



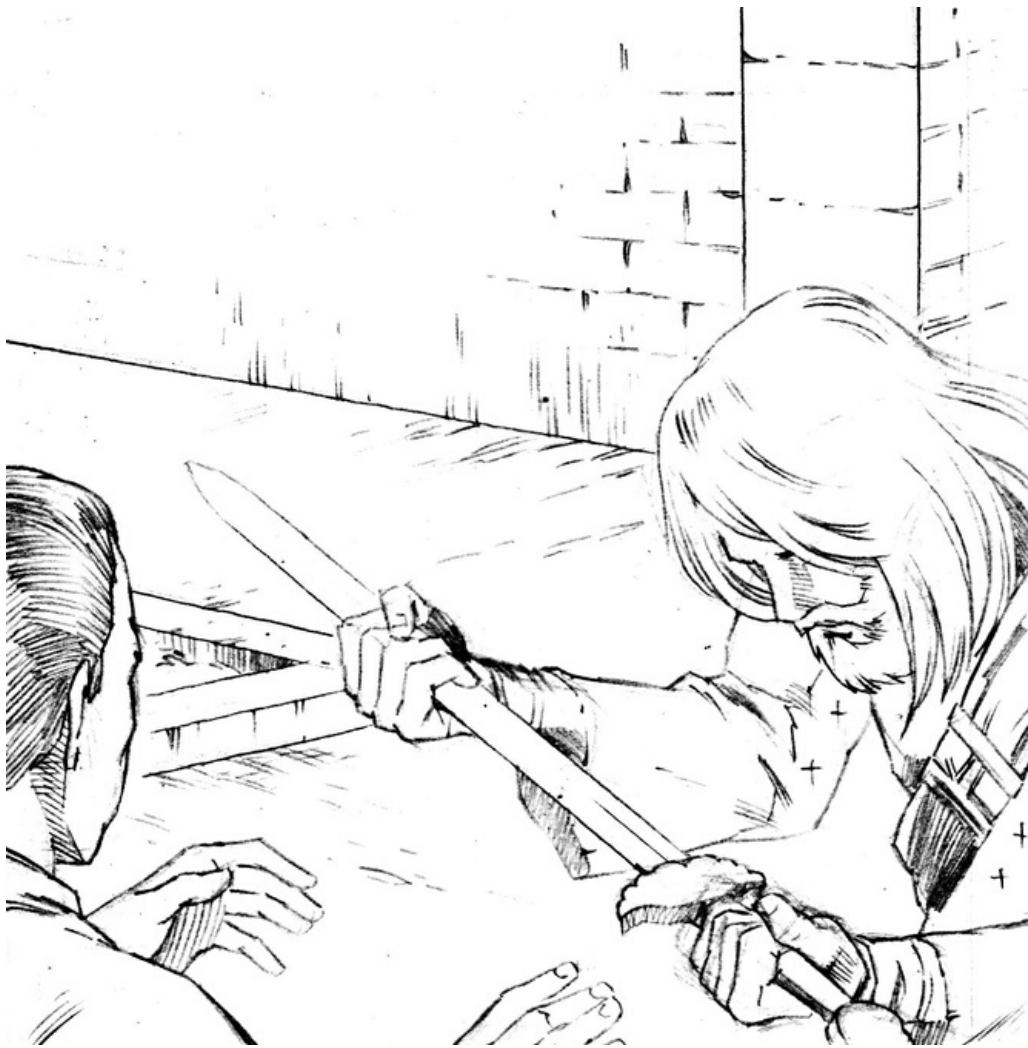
# Junior Jianfa

CHINESE SWORDSMANSHIP FOR CHILDREN



## ACTIVITY BOOK

by Gavin King



## WECLŌME TŌ THE JIANFA ACTIVITY BŌŌK

This book is dedicated to the art of historical Chinese swordsmanship. It has been written with the intent of sharing the magic of the martial arts and swordsmanship with the next generation.

I would like to thank my teacher Scott M. Rodell for not only generously giving me the knowledge to produce this book, but also for all his support and encouragement. Rodell Laoshi also kindly donated the artwork for this work from his anime series "Jianke - The Last Swordsman".

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Written by Gavin King.

Produced by The Great River Taoist Center

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# COLOURING EXERCISE



## WHAT IS JIANFA?

Jianfa means "Sword Method". It is the Chinese art of Swordsmanship.

In Jianfa we use a sword called a "Jian". A Jian is a double edged straight sword that is very sharp on both sides.

A person who studies Jianfa is referred to as a Jianke (Swordsperson). Someone who teaches Jianfa is called Laoshi (Teacher).

# BASIC CUTS OF JIANFA

Ci (Thrust) - A powerful thrust.

Dian (Point) - A short jabbing thrust.

Liao (Lift) - An upwards sliding slash.

Tiao (Spring) - A springing upward cut using the tip of the sword.

Pi (Split) - A downward slicing cut.

Hua (Slash) - A horizontal Slash

Zha (Poke) - A downward poking thrust.

Mo (Wipe) - A movement that comes underneath duifang's sword to knock it off centre.

Duo (Chop) - A powerful two handed downward chop.

Ya (Press) - A horizontal pressing deflection.



