

華山武學總譜

THE COMPLETE ARTS
OF MOUNT HUA

The Sect Master's Compendium

華山



THE SECT OF THE WESTERN PEAK

On the western peak the plum tree blooms while snow still holds the mountain. It does not wait for spring's permission. So too the sword of Mount Hua: it moves when others believe movement impossible.

This manual records the twenty-four forms of the Plum Blossom Sword, set down for disciples of the mountain. Read slowly. A form learned in haste is a branch grafted to dead wood.

Three things are asked of the one who opens this book: patience in winter, honesty in practice, and restraint in victory. Lacking any one of these, close the book. The sword will still be here when you are ready.



THE PLUM BLOSSOM BREATHING METHOD

Before the hand learns the sword, the breath must learn its path.

Sit as the roots sit: legs folded, spine as the trunk, crown reaching upward like the highest branch. Rest the hands in the lap, left over right, thumbs touching.

The Cycle of Five Petals

1. Draw in through the nose, slow as sap rising, and let the breath settle low in the belly, the dantian.
2. Hold for three heartbeats, as the bud holds before opening.
3. Release through the mouth, thinner than a thread of silk.
4. Rest empty for one heartbeat. The branch is bare. Do not fear the bare branch.
5. Begin again. Five breaths make one blossom. Five blossoms make one sitting.

As the breath circulates, guide the mind's eye along the path shown: rising up the spine, crowning the head, descending the front of the body, returning to the dantian. This is the small circulation. Do not force it. Qi led by force is a river pushed uphill.



梅花劍法

THE PLUM BLOSSOM SWORD

The Signature Art · Twenty-Four Forms

Fist, palm, and step prepare the disciple. The sword is what the mountain is known by. Of all the arts in this volume, only the sword carries the sect's name into the rivers and lakes — and only the sword is divided into Outer Court, Inner Court, Senior, and Mastery transmissions, climbing the Five Stages of the plum.



FORM 1 — BUDDING BRANCH THRUST

Foundational · Outer Court

The first lesson of the plum is directness. The branch does not wander toward the sun.

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1. Stand with the left foot forward, sword at the right hip, edge down.
2. Step deep with the left foot, sinking the front knee until the thigh nears level.
3. As the foot lands, drive the sword forward in a single level thrust at the height of the heart. Arm and blade become one straight line from the rear shoulder.
4. The free hand rises beside the temple in the sword-finger, steadying the frame.
5. Exhale through the thrust. The breath and the point arrive together.



Fault to avoid: thrusting with the arm alone. The thrust is born in the rear foot and travels the whole body before it reaches the point.