Martial Arts Techniques
For the Cane or Short Staff

Notes, Lists, Commentary, References, Bibliography

Prepared by Michael P. Garofalo, M.S.

Valley Spirit Taijiquan, Red Bluff, California
March 9, 2009

General Practice Rules

Resources, Bibliography, Links

Shaolin Cane Techniques

Directional Scheme

Counting in Various Languages

Chinese Broadsword Techniques

Strikes

Swing Strikes

Crook Strikes

Pokes

Punches

Two-Handed Jabs

Blocks with Two Hands Holding the Cane

Blocks with One Hand Holding the Cane
By the term “Cane” I mean a wooden walking stick under 40 inches (102 cm) in length and 1 inch (2.54 cm) in diameter, with a crook neck end or straight ends. By the term “Short Staff” I mean a straight wooden under 54 inches (137.2 cm) in length and 1 inch (2.54 cm) in diameter. Good quality wooden walking sticks used for martial arts purposes are often made of hardwoods such as oak, cherry, or hickory. In this document, the term “Cane” will be used to refer to both canes and short staffs.

I use a 40" hickory heartwood combat cane for all my weapons practice; and, adapt other short staff, sword, and broadsword routines and techniques for practice and performances with my cane. The only weapon I practice with anymore is a wooden cane; and the only weapon I teach in my Taijiquan classes is the cane (zhang). Also, whenever I take a long walk, anywhere, I bring my cane along.

**General Rules for Practicing with a Cane**

1. Perform warm up exercises before practicing with the cane.
2. Practice holding and using the cane with both the right and left hands.
3. Imagine that you are defending yourself against a dangerous opponent.
4. Keep the hand that is not holding the cane at the middle of the chest.
5. Step backward when executing defensive cane techniques.
6. Step forward when executing offensive cane techniques.
7. Keep the head up and the body erect when practicing cane techniques.
8. Maintain a wide angle of vision when practicing.
9. Learn the name and applications for each cane technique.
10. Practice often! Perfect practice makes for perfecting techniques.
11. Understand the cane techniques found in cane short sets and long forms.
12. Research and study books, and instructional DVDs and videotapes.
Martial Arts Techniques for the Cane or Short Staff

Techniques for the Shaolin Cane
Presented by Master Ted Mancuso

<table>
<thead>
<tr>
<th>Technique</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kan, Chop, Hack</td>
<td>Chop down at an angle, Swinging down</td>
</tr>
<tr>
<td>Pi, Split</td>
<td>Strike down the middle</td>
</tr>
<tr>
<td>Ce “Su”, Thrust</td>
<td>Poke, jab or thrust the cane tip</td>
</tr>
<tr>
<td>Heng “Hung,” Mo, Cross Hit</td>
<td>Swing the cane horizontally, sweeping across the body</td>
</tr>
<tr>
<td>Gou, Hook</td>
<td>Swing the hook end of the cane from a variety of angles</td>
</tr>
<tr>
<td>Beng “Bung,” Repel, Burst, Slam, Thrust</td>
<td>Blocking or attacking while holding the cane with two hands</td>
</tr>
<tr>
<td>Ba, Butt</td>
<td>To strike with the crook or butt end of the cane.</td>
</tr>
</tbody>
</table>

Figure Eight

The staff like all the Taiji arts consists mainly of 13 techniques, they are:

1) Open (Kai)
2) Close (He)
3) Burst (Beng)
4) Split (Pi)
5) Dot (Dian)
6) Bind (Za)
7) Poke (Bo)
8) Hold Up (Liao)
9) Coil (Chan)
10) Lead (Dai)
11) Slip (Hua)
12) Intercept (Jie)
13) Stab (Cuo)

Peter Lim Tian Tek, Taiji Spear and Staff
Martial Arts Techniques for the Cane or Short Staff

A. Strikes

1. Horizontal strike right to left, low-level
2. Horizontal strike left to right, low-level
3. Horizontal strike right to left, mid-level
4. Horizontal strike left to right, mid-level
5. Horizontal strike right to left, head-level
6. Horizontal strike left to right, head-level
7. Vertical strike upward
8. Vertical strike downward
9. Diagonal strike right to left, downward
10. Diagonal strike left to right, downward
11. Diagonal strike right to left, upward
12. Diagonal strike left to right, upward

B. Swing Strikes

1. Offensive forward swing strike
2. Defensive forward swing strike
3. Offensive left side swing strike
4. Defensive left side swing strike
5. Offensive right side swing strike (backhand)
6. Defensive right side swing strike (backhand)
7. Offensive back swing strike (backhand)
Martial Arts Techniques for the Cane or Short Staff

