## 金雞畔頭勢

jīn jī pàn tóu shì

## Golden-Chicken Bank-Head Stance

畔頭之勢最為良

pàn tóu zhī shì zuì wéi liáng

The “Bank-Head” stance is the best.

鎗上頭從牌下藏

qiāng shàng tóu cóng pái xià  
cáng

When the spear comes, hide head  
under the shield.

進步如風人莫變

jìn bù rú fēng rén mò biàn

Enter in like the wind.

People do not change.

刀鎗牌俠間為難當

dāo qiāng pái xiá zhā wéi nán  
dǎng

The narrow space between the  
sword, spear, and shield is difficult  
to block.

# 埋伏勢

此勢進步甚速  
用小行或左或右  
如有鎗戳在牌  
不能脫手急用刀尖  
將牌借刀頂開  
急進絕妙



## 埋伏勢

mái fú shì

此勢進步甚速

cǐ shì jìn bù shèn sù

用小行或左或右

yòng xiǎo xíng huò zuǒ huò  
yòu

如有鎗戳在牌

rú yǒu qiāng chuō zài pái

不能脫手急用刀尖

bù néng tuō shǒu jí yòng dāo  
jiān

將牌借刀頂開

jiāng pái jiè dāo dǐng kāi

急進絕妙

jí jìn jué miào

## Ambush Stance

Enter fast in this stance.

Use small movements, either left or right.

If there are spears thrusting at the shield

Do not let go, and use the sword-tip.

Make use of the sword, to block open with the shield.

Rushing in fast is the most effective.

## 一試牌跳牌舊法

yī shì pái tiào pái jiù fǎ

## 聽鑼聲為度斬見牌如壁

tīng luó shēng wéi dù zhǎn  
xiàn pái rú bì

## 閃牌如電起伏得宜

shǎn pái rú diàn qǐ fú dé yí

## 翻身下露身滾牌下露足

fān shēn xià lù shēn gǔn pái  
xià lù zú

## 惟牌能殺敵能蔽身

wéi pái néng shā dí néng bì  
shēn

## 用之乃拒勁敵以衛兵也

yòng zhī nǎi jù jìng dí yǐ wèi  
bīng yě

## Shield Demonstration

### The Old Method

from *Ji Xiao Xin Shu*

Base on the sound of the gong,  
present the shield(s) like a wall.

Swipe the shield fast like lightning,  
rise and prone with ease.

Turn over downwards to expose  
body.  
Roll downwards to expose leg.

Only the shield can kill the enemy  
and cover the body.

It is used by the Defensive-Troops to  
resist formidable opponents.

## 大士星牌歌

dà shì xīng pái gē

### 斬見牌砍刀上步

zhǎn xiàn pái kǎn dāo shàng bù

### 再斬見牌砍刀背牌擎刀

zài zhǎn xiàn pái kǎn dāo bèi pái  
qíng dāo

### 絞絲步回撒花蓋頂收了

jiǎo sī bù huí sā huā gài dǐng shōu  
liǎo

### 出牌見刀

chū pái xiàn dāo

### 翻身上小跳翻身下

fān shēn shàng xiǎo tiào fān shēn  
xià

### 出牌幾刀翻身上小跳翻身下

chū pái jǐ dāo fān shēn shàng xiǎo  
tiào fān shēn xià

## The Shield Song of the Big Soldier Star

Present the shield, deliver a cut  
and enter step.

Present shield again, deliver a  
cut.

Place shield behind, and raise  
sword.

Retreat back with the “Twist-  
Thread” footwork.

Then “Sprinkle-Flowers Cover-  
Crown”.

**End.**

Dish out shield and present the  
sword.

Turn-over upwards.

Small-jump and turn-over  
downwards.

Dish out shield and make a few  
cuts. Turn over upwards.  
Small-jump and turn-over  
downwards.