## WORD SEARCH EXERCISE

B	T	Y	B	J	A	M	L	T	T	K	W
S	L	I	L	F	I	I	Q	I	O	U	M
W	H	Q	A	Y	A	A	K	H	A	B	F
X	E	A	Q	O	D	N	N	E	D	D	T
D	A	T	N	P	I	W	W	F	O	Z	T
N	U	L	M	G	U	J	Y	H	A	A	S
B	E	I	A	S	R	O	I	P	I	V	Q
I	A	R	F	O	O	E	H	A	M	F	N
N	S	H	N	A	S	U	N	S	N	S	S
G	Q	C	Z	A	N	H	L	C	U	K	E
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M	G	F	V	M	X	X	A	K	P	M	J

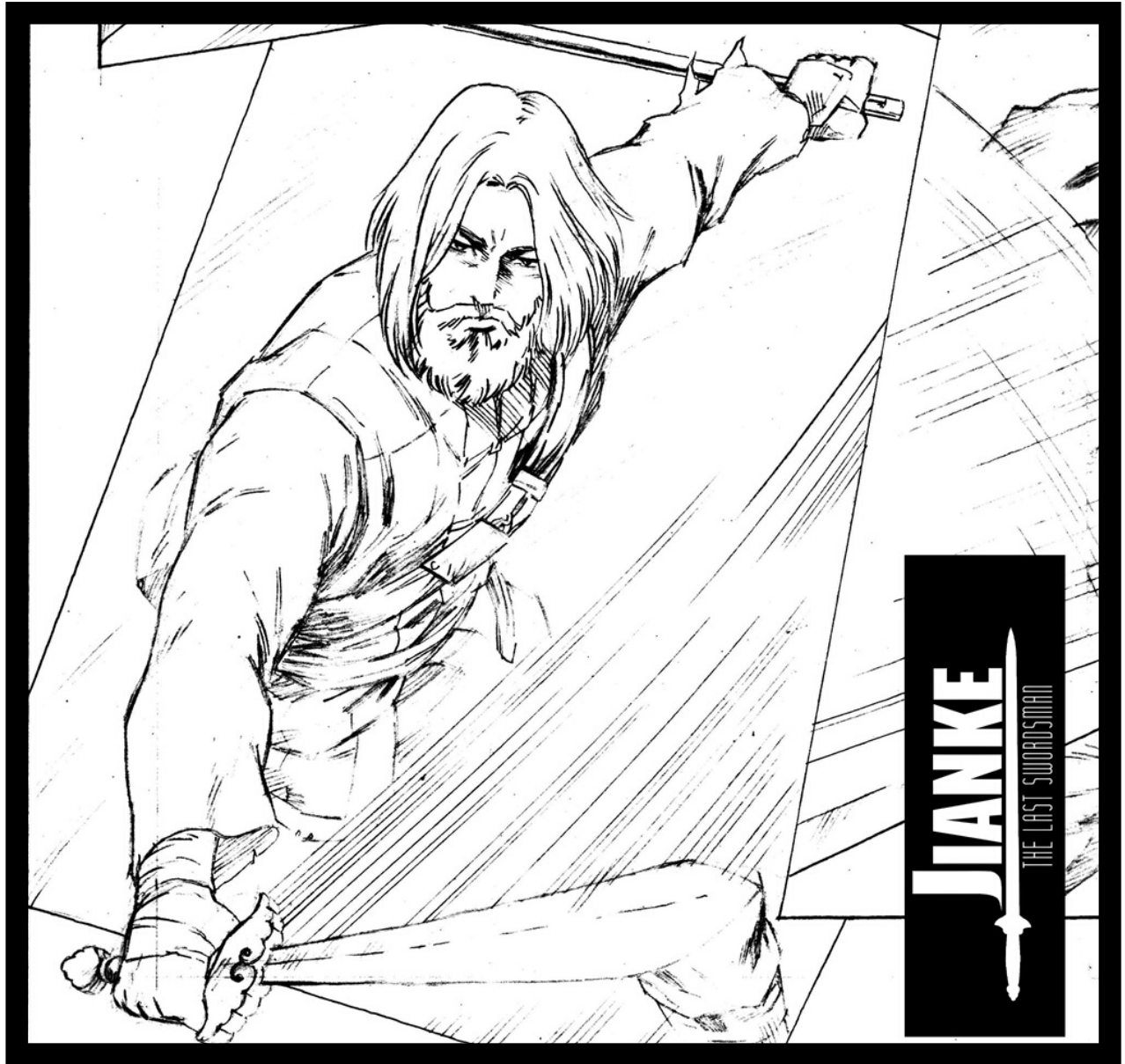
JIANFA  
 LAOSHI  
 JIANKE  
 TIAO  
 ZHA  
 LIAO  
 XIANREN  
 MIAODAO  
 DUIFANG  
 BING  
 HUSHOU  
 SHANGREN

## COLOURING EXERCISE





## CŌLŌURING EXERCISE



NŌ ENEMIES, NŌ FRIENDS. JUST A CALM MIND.

In Jianfa we use the term Duifang meaning "opposite" or "counterpart" instead of partner or enemy. This is because when facing another Jianke we need to have a calm mind that is not distracted by feelings of fear or friendship.

## TEST YOUR KNOWLEDGE

1) What does Jianfa mean?

