

Question and answer with Ma Jiangbao:-

Forum: Why should one learn weapon forms in modern times?

Ma Jiangbao: Not all friends of Taijiquan train weapon forms, but there are three good reasons to do it.

- 1) Taijiquan is a traditional martial art. In China, traditional martial arts always had weapon forms. Taijiquan as part of this tradition offers to the student several types of weapon forms. If one is interested to follow the tradition and to learn a complete system, weapon forms are an important part.
- 2) The weapon forms are trained dynamically; this means there is the interchange between fast and slow, hard and soft. This promotes the athletic development of the student and demands high levels of skill in body control. Therefore the weapon forms are an ideal compliment to the slow form.
- 3) The athletic activity and the more demanding bodywork increase the health effect of Taijiquan. Because you train the weapon forms alone, you can control the physical demands to suit your constitution.