閃馬牌歌曰

shǎn mǎ pái gē yuē

Quote from

**“The Shield Song of Evading-Horse”:**

幾牌再幾牌砍一刀複一刀

jǐ pái zài jǐ pái kǎn yī dāo fù yī dāo

Shield after Shield.

Cuts after Cuts.

翻身上小跳翻身下

fān shēn shàng xiǎo tiào fān shēn  
xià

Turn-over upwards.

Small-jump and turn-over  
downwards.

又砍一刀又複一刀

yòu kǎn yī dāo yòu fù yī dāo

Cut again, and repeat a cut again.

又砍一刀又複一刀

yòu kǎn yī dāo yòu fù yī dāo

Cut again, and repeat a cut again.

翻身上小跳翻身下

fān shēn shàng xiǎo tiào fān shēn  
xià

Turn-over upwards.

Small-jump and turn-over  
downwards.





## 〈狼筴總說〉

láng xiǎn zǒng shuō

狼筴之為器也形體重滯

láng xiǎn zhī wéi qì yě xíng tǐ  
zhòng zhì

轉移艱難

zhuǎn yí jiān nán

非若他技之出入便捷

fēi ruò tā jì zhī chū rù biàn jié

似非利器也

sì fēi lì qì yě

殊不知乃行伍之藩籬

shū bù zhī nǎi háng wǔ zhī fān  
lí

一軍之門戶

yī jūn zhī mén hù

## The Wolf-Brush Sayings

from *Ji Xiao Xin Shu*

The Wolf-Brush is a heavy and  
sluggish weapon.

It is difficult to manuever.

With proper skill, it is convenient to  
move around with.

It doesn't appear to be a sharp  
weapon.

It is a little known fact, that it's being  
deploy on the outer-boundaries of a  
formation.

It's the door of an army.

如人之居室未有門戶扃鍵

rú rén zhī jū shì wèi yǒu mén hù  
jiōng jiàn

Just like, if a person doesn't  
locks up the door of his room

而盜賊能入者

ér dào zéi néng rù zhě

Thieves can enter.

雖然得人而用之則可以制人

suī rán dé rén ér yòng zhī zé kě yǐ  
zhì rén

Although it is used by Man, it  
can also control Man.

不得其人則制於人矣

bù dé qí rén zé zhì yú rén yǐ

Those who cannot control it,  
shall be controlled instead.

干將太阿之利

gān jiāng tài ā zhī lì

“Tai Ah”, a prized sword made  
by “Gan Jiang”

使童子而持於國門之外

shǐ tóng zǐ ér chí yú guó mén zhī wài

Held by an immature boy  
outside the country's gates

則必有袒臂而奪之者

zé bì yǒu tǎn bì ér duó zhī zhě

Will surely attract people who  
will bare their arms and snatch  
it.

何也其所能乖其所使故也

hé yě qí suǒ néng guāi qí suǒ shǐ gù  
yě

Why is that?

The situation will influence a  
human's behaviour.

凡用狼筈須要節密枝堅

fán yòng láng xuān yào jié mì  
zhī jiān

The “Wolf-Brush” to be used must  
have dense joints, and strong  
branches.

杪加利刃

miǎo jiā lì rèn

Add a sharp blade to the tip.

要擇力大之人能以勝此者

yào zé lì dà zhī rén néng yǐ shèng  
cǐ zhě

Must choose a strong person in  
order to control the “Wolf-Brush”.

勿為物所使矣

wù wéi wù suǒ shǐ yǐ

Do not be controlled by the  
weapon instead.

然後以牌盾蔽其前

rán hòu yǐ pái dùn bì qí qián

Then have the shields to cover the  
front.

以長槍夾其左右舉動疾齊

yǐ cháng qiāng jiā qí zuǒ yòu jǔ  
dòng jí qí

And spears cover the left and right  
flanks. Movements are fast and  
neat.

必須釵鈚大刀接翼

bì xū chāi bǎ dà dāo jiē yì

The Trident and “*Da-Dao*” must assist.