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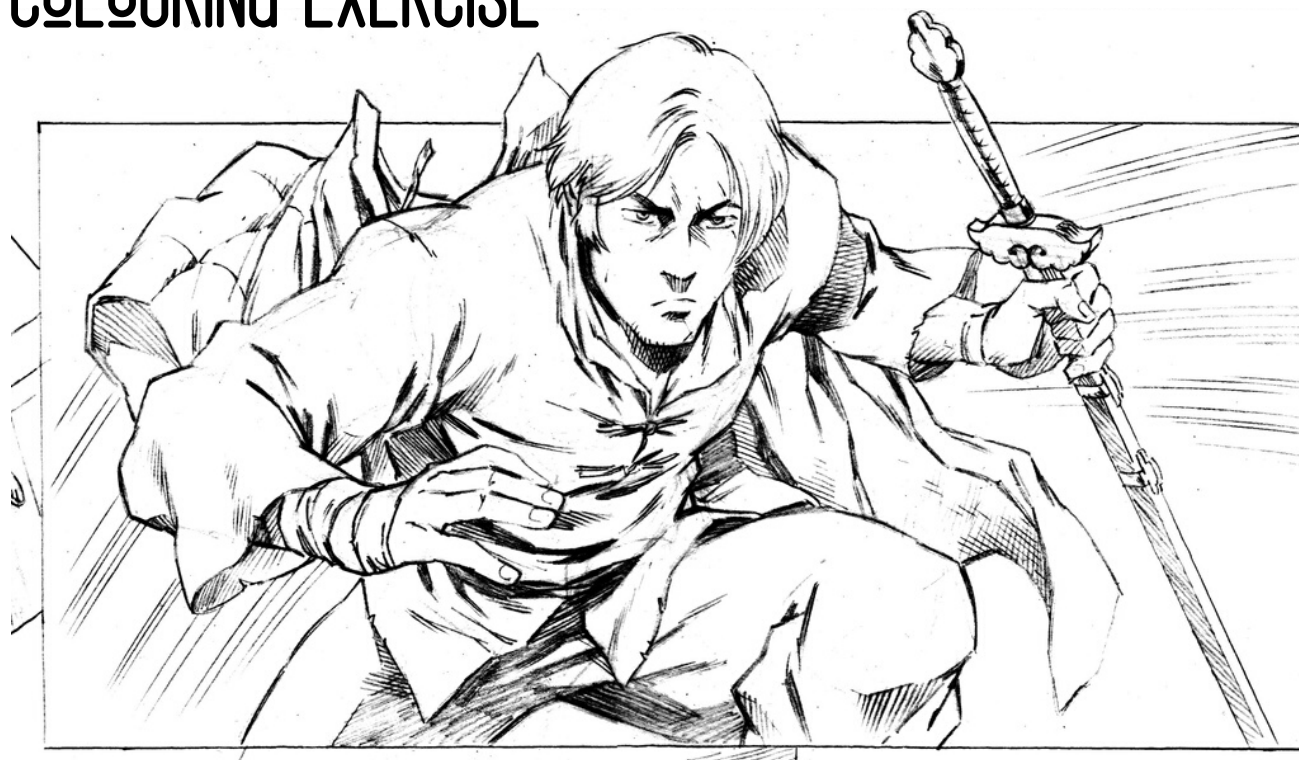
2) What type of sword to you use in Jianfa?

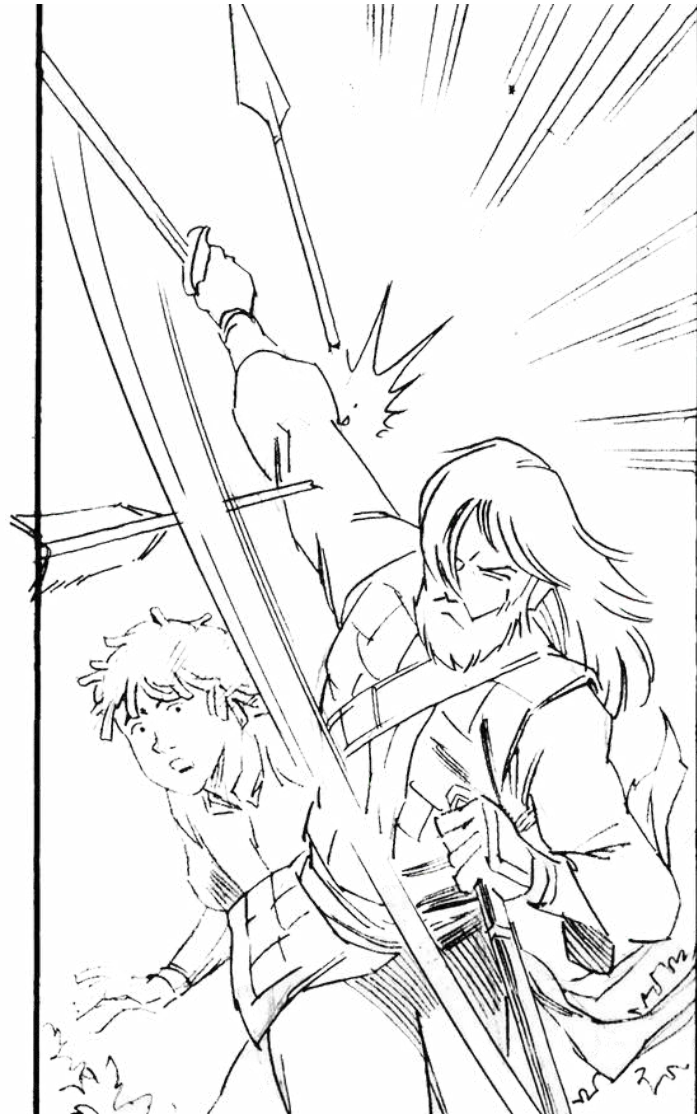
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3) What term do we use in Jianfa instead of partner?