8. Defensive back swing strike (backhand)

C. Crook Strikes

1. Low crook strike
2. Mid-range crook strike
3. Groin strike
4. Head-level crook strike
5. Under-chin crook strike
6. Shoulder-level crook strike
7. Neck grab/face strike combination
8. Reverse neck grab forearm smash

D. Pokes

1. Defensive forward facing poke
2. Offensive forward facing poke
3. Offensive left side poke
4. Defensive left side poke
5. Offensive right side poke
6. Defensive right side poke
7. Back facing defensive poke
8. Back facing offensive poke
Martial Arts Techniques for the Cane or Short Staff

E. Punches
1. Horn-down punch
2. Horn-up punch
3. Vertical punch
4. Horizontal punch

F. Two-Handed Jabs
1. Offensive jab forward
2. Defensive jab forward
3. Offensive jab left side
4. Defensive jab left side
5. Offensive jab right side
6. Defensive jab right side
7. Defensive jab back side
8. Offensive jab back side

G. Blocks with Two Hands on the Cane
1. Broom sweep block
2. Two-handed torso block
3. Two-handed diagonal high block
4. Two-handed low block
5. Two-handed high block
Martial Arts Techniques for the Cane or Short Staff

6. Two-handed brace block
7. Low striking block
8. Single-handed parry block
9. Downward fan block
10. Upward fan block
11. Single-handed post block

H. Blocks with One Hand on the Cane
1. Low Block to Protect Your Right Side
2. Low Block to Protect Your Left Side
3. Two-handed diagonal high block

Directional Scheme

Here is the directional scheme that I use when describing a sequence of movements. I always assume that you start the sequence facing to the North, facing the 12 o'clock direction, or facing N12.

For other directional schemes please consult my webpage on the subject.
Martial Arts Techniques for the Cane or Short Staff

Counting

<table>
<thead>
<tr>
<th>Number</th>
<th>English</th>
<th>Japanese</th>
<th>Chinese</th>
<th>Chinese</th>
<th>Spanish</th>
<th>French</th>
<th>German</th>
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<tr>
<td>1</td>
<td>One</td>
<td>Ichi</td>
<td>Yi</td>
<td>_</td>
<td>Uno</td>
<td>Un</td>
<td>Eins</td>
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<td>2</td>
<td>Two</td>
<td>Ni</td>
<td>－ãr</td>
<td>二</td>
<td>Dos</td>
<td>Deux</td>
<td>Zwei</td>
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<td>3</td>
<td>Three</td>
<td>San</td>
<td>Sān</td>
<td>三</td>
<td>Tres</td>
<td>Trois</td>
<td>Drei</td>
</tr>
<tr>
<td>4</td>
<td>Four</td>
<td>Shi</td>
<td>Sì</td>
<td>四</td>
<td>Quatro</td>
<td>Quarte</td>
<td>Vier</td>
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<td>5</td>
<td>Five</td>
<td>Go</td>
<td>Wū</td>
<td>五</td>
<td>Cinco</td>
<td>Cinq</td>
<td>Fünf</td>
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<td>6</td>
<td>Six</td>
<td>Roku</td>
<td>Liù</td>
<td>六</td>
<td>Seis</td>
<td>Six</td>
<td>Sechs</td>
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<td>7</td>
<td>Seven</td>
<td>Shichi</td>
<td>Qī</td>
<td>七</td>
<td>Siete</td>
<td>Sept</td>
<td>Sieben</td>
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<tr>
<td>8</td>
<td>Eight</td>
<td>Hachi</td>
<td>Bā</td>
<td>八</td>
<td>Ocho</td>
<td>Huit</td>
<td>Acht</td>
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<tr>
<td>9</td>
<td>Nine</td>
<td>Kyu</td>
<td>Jiù</td>
<td>九</td>
<td>Nueve</td>
<td>Neuf</td>
<td>Neun</td>
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<tr>
<td>10</td>
<td>Ten</td>
<td>Ju</td>
<td>Shi</td>
<td>十</td>
<td>Diez</td>
<td>Dix</td>
<td>Zehn</td>
</tr>
</tbody>
</table>
Martial Arts Techniques for the Cane or Short Staff