**Note:** Though “*Da-Dao*” literally means “Big Knife”, and refers to a broad-bladed saber in more recent times, during the Ming Dynasty, it refers to the *Guan-Dao*, a polearm with a single-edge curved blade.

然筦能禦而不能殺

rán xiǎn néng yù ér bù néng shā

The “Wolf-Brush” can defend but cannot kill.

非有諸色利器相資鮮克有濟

fēi yǒu zhū sè lì qì xiāng zī xiǎn kè yǒu jì

There must be various other types of sharp weapons to work together, to provide aid.

兵中所以必於用此者

bīng zhōng suǒ yǐ bì yú yòng cǐ zhě

Therefore, those in the army who are assigned to use this weapon

緣士心臨敵動怯

yuán shì xīn lín dí dòng qiè

Might lose their courage when faced with the enemy.

他器單薄人膽搖奪

tā qì dān bó rén dǎn yáo duó

Other types of weapons are thin, and people get frightened or panic easily.

雖平日十分精習

suī píng rì shí fēn jīng xí

Although diligent practice is put in  
everyday

便多張惶失措忘其故態

biàn duō zhāng huáng shī cuò  
wàng qí gù tài

Many people still panic and lose their  
composure.

惟筦則枝梢茂盛

wéi xiǎn zé zhī shāo mào  
shèng

Only for the “Wolf-Brush”, the tip is  
lush with branches

遮蔽一身有餘

zhē bì yī shēn yǒu yú

Which can easily cover up the entire  
body and more.

眼前可恃足以壯膽助氣

yǎn qián kě shì zú yǐ zhuàng  
dǎn zhù qì

It appears reliable, which is enough to  
boost morale and courage.

庶人敢站定

shù rén gǎn zhàn dìng

Many common people are able to  
courageously stand with composure.

若精兵風雨之勢

ruò jīng bīng fēng yǔ zhī shì

If the elite troops find themselves in  
tough windy-and-rainy terrains

則此器為重贅之物矣

zé cǐ qì wéi zhòng zhuì zhī wù  
yǐ

This weapon will become heavy and  
cumbersome.



# 〈狼筴〉

láng xiǎn

紀效新書曰

jì xiào xīn shū yuē

此器形體重滯轉移艱難

cǐ qì xíng tǐ zhòng zhì zhuǎn yí  
jiān nán

非若他技之出入便捷

fēi ruò tā jì zhī chū rù biàn jié

似非利器也

sì fēi lì qì yě

殊不知乃行伍之藩籬

shū bù zhī nǎi háng wǔ zhī fān  
lí

一軍之門戶

yī jūn zhī mén hù

# The Wolf-Brush

from **Wu Bei Zhi**

It is written in the book, *Ji Xiao Xin  
Shu*:

*"This weapon is heavy and sluggish,  
making it difficult to manoeuvre.*

*With proper skills, it is convenient to  
move around with.*

*It doesn't appear to be a sharp  
weapon.*

*It is a little known fact, that it's being  
deploy on the outer-boundaries of a  
formation.*

*It's the door of an army.*

如人之居室未有門戶扃鍵

rú rén zhī jū shì wèi yǒu mén hù  
jiōng jiàn

*Just like, if a person doesn't  
locks up the door of his room*

而盜賊能入者

ér dào zéi néng rù zhě

*Thieves can enter.*

雖然得人而用之則可以制人

suī rán dé rén ér yòng zhī zé kě yǐ  
zhì rén

*Although it is used by Man, it  
can also control Man.*

不得其人則制於人矣

bù dé qí rén zé zhì yú rén yǐ

*Those who cannot control it,  
shall be controlled instead.*

干將太阿之利

gān jiāng tài ā zhī lì

*"Tai Ah", a prized sword made  
by "Gan Jiang"*

使童子而持於國門之外

shǐ tóng zǐ ér chí yú guó mén zhī wài

*Held by an immature boy  
outside the country's gates*

則必有袒臂而奪之者

zé bì yǒu tǎn bì ér duó zhī zhě

*Will surely attract people who  
will bare their arms and snatch  
it.*

何也其所能乖其所使故也

hé yě qí suǒ néng guāi qí suǒ shǐ gù  
yě

*Why is that?  
The situation will influence a  
human's behaviour."*



今當擇力大之人能以勝此者

jīn dāng zé lì dà zhī rén néng yǐ  
shèng cǐ zhě

Here, a strong person must be  
chosen in order to control the  
“Wolf-Brush”

勿為物之所使

wù wéi wù zhī suǒ shǐ

So as not to be controlled by  
the weapon instead.