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## COLOURING EXERCISE

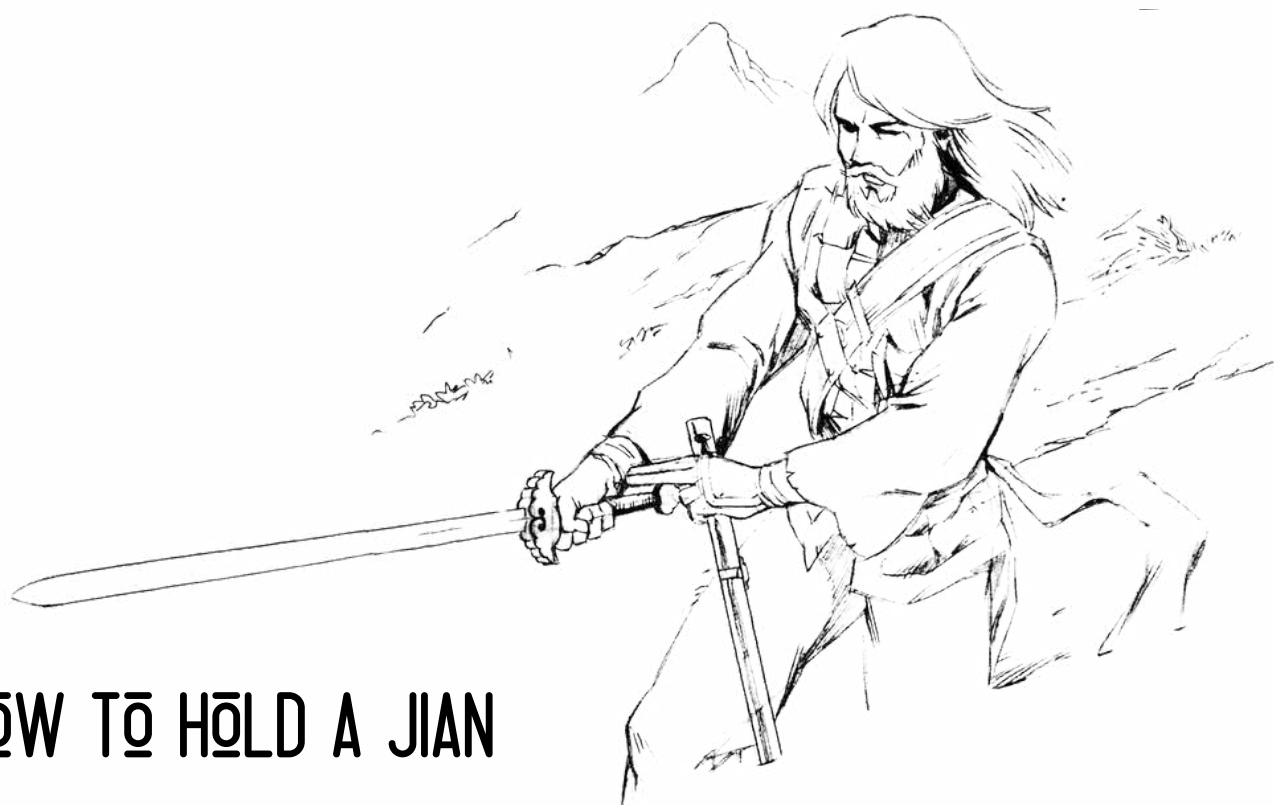




## THE ULTIMATE TEST OF SKILL

Cutting an arrow in flight is the ultimate test of a Jianke's skills. The Japanese refer to this skill as yadome no jutsu (the study of arrow cutting or blocking). In 2018 Rodell Laoshi sliced an arrow in half travelling towards him at over 70mph using a Liao cut. You can watch this on Youtube, but don't try it at home!



