

**Ma Jiangbao**

(\* 1941)



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## Order of Learning Forms

*The following was an interview with Master Ma Jiangbao:*

*Forum:* In Wu-Style Taijiquan many forms are trained. In which order should the student learn them?

*Ma Jiangbao.* One starts with the slow form. The slow form is the basis of Taijiquan. After that one learns the sabre form and then the spear form. Once proficient in these, you can go on to the fast form or sword form.

*Forum:* Is there a reason for this order?

*Ma Jiangbao:* First there is the basic idea of finding stillness in the movements. For this purpose the slow form is best. Furthermore the slow form allows you the opportunity to work on your movements to a very deep level. Basic skills can be acquired and postures can be corrected. After that there is the more dynamic training of the weapon forms. The weapon forms are more demanding on the body, because the weapon has weight and the form is performed faster. Therefore thorough preparation in the slow form is necessary.

The fast form tests the skill and fitness of the student. The fast form requires the use of power and high speed where even small mistakes can cause damage to the body. Before learning the fast form one should have worked intensively on any problems in the slow and weapon forms.