然後以牌盾佐其下

rán hòu yǐ pái dùn zuǒ qí xià

Then team-up with the shield-  
users for mutual-assistance.

以長鎗夾其左右

yǐ cháng qiāng jiā qí zuǒ yòu

The long-spears will cover the  
left and right flanks.

鏡鉞大刀接翼於後

tǐng bǎ dà dāo jiē yì yú hòu

The Trident and “Da-Dao” shall  
assist from behind.

**Note:** Though “Da-Dao” literally  
means “Big Knife”, and refers to  
a broad-bladed saber in more  
recent times, during the Ming  
Dynasty, it refers to the Guan-  
Dao, a polearm with a single-  
edge curved blade.

夫箠能禦而不能殺

fú xiǎn néng yù ér bù néng shā

The “Wolf-Brush” can defend  
but cannot kill.

非有諸色利器相資鮮克有濟

fēi yǒu zhū sè lì qì xiāng zī xiǎn kè  
yǒu jì

There must be various other  
types of sharp weapons to work  
together, to provide aid.

兵中所以必用此者

bīng zhōng suǒ yǐ bì yòng cǐ zhě

Therefore, those in the army  
who are assigned to use this  
weapon

緣臨敵白刃相交心奪膽怯

yuán lín dí bái rèn xiāng jiāo xīn duó  
dǎn qiè

Might lose courage when  
engaging the enemy in face-to-  
face combat.

他器單薄不見可恃

tā qì dān bó bù jiàn kě shì

Other weapons are thin, and  
doesn't seem reliable.

雖平日十分精習

suī píng rì shí fēn jīng xí

Although diligent practice is put  
in everyday

臨時張惶失措妄其故態

lín shí zhāng huáng shī cuò wàng qí  
gù tài

People still panic at the last  
minute, and lose their  
composure.

惟筦則枝稍繁盛

wéi xiǎn zé zhī shāo fán shèng

Only the "Wolf-Brush" is lush  
with branches

遮蔽一身有餘

zhē bì yī shēn yǒu yú

Which can easily cover up the  
entire body and more.

眼前可恃足以壯膽

yǎn qián kě shì zú yǐ zhuàng  
dǎn

It appears reliable, which is enough to  
boost morale and courage.

庶人敢站定

shù rén gǎn zhàn dìng

Many common people are able to  
courageously stand with composure.

如賊用大旗

rú zéi yòng dà qí

If the enemy uses a big flag

則只將有鈎狼筓

zé zhǐ jiāng yǒu gōu láng xiǎn

Then “Wolf-Brushes” with hooks will  
be deployed.

遇旗展來不與鬪

yù qí zhǎn lái bù yǔ dòu

Do not fight with the big flags.

只將筓三四枝

zhǐ jiāng xiǎn sān sì zhī

Just use 3 or 4 “Wolf-Brushes”

齊齊斜立送於大旗面上

qí qí xié lì sòng yú dà qí miàn  
shàng

And send them up front-on towards  
the big flags, in a diagonally-erected  
manner neatly.

旗著筓鈎所墜

qí zhù xiǎn gōu suǒ zhuì

The big flags will be hooked and  
weighed down by the  
“Wolf-Brushes”.

重不能舉即以我長鎗戳去

zhòng bù néng jǔ jí yǐ wǒ cháng  
qiāng chuō qù

The flags will be too heavy to be  
lifted, and my Long-spears shall  
enter and thrust.