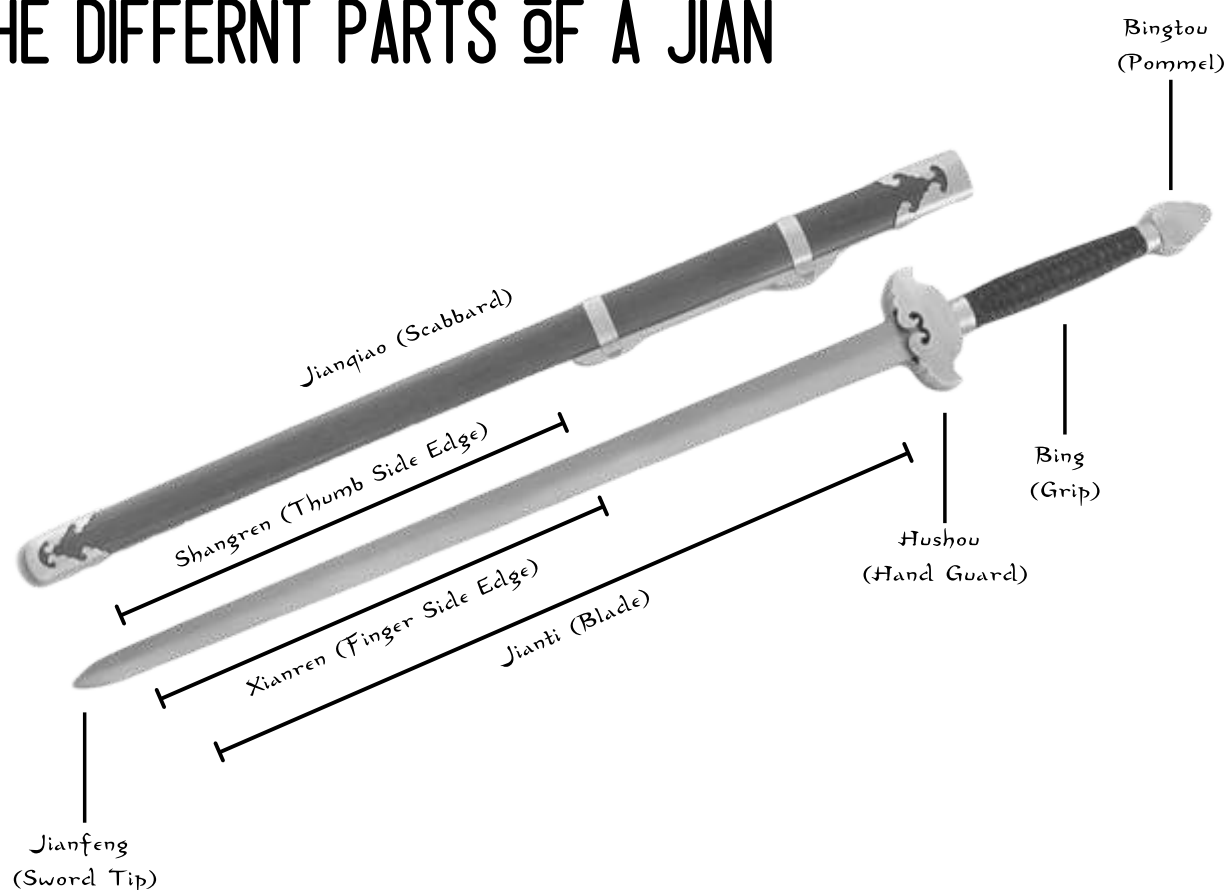


## HŌW TŌ HŌLD A JIAN

When holding a Jian we use a three fingered grip. The two middle fingers wrap around the handle of the sword and the thumb goes over the fingers to secure the grip. It is a bit like Spiderman when he fires out webs! This grip takes a bit of practice but will eventually allow you to perform fast powerful cuts and smooth deflections.

Our other hand is called the "Sword Talisman". We point with the first two fingers and hold the ring and little fingers in place with the thumb. This special hand shape helps balance the sword hand.

# THE DIFFERNT PARTS OF A JIAN



## CHINESE WRITING EXERCISE

Can you copy the Chinese characters?

