

6001 GIBSON BLVD SE  
ALBUQUERQUE, NM  
505.254.4604

Attire: Complete  
Uniform with all  
patches!

CHINESE SHAO-LIN CENTER  
of Albuquerque, New Mexico presents  
Senior Elder Masters Soard

**OPEN TO ALL CSC STUDENTS!**

<http://shaolinNM.com>  
[website@shaolinNM.com](mailto:website@shaolinNM.com)  
[www.facebook.com/CSCAbq](http://www.facebook.com/CSCAbq)

All Events to be held  
@ CSC Albuquerque  
School

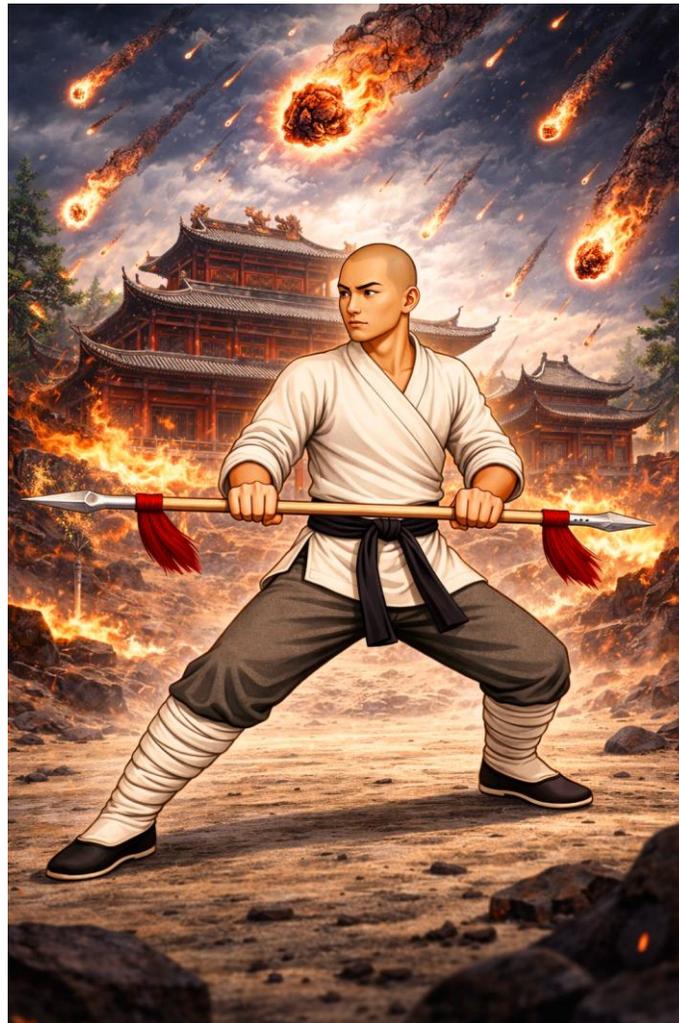
# LIV HSING CHIANG "METEOR SPEAR"

**FAST, DEVASATING  
DOUBLE-HEADED  
SPEAR!**

Purchase your  
"custom length"  
Meteor Spear  
from your  
instructor while  
Supplies last!

**POWERFUL!  
EXPLOSIVE!  
UNSTOPPABLE!**

少林



**2026**  
**SATURDAY**  
**April 25<sup>TH</sup>**

**REGULAR FEE**  
\$125  
(if paid after day of class)

**EARLYBIRD**  
**\$100**  
(if paid by the day of class)

*Taught for the first time  
at CSC Albuquerque!*

*Pay your instructor before  
the festival or pay in  
Albuquerque the day of  
the festival!*

9<sup>TH</sup> Degree  
Black Belt  
Senior  
Elder Master  
Sharon Soard



Not liable for  
personal injury!

## SCHEDULE OF EVENTS:

9am – 12noon: Black Belt & Senior Black Belt Pretesting  
9am – 12noon: Lower/Brown/Tai Chi/Wooden Man Testing  
12pm – 5pm: Meteor Spear Seminar

\*This form may not be taught between students. Material may not be demonstrated, shown, nor reproduced in any manner, by any student!

9<sup>TH</sup> Degree  
Black Belt  
Senior  
Elder Master  
David Soard



AS PER SENIOR ELDER MASTERS' POLICY, THERE IS **NO VIDEOTAPING** AT THE SEMINAR

# LIU HSING CHIANG – Meteor Spear NOTES



The Meteor Spear is Known/Legendary for its Short bursts of Speed and Power...  
Seemingly “Out of Control”... Striking/Attacking in ALL directions rapidly and accurately...  
Explosive/Fast/Dynamic/Decisive/Devastating/Deadly/Unstoppable  
(Section #5 features the Meteor Shower “Star Burst” Attack)  
All moves MUST originate from your legs and waist – Fa Jing!  
(Beginning of Sections #1-#4 & #7, Look Left, Right, Left with Intensity prior to beginning)

**Section 1)** \* *Begin with Double-Headed Spear in Staff grip – both palms down – Spear horizontal in front of the body.*

DU 26 / RN 22 / RN 17 / RN 8 / RN 6 / RN 1 / RN 23

**Section 2)** \*

LU9 / RN2 – *Pause and draw back* - HT7 / RN23 - *Pause and draw back* RN22 - RN2 / HEART –  
Left & Right Sides

**Section 3)** \* (*Change to Spear Grip – Right then Left*)

ST 44 x 4 S/N/S/N/ - RN2-RN22 x 2 / HEART ... RN22-RN2 / HEART – Left & Right sides

**Section 4)** \*

Lft LR13 / Rt LR13 / Lft RN23 / Rt RN23 / Lft RN23 / N RN22 / N RN22 / S RN6 / N RN6 ...

**Section 5) \***

**Rt #2 spin N - #3 spin S – Lft #2 spin N - #3 spin S – N #1 to #5 spin - Meteor Shower (Star Burst) x 8 HN3 (NW/SE/SW/NE/W/E/S/N)**

**Section 6) \* Change Rt H grip upward (*lft-handed spear grip*)**

**Rt to N – RN23-RN17 – RN22**

**Lft to N – RN1-RN17 – RN22**

**Rt to N - across RN 23 – Heart**

**Lft backsweeps N - Lft RN6 N**

**Rt N – RN 22-RN8 – N**

**RN6 3 times – Lft/S – R/N – Lft/S**

**L/R/L/R to N #2 spin**

**Section 7) \***

**DU24 W/E/N/S – La Na Cha to N RN22**

**RN 2-RN22 to N - Rt/Lft**

**Sou Se – Bow**

