

Straight Sword (Jian) info for those wishing to learn the 32 Yang Sword

You'll need a sword or reasonable facsimile. While it is possible to learn the form with a simple stick, the Yang style forms are best learned and performed with the Northern Chinese sword; specifically, the Northern hand-guard.



The Northern guard opens toward the blade while the Southern guard opens toward the hand. Yang forms make use of the dents in the guard to help guide the sword. A Northern guard is not essential, but it will make learning the form easier.

A tassel is essential. Like the sword, the tassel does not have to be fancy; it just has to be a light weight on a cord. The tassel lets the practitioner know if they are guiding the sword correctly.

Which sword is best? Any which is cheap. Please, oh please do not spend a lot of money on a sword.

Expensive swords are no better than cheap swords when learning forms. If you want to get an expensive sword, wait until you know more about which sword best suits your needs. The next few pages have a few inexpensive options. Polypropylene, wood, or steel; all are good options. The only one I would not recommend is one with a telescoping blade. They are handy for transport but tend to be very tip heavy and unwieldy.

The ideal length of the sword is based on the individual practitioner. The length of the blade should be from the wrist to mid-ear when standing at rest with limbs resting at the side (a little short is better than a little long). Again, that's just the length of the blade, not the length of the whole sword. Reputable sellers will list blade length.

While I've listed ideals, less-than-ideal also works fine. If you show up with a broken broom stick and a tassel you can still learn the form, it will just require a bit more effort on your part. Again, do not spend a lot of money on a sword. A skilled practitioner with a primitive sword is preferred over a primitive practitioner with an expensive sword.

Sharpened blades are not acceptable. A sharp edge goes through flesh and clothing much easier than one might think.

Talk to Myk if you have questions.

Wing Lam Enterprises (wle.com) is at the top of my list for martial arts gear and equipment. I have never been disappointed with Wing Lam and they carry a multitude of options.

<https://wle.com/collections/swords/products/traditional-straight-sword>

This is a great sword. It is plain but well made. \$40.00



Also from Wing Lam. Inexpensive and very usable (don't forget the tassel).

<https://wle.com/collections/swords/products/wooden-tai-chi-practice-sword>

Only \$23.00



One of the very few swords I would get from BladesUSA. They sell it on Amazon for \$21.48. Polypropylene is great for practice and more durable than wood. Sorry for the long web address. They are cheapest at Amazon but available from many sellers.

https://www.amazon.com/BladesUSA-E472-PP-Martial-Polypropylene-Training/dp/B00BMU0BII/ref=pd_day0_hl_200_2?_encoding=UTF8&pd_rd_i=B00BMU0BII&pd_rd_r=a43c501c-f1c4-11e8-9729-43f65cfc73de&pd_rd_w=dD6Hl&pd_rd_wg=Fjh67&pf_rd_i=desktop-dp-sims&pf_rd_m=ATVPDKIKX0DER&pf_rd_p=ad07871c-e646-4161-82c7-5ed0d4c85b07&pf_rd_r=GS6GFEW4280HWHA9M5P2&pf_rd_s=desktop-dp-sims&pf_rd_t=40701&pssc=1&refRID=GS6GFEW4280HWHA9M5P2



Martialartsmart.com also has some good equipment but they are usually overpriced. This sword is an exception. The blue and white wrapping on the handle is specific to a forge. Every sword I've seen from this forge is very plain but very well made - they focus on use and not aesthetics. \$36.00

<https://www.martialartsmart.com/45-56cwu.html>

Tiger Claw has the same sword for the same price if you prefer them.

<https://www.tigerclaw.com/wushu-practice-sword-with-scabbard-martial-arts-pr-8524.html>



Staff or Cudgel (Gunn) info for those wishing to learn the 24 Yang as a Staff Form

This one is much easier than the write-up for the sword. Get a long stick. The length should be to the height of your eyebrow when wearing whatever shoes you use for training. The length doesn't have to be exact - within a few inches.

Material: Wax wood is top choice. Rattan is second choice. A broom handle is third. All will work. Don't spend lots of money. Don't use regular bamboo; it will split and cut your hand open. No regular bamboo! Rattan is solid and will not split when put under stress.

Wax wood should be \$30 or under. Rattan should be \$40 or under. Broom handle should be \$15 or under from your local hardware store.

Talk to Myk if you have questions.