剑客

JIANKE

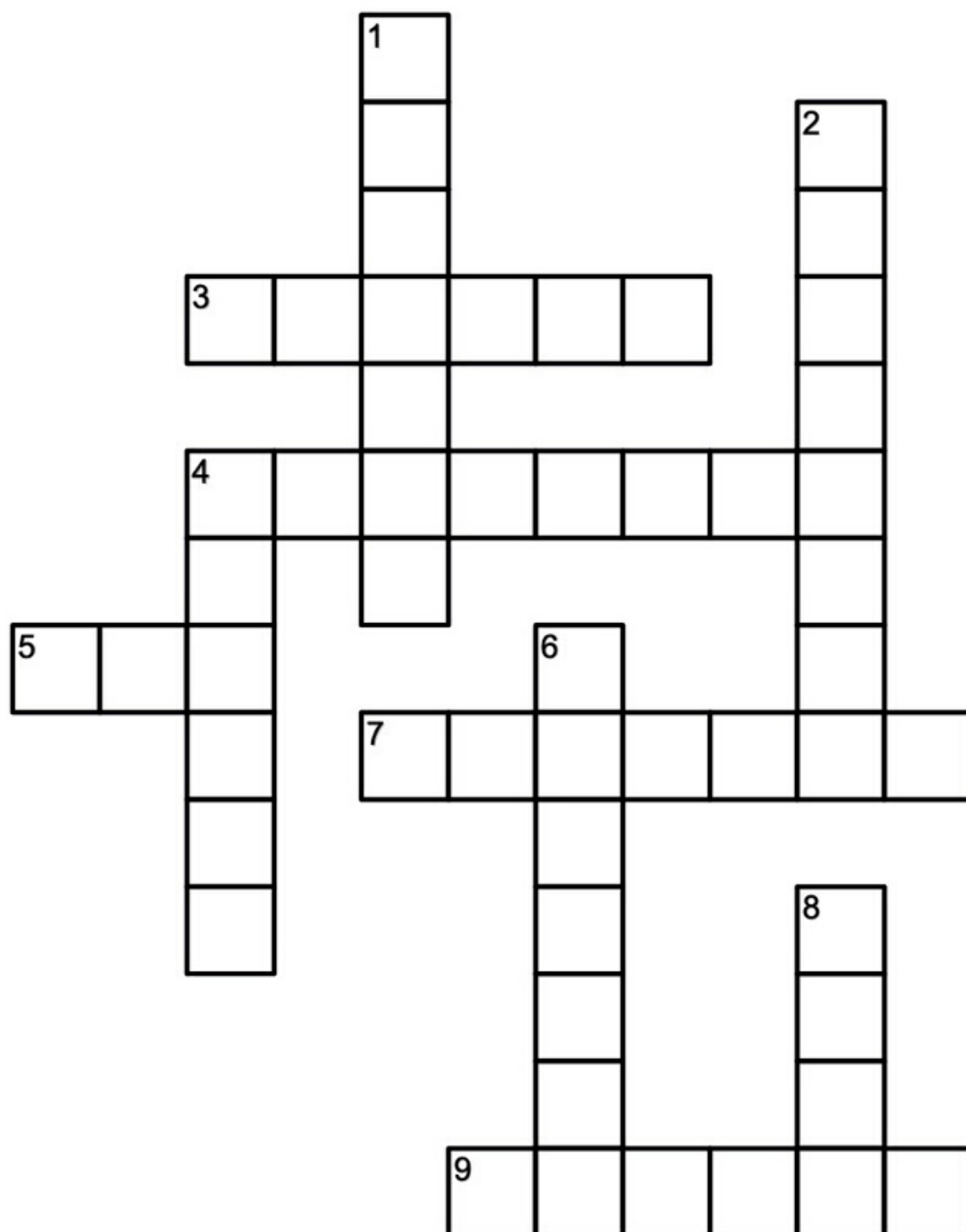
老师

LAOSHI

Empty box for writing practice.

Empty box for writing practice.

# CROSSWORD PUZZLE



## ACROSS

3. Someone who teaches Jianfa
4. The tip of a Jian
5. A horizontal slashing cut
7. The term used to describe the person we face in Jianfa
9. The part of the Jian that protects your hand

## DOWN

1. A powerful two-hand sword
2. The thumb side of the blade
4. A person who studies Jianfa
6. The pommel of a sword
8. An upwards sliding slash

# COLOURING EXERCISE

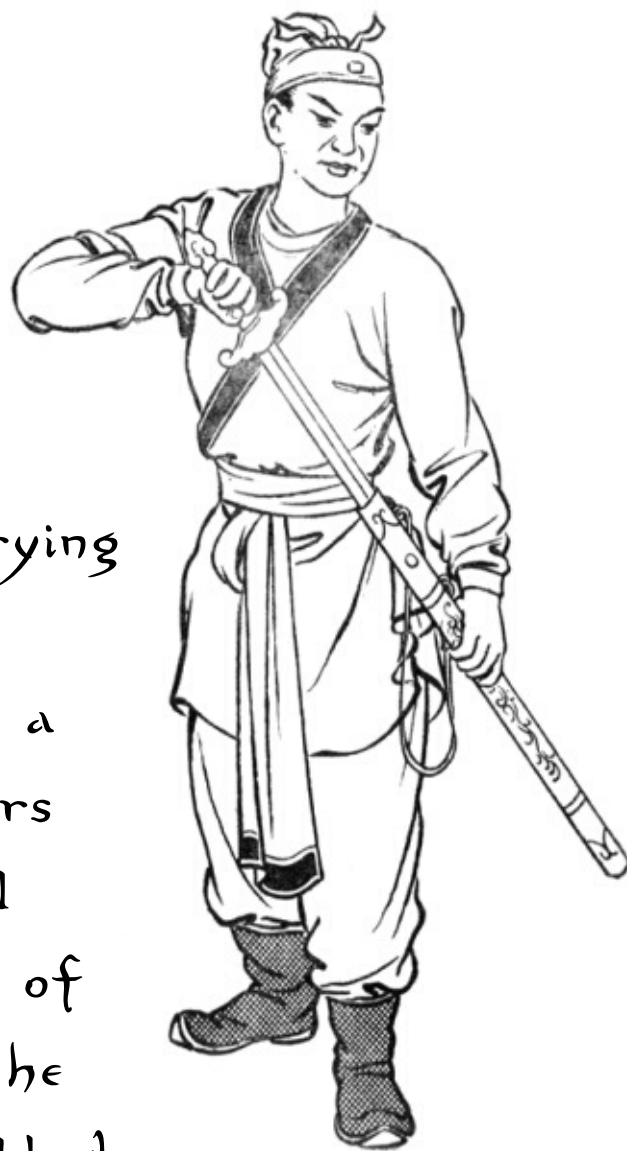


## DID YŌU KNŌW?

The Jian is a very powerful weapon. In the hands of a skilled Jianke it is deadly. Able to be victorious against even enemies wearing armour. In modern times many martial artists use 'bendy' jian for demonstrations but these would not be of any use in battle!

## SHARP AFER 2000 YEARS!

Did you know that the Jian has been used in China for thousands of years. In 1965 archaeologists were carrying out a survey in Hubei province and discovered a Jian that was 2000 years old. The sword was still sharp enough to cut one of the archaeologists when he ran his hand down the blade. This sword is called the "Goujian".

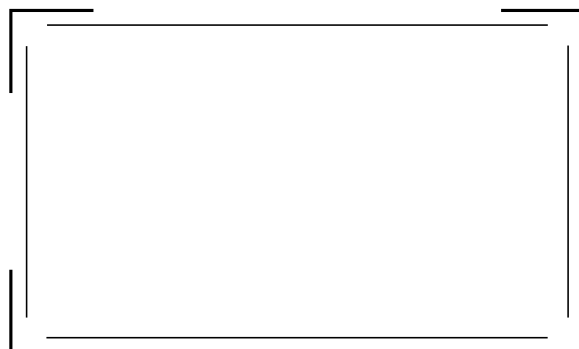


## CHINESE WRITING EXERCISE

Can you copy the Chinese characters?