此必破之方也

cǐ bì pò zhī fāng yě

This is the method that will surely  
win.

如筦枝不足層數

rú xiǎn zhī bù zú céng shù

If the layers of the branches on the  
“Wolf-Brush” are not enough

則取他枝增而縛之以藤

zé qǔ tā zhī zēng ér fù zhī yǐ téng

Then take other branches, and tie  
them together with rattan

足數後已

zú shù hòu yǐ

Until it's enough.

如根輕

rú gēn qīng

If the shaft is light

則加以他木接之使之重

zé jiā yǐ tā mù jiē zhī shǐ zhī  
zhòng

Then add weight by combining it  
with other types of wood.

筦條重半斤以上亦可附枝

xiǎn tiáo zhòng bàn jīn yǐ shàng  
yì kě fù zhī

The “Wolf-Brush” shaft can weigh  
above 0.5-catty, and branches can  
also be added.

除近手二層外

chú jìn shǒu èr céng wài

Except for the last 2 layers closest  
to the hand

餘俱用倒鉤冠其杪

yú jù yòng dǎo gōu guàn qí miǎo

The rest shall have branches that  
are reversely-curved (facing  
towards enemy), all the way to the  
tip.

根後要粗重

gēn hòu yào cū zhòng

The rear of the shaft must be thick and heavy.

手執於中要前後相稱

shǒu zhí yú zhōng yào qián hòu  
xiāng chèn

The hands must grip the center, balanced between front and rear.

寧後重毋前重

níng hòu zhòng wú qián zhòng

Rather have the rear heavy, than to have the front heavy.

附枝軟則刀不能斷

fù zhī ruǎn zé dāo bù néng duàn

Attach soft branches, so that the sword cannot cut and break them.

層深則長鎗不能入

céng shēn zé cháng qiāng bù  
néng rù

If the branches are layered dense and deep, the Long-spears cannot enter.

故人膽自大用為前列

gù rén dǎn zì dà yòng wéi qián liè

As they are courageous, put the “Wolf-Brush” users at the front.

乃南方利器

nǎi nán fāng lì qì

This is an effective weapon from the South.

筍竹浙閩不如兩廣

xiǎn zhú zhè mǐn bù rú liǎng  
guǎng

Bamboo from *GuangDong* and  
*GuangXi* provinces are better for  
constructing the “Wolf-Brush”,  
than those from *ZheJiang* and  
*FuJian* provinces.

浙閩用茅竹兩廣用籊竹

zhè mǐn yòng máo zhú liǎng  
guǎng yòng lè zhú

*ZheJiang* and *FuJian* provinces use  
the *Phyllostachys heterocycla*  
species of bamboo, while  
*GuangDong* and *GuangXi*  
provinces use thorny bamboo.

往日浙江等處兵士

wǎng rì zhè jiāng děng chù bīng  
shì

In the past, the soldiers from  
*ZheJiang* and other provinces

未練無膽

wèi liàn wú dǎn

Are untrained and cowardly.

執前臨敵每每棄之

zhí qián lín dí měi měi qì zhī

Often retreating when faced with  
the enemy

反以阻截我兵馬

fǎn yǐ zǔ chuō wǒ bīng mǎ

And instead blocks the path of my  
troops and horses.

幾乎棄而不用

jī hū qì ér bù yòng

Almost all retreated and are  
useless.

此因練兵既成便違人言

cǐ yīn liàn bīng jì chéng biàn wéi  
rén yán

Because of this, troops are to be  
fully trained, and listens to  
instructions.

必用為前列遂百戰百勝

bì yòng wéi qián liè suì bǎi zhàn  
bǎi shèng

They must be deployed at the  
front, and there will always be  
victory.

始無異議而南北皆用之矣

shǐ wú yì yì ér nán běi jiē yòng  
zhī yǐ

There has been no objections, and  
this is being done from South to  
North.



