

Shaolin Damo Cane

达摩少林杖

Based on the Teaching of Master Shi Deyang

List of Movements, Comments, and Bibliography by Mike Garofalo

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List of Movements and Directions



[First, [purchase](#) the instructional DVD featuring Master Shi Deyang. You *must* have this good instructional DVD, and the guidance of Master Shi Deyang therein, to learn the Shaolin Damo Cane Form.]

(Face = The general direction that the body faces at the end of a posture/movement sequence.)

Section 1

1. **Render a Salute with Single Palm.** Face N12
2. **Preparing Form.** Face N12
3. **Turn Around to Ask the Way.** Face W9

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4. **Step Forward and Stretch the Cane.** Face W9
5. **Turn Around and Carry the Cane.** Face E3.
6. **Step Backward, Circle and Support the Cane.** Face W9 .
7. **Sweep with Cane Three Times,
Thrust Cane with Jumping Step.** Face E3 .
8. **Turn Body, Circle and Support Cane.** Face W9 .
9. **Sweep Leg and Carry Cane.** Face E3.

Section 2

10. **Step Forward, Circle and Carry the Cane.** Face E3.
11. **Turn Body and Strike with Cane.** Face E3.
12. **Circle and Carry Cane in Empty Stance.** Face W9.
13. **Step Forward and Hook with Cane.** Face W9.
14. **Step Backward and Uppercut with Cane.** Face W9.
15. **Turn the Body Over and Strike with Cane.** Face W9 .

Section 3

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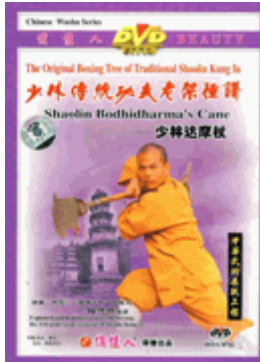
16. **Stand on One Leg and Support Cane.** Face E3.
17. **Sweep Leg and Support Cane.** Face E3.
18. **Step Forward, Circle and Carry Cane.** Face E3.
19. **Turn the Body Over and Strike with Cane.** Face E3.
20. **Swing and Carry Cane in Empty Stance.** Face W9.
21. **Closing Form.** Face N12.

References and Notes

[Shaolin Bodhidharma's Cane](#)

Demonstration and instruction by Master Shi Deyang, a 34th generation successor of Shaolin Kung Fu. Instructional DVD, 45 minutes. ISBN: 887211786. DVD-5, NTSC. Published by the People's Sports Video Publishing House in China. Subtitles in Chinese, English, French and Spanish. "The Shaolin Bodhidharma's Cane is one of the rare weapons in Shaolin Wushu. It has a unique shape, just like a walking stick in an old man's hand. The movements in this routine are fierce, vigorous, simple, natural and poised. It cleverly and reasonably utilizes the techniques of attack and defense, so it can both attack and defend. This routine lays special stress on the technique of using the eyes. When the hands move, the eyes follow them. If preserving in practicing this routine, you may able to improve the strength of hands." Each posture/movement is shown and described slowly with a front view, and then performed from a back (obverse) view, and a side (flank) view. Each Section is performed before and after teaching the postures/movements in that Section. Subtitles provide good detail descriptions.

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The weapon pictured on the cover of this DVD is NOT the Damo Cane. The “cane” used by Master Shi Deyang in this DVD is called the “Ox Horn Cane.” The “cane” looks like a pick or gardening tool. It is about waist height like a normal cane. Instead of a curved hook end, it has a tool end at right angles to the cane. One end of the tool has a hammer end and the other end has a pointed end like a pick. It looks like the kind of tool one might use to dig up and break rocks when making a trail or clearing the earth for a garden. It could also be used as a walking cane or to support a weak person.

Way of the Short Staff

By Michael P. Garofalo, M.S. A comprehensive guide to the practice of the short staff, cane, *jo*, walking stick, *gun*, *zhang*, whip staff, 13 Hands Staff, and related wood short staff weapons. A detailed and annotated guide, bibliography, lists of links, resources, instructional media, online videos, and lessons. Includes use of the short staff and cane in martial arts, self-defense, walking and hiking. Separate sections on Aikido Jo, Cane, Taijiquan cane and staff, Jodo, exercises with a short staff, selected quotations, techniques, selecting and purchasing a short staff, tips and suggestions, and a long section on the lore, legends, and magick of the short staff. Includes "Shifu Miao Zhang Points the Way." Published by Green Way Research, Valley Spirit Taijiquan, Red Bluff, California. Updated on a regular basis since October, 2008. Filesize: 325 Kb.

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Cane Research Project at Valley Spirit Taijiquan

Self-Defense Arts and Fitness Exercises Using a Cane or Walking Stick

All documents were created by Michael P. Garofalo, M.S.

Published by Green Way Research, Valley Spirit Taijiquan, Red Bluff, California, 2009

These documents normally include a list of the movement names in the specific cane or short staff form and final direction to face in each posture/movement. Some documents provide detailed descriptions of each of the postures or movement sequences. All documents include some commentary, notes, and a bibliography of books, media, and links. Many of these documents are in Adobe PDF read/print only format. Some of these documents are still works in progress.

Bodhidharma's Shaolin Cane (Damo Cane, Shaolin Damo Kung Fu Cane). As taught by Master Shi Deyang. 21 Postures/Movements in 3 Sections.

Cane Research Project at Valley Spirit Taijiquan. Studies in the Cane, Walking Stick and Short Staff. Current list of cane research.

Cloud Hands Taijiquan

Chen Taijiquan Broadsword Form. As taught by Grandmaster Chen Zenglei. 23 Postures/Movements. Practice with cane. List of Names.

Chen Shen-Pu's Taijiquan Short Staff. Created by Grandmaster Chen Shen-Pu, and taught by Shifu Jiang Jian-ye.. 74 Postures/Movements. List of Names.

Shaolin Damo Cane

Eight Immortals Taijiquan Cane, Routine One, Yang Style of Taijiquan. As taught by Master Jesse Tsao. 36 Postures/Movements. List of Names.

How I Use Instructional DVD's to Learn Cane Forms.

Martial Arts Techniques for the Cane and Short Staff. Lists, Notes, and Commentary.

Northern Energy Taiji Cane (Beifang Qi Taiji Zhang). As taught by Sensei James Bouchard. Postures/Movements.

Shaolin Cane. As taught by Shifu Ted Mancuso. Postures/Movements. Detailed descriptions.

Standard Simplified Yang Style Sword Form. 32 Postures/Movements. Detailed descriptions. Practice with a cane.

Tchoung Ta-Tchen Cane. Created by Grandmaster Tchoung Ta-Tchen. 33 Postures/Movements. List of Names.

Way of the Short Staff. Comprehensive bibliography of books, media, links, and resources. Includes research on cane, short staff, walking stick, *jo*, etc..

Way of the Staff. Comprehensive bibliography of books, media, links, and resources. Includes research on the staff, *bo*, *gun*, quarterstaff, pole, etc..

Wudang Tiger Tail Short Staff. As taught by Shifu Jiang Jian-ye. 48 Postures/Movements in this Wudang Mountain Taoist Short Staff Form. List of names.

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