剑法

JIANFA





## MANY TYPES OF SWORD

The Jian was not the only type of sword used in China. There are many other types including ones with curved blades and powerful two handed swords like the mighty Miaodao (Sprout saber).



Unlike the Jian, the Miaodao is a wielded using two hands. This makes it a very powerful and formidable weapon.

On the battlefield soldiers wielding the Miaodao could fight against enemies on horseback and wearing heavy armour.

## HUSHŌU ŌF THE JIAN

The hushou meaning "hand guard" is a very important part of the Jian. It protects the hand of the Jianke wielding the sword.



Typically the hushou were shaped like lion's heads. But, there were also other designs with the 'ears' pointed both up and down.

## DESIGN YŌUR HUSHŌU EXERCISE

Draw your own hushou in the box below!

## COULD A CHILD LEAD AN ARMY?

Xun Guan was a Chinese warrior princess who lived between 265-316 AD with her father Xun Song, the governor of Xiangyang. One night her castle was under siege and she convinced her father to let her take a force of elite soldiers to fight the enemy. Being a skilled martial artist she noticed a weak spot in the enemies line and with the her warriors won the battle. Impressive? Well there's more, Xun was only 13 years old at the time!



## CŌLŌURING EXERCISE



### A SAFE TRAINING SPACE

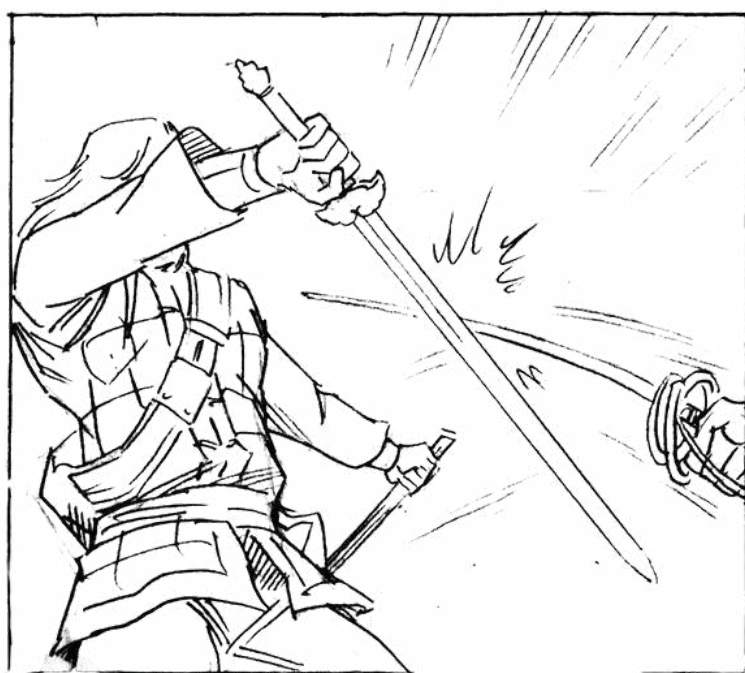
A Jianke needs to practice everyday to become skilled with the sword. We practice in a space with enough room to safely wield our swords. Gardens and parks are great for this. Before practice we check for things that we could fall over or might hit with our swords. Jianfa masters always train safely!

# HŌW TŌ PRACTICE YŌUR JIANFA CUTS

When we learn a new cut we first practice it slowly in the air. This allows our body to learn how the new cut works.

Then we will move into test cutting against targets. Great targets for Junior Jianke are tissues, towels, tennis balls on string and empty water bottles. Target cutting helps develop our accuracy.

Once we have practiced our cuts in the air and in test cutting, we can then practice with a friendly duifang learning partnered drills.