# 中平勢

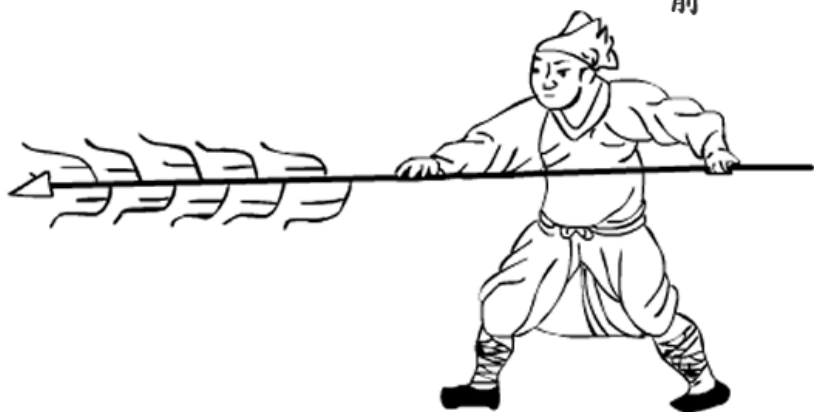
此勢前弓後箭

陰陽要轉

兩手要直

推步如風

天下莫敵



## 中平勢

zhōng píng shì

此勢前弓後箭

cǐ shì qián gōng hòu jiàn

陰陽要轉

yīn yáng yào zhuǎn

兩手要直

liǎng shǒu yào zhí

推步如風

tuī bù rú fēng

天下莫敵

tiān xià mò dí

## Middle-Even Stance

This stance is like having a bow in front, and an arrow behind.

The *Yin* and *Yang* must turn.

Both hands must be straight.

Push steps like the wind.

No enemies under the sky.  
(*"Invincibility"*)

# 騎龍勢

閉門之法上騎龍  
下開高槩大有功  
誤若當前披一下  
勸君眼快腳如風



## 騎龍勢

qí lóng shì

閉門之法上騎龍

bì mén zhī fǎ shàng qí lóng

下關高藥大有功

xià zhā gāo yào dà yǒu gōng

誤若當前披一下

wù ruò dāng qián pī yī xià

勸君眼快腳如風

quàn jūn yǎn kuài jiǎo rú fēng

## Ride-Dragon Stance

The technique of closing ‘doors’.

If it’s high, then “ride dragon”.

*(‘Doors’ refers to openings in your stance.)*

If it’s low, then block.

A big ‘Qing’ will help.

*(‘Qing’ here means either a stand, or an instrument for straightening bows.)*

If a mistake is made, and the front is spread open

The advice is to have quick eyes, and have feet like the wind.

## 鈎開勢

鈎法由來阻大門  
小門挫下向前奔  
若還他使低來勢  
開挫憑君利便分



## 鉤開勢

gōu kāi shì

鉤法由來阻大門

gōu fǎ yóu lái zǔ dà mén

小門挫下向前奔

xiǎo mén cuò xià xiàng qián  
bēn

若還他使低來勢

ruò hái tā shǐ dī lái shì

開挫憑君利便分

kāi cuò píng jūn lì biàn fēn

## Hook-Open Stance

The origins of the “Hook” technique came from blocking the “*Big-Door*”.

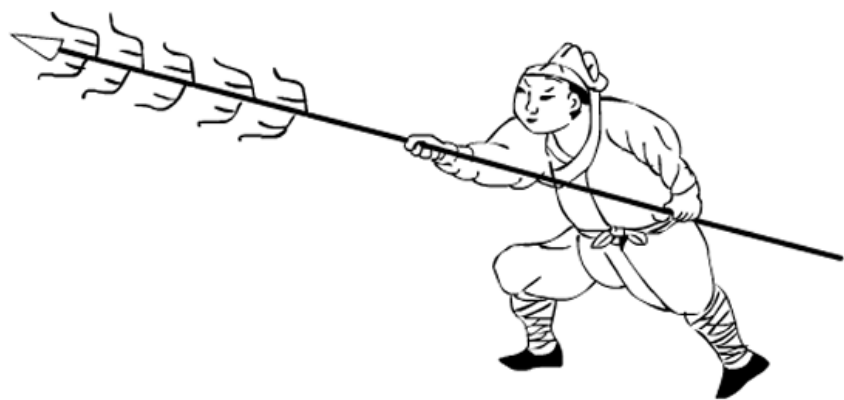
If it’s “*Small-Door*”, then press down and sprint forward.