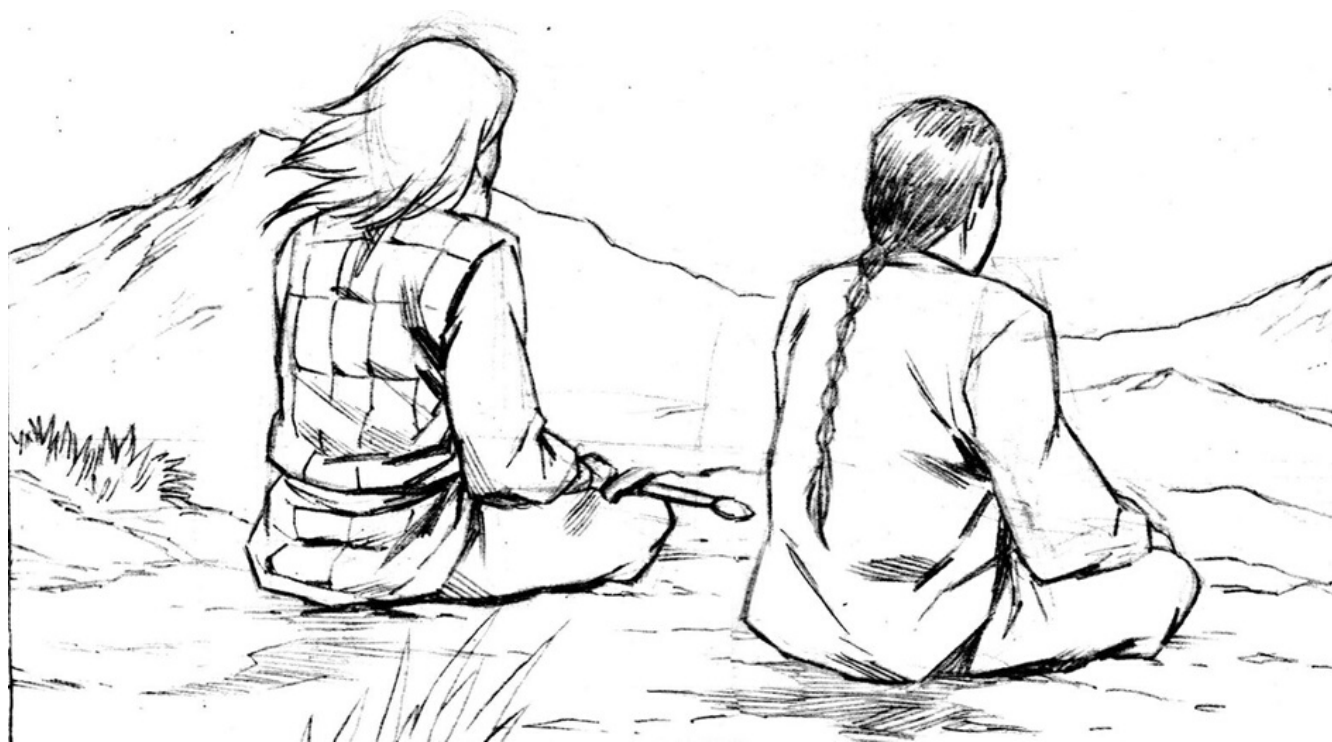




## THE STORY OF THE CHINESE FARMER

Once upon a time there was a Chinese farmer whose horse ran away. That evening, all of his neighbors came around to commiserate. They said, "We are so sorry to hear your horse has run away. This is most unfortunate." The farmer said, "Maybe."

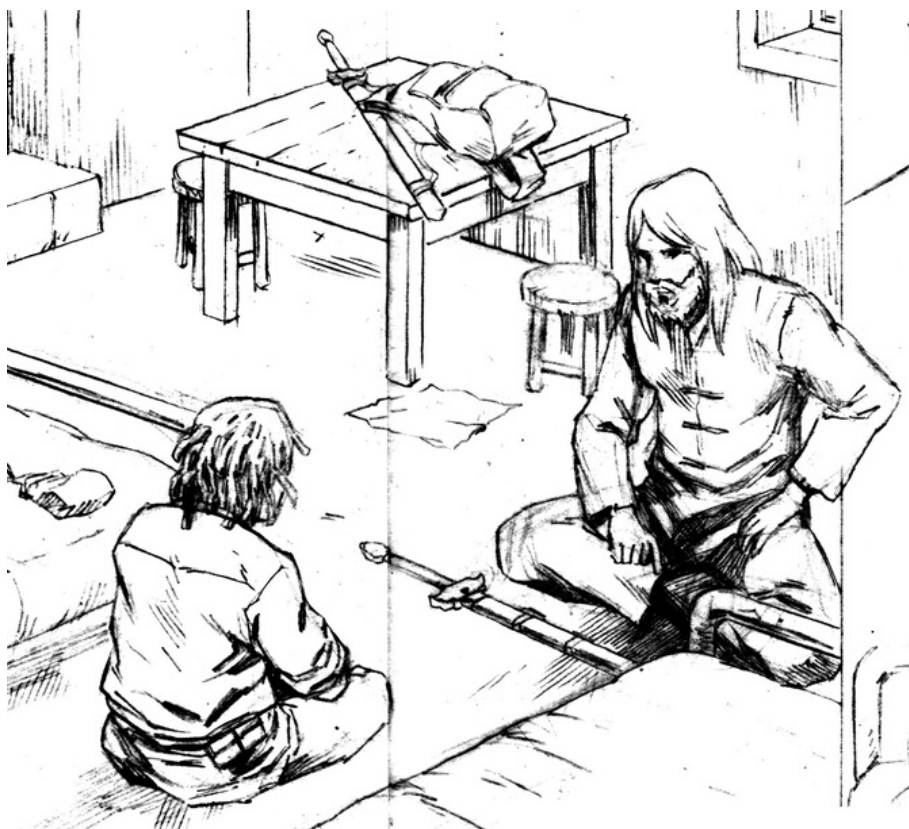
The next day the horse came back bringing seven wild horses with it, and in the evening everybody came back and said, "Oh, isn't that lucky. What a great turn of events. You now have eight horses!" The farmer again said, "Maybe."



The following day his son tried to break in one of the horses, and while riding it, he was thrown and broke his leg. The neighbors then said, "Oh dear, that's too bad," and the farmer responded, "Maybe."

The next day a general came around to make people join the army, and they rejected his son because he had a broken leg. Again all the neighbors came around and said, "Isn't that great!"

Again, he said, "Maybe."





## THE MIND OF A JIANKE

The story of the Chinese farmer is important for us Jianke. A Jianke always needs to maintain a calm and clear mind. In swordplay if we panic or become angry our duifang will be easily able to score against us. We also might miss an opportunity to score ourselves.

We never know how something will turn out, and our emotions can change the way we see things. By remaining calm we will find that for every problem there is always a solution!

## QUIZ AND PUZZLE SOLUTIONS

Question - What does Jianfa mean?

Answer - Jianfa means "Sword Method".

Question - What type of sword do you use in Jianfa?

Answer - In Jianfa we use a sword called a Jian.

Question - What term do we use in Jianfa instead of partner?

Answer - In Jianfa we refer to our partner as Duifang, meaning "opposite" or "counterpart".

### Crossword Solution