If he still comes in with a low-stance

Use “Block” or “Press” technique on own discretion.

# 架上勢

鎗打高來須用架  
架時管上又管下  
陰陽反覆腳如風  
鐵柱金剛也戳怕



## 架上勢

jià shàng shì

鎗打高來須用架

qiāng dǎ gāo lái xū yòng jià

架時管上又管下

jià shí guǎn shàng yòu guǎn  
xià

陰陽反覆腳如風

yīn yáng fǎn fù jiǎo rú fēng

鐵柱金剛也戳怕

tiě zhù jīn gāng yě chuō pà

## Block-Up Stance

Must use “block” when the spear thrusts in high.

When blocking, both higher and lower regions have to be taken care of.

*Yin* and *Yang* switches back and forth. Feet like the wind.

Even tough-metals are afraid of thrusting into a metal pillar.



## 開下勢

開勢緣何要掣腳  
掣腳乃是起步法  
連身坐下向前冲  
上面不著下面著



## 閘下勢

zhá xià shì

閘勢緣何要挐腳

zhá shì yuán hé yào ná jiǎo

挐腳乃是起步法

ná jiǎo nǎi shì qǐ bù fǎ

連身坐下向前冲

lián shēn zuò xià xiàng qián  
chōng

上面不著下面著

shàng mian bù zháo xià mian  
zháo

## Block-Low Stance

This “Block-Low” stance is when the enemy wants to attack my leg.

When the leg is being attacked, the solution is to raise the leg.

Then lower down together with the body, and rush forward.

If a high attack doesn't hit, then make a low attack.

# 拗步退勢

直進直出君須記  
站住即是中平勢  
高低左右任君行  
切挫鉤闌毋輕易



## 拗步退勢

ào bù tuì shì

直進直出君須記

zhí jìn zhí chū jūn xū jì

站住即是中平勢

zhàn zhù jí shì zhōng píng shì

高低左右任君行

gāo dī zuǒ yòu rèn jūn xíng

切挫鉤闌毋輕易

qiè cuò gōu lán wú qīng yì

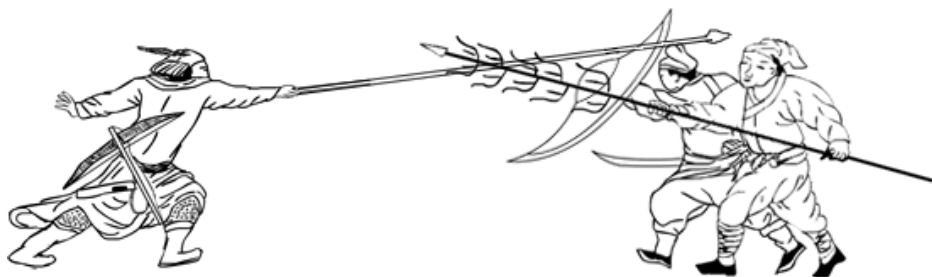
## Twisted-Step Retreat Stance

Must remember to enter straightly,  
and come out straightly.

When standing still, it will be the  
“Middle-Even” stance.

Move high-or-low, left-or-right, at  
own discretion.

Don't “Cut”, “Press”, “Hook”,  
“Block” rashly.



**Jack Chen** is the President of Historical Combat Association (Singapore). He believes deeply in preserving and promoting historical wisdoms and knowledges for future generations.

Please visit: [www.chineselongsword.com](http://www.chineselongsword.com)