Shinto Muso-ryu Jodo: 12 Basic Jo Techniques

Kihon

Uchi Tsuki Waza
12 Basic Jo Techniques
From Shinto Muso-ryu Jodo System

<table>
<thead>
<tr>
<th>#</th>
<th>Technique</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Hon-te Uchi honte-uchi</td>
<td>Normal grip blow. Strike to the head</td>
</tr>
<tr>
<td>2</td>
<td>Gyaku-te Uchi gyaku-uchi</td>
<td>Reverse grip blow. Strike to the temple area of head</td>
</tr>
<tr>
<td>3</td>
<td>Hiki Otoshi Uchi hiki-otoshi</td>
<td>Back blocking blow. Draw back and strike the forearm or elbow area.</td>
</tr>
<tr>
<td>4</td>
<td>Kaeshi Tsuki kyashi-zuki</td>
<td>Switch hand thrust. Thrust to the upper abdomen or sternum.</td>
</tr>
<tr>
<td>5</td>
<td>Gyaku-te Tsuki gyakute-zuki</td>
<td>Reverse grip thrust. Thrust to the throat and strike to the head.</td>
</tr>
<tr>
<td>6</td>
<td>Maki Otoshi maki-otoshi</td>
<td>Wrapping drop block. Deflect a strike and brush the forearm or elbow area.</td>
</tr>
<tr>
<td>7</td>
<td>Kuri Tsuke kure-tsuke</td>
<td>Pressing stick to the body. Block the strike and then body trap.</td>
</tr>
<tr>
<td>8</td>
<td>Kuri Hanashi kure-hanashi</td>
<td>Pushing stick to the body. Block the strike and then force the opponent backwards.</td>
</tr>
<tr>
<td>9</td>
<td>Tai Atari tai-atarai</td>
<td>Body Check. Blow/thrust to the abdomen, and then a punch to the nose.</td>
</tr>
<tr>
<td>10</td>
<td>Tsuki Hasushi Uchi tsuke-hazushi</td>
<td>Blocking thrust. Deflect a thrust lightly by touching wrist/forearm, change the hand grip on the jo, strike opponent on forearm</td>
</tr>
<tr>
<td>11</td>
<td>Do-barai Uchi doh-harai-uchi</td>
<td>Middle body block and counter. Block strike to legs or waist, strike opponent back</td>
</tr>
<tr>
<td>12</td>
<td>Tai Hasushi-Uchi (Left and Right Side)</td>
<td>Shifting block and counter. Step back from strike to your head, then strike your opponents lower hand</td>
</tr>
</tbody>
</table>
List and Explanation of Broadsword Techniques

T'ai Chi Ch'uan Broadsword (Dao, Dan Dao)

Taijiquan Curved Single-Edged Broadsword (Dao) Techniques
Chen Taijiquan, Yang Taijiquan, Wushu Competition

Research by Michael P. Garofalo
Valley Spirit Taijiquan, Red Bluff, California

1. Slice
切
Che

Slicing, cutting, mincing, to carve.
Cut, Mince, Slice, Carve  Che, Qie1, Chai3, Cai, Chieh, Ch'an
Ch'an: Slicing. Che. Drag the sword across the opponents body.
With the right hand holding the weapon, slice the blade edge horizontally across before drawing the weapon close to your body.
Cutting the weapon from the back of your body to either the front or upwards. It could also be done by moving the weapon from the left to the right or upwards.
2. **Chop**

**Chopping**, hacking, cutting, to fell, to hew, to decapitate, to behead.

砍 Chop **Kan**, **Ham**

**K'an**: Chopping. Hacking. Slash with the tip of the sword by extending the wrist.

Split, Hack, Chop, Split Open, Chopping, Cut Apart, Split, Splitting

Chop: 剁 剁

Split: 分裂 分裂

Typically a chop is a swing of the sword from one side of the body, from shoulder height to shoulder height. A straight chop is a swing from the right side to the left side ending in a bow stance, arm at the side, palm up. A reverse chop is a swing from the left side to the right side, ending with a bow stance, with free arm pointed at shoulder height, palm down.

3. **Block**

Blocking, to cut off, to hinder, to stop, to bar the way, to obstruct, to impede, to hinder, obstructing.

拦 **Lan**, **Laan4**, **Fan**, **lan2 jie2**, **lan2 zhu4**

**Lan**: Obstructing. To block with the sword.

A defensive technique: with the tip of the blade facing down, use the edge to block an incoming weapon. Deflecting with the rear side of the broadsword

4. **Intercept**

**Interceptor, Cut Off, Stop, Obstruct, Cutting, Intercept,** Intercepting a Downward Cut

Intercept and Attack

Intercept: 截住 截住
Martial Arts Techniques for the Cane or Short Staff

Interception: 拦截 攔截  
Cutting: 切口  切口  
切  Cut, Mince, Slice, Carve  Qie, Chai, Cai Chieh  
攔截 拦截 lán jié  intercept  
攔 Lan2  Obstruct, impede, bar, hinder  
截 Jie2  Cut off, stop, obstruct, intercept  
Intercepting: Blocking with the edge. The edge is moved diagonally across to do the blocking.  
Jie: Blocking with the edge.

劈 Pi1 Pi3 Pek "Can" hack; chop; split open.  
Chopping towards the left or right in a downwards manner.  
To attack while holding the wrist flexed.

Typically, the sword is swung from about chest height downward from one side of body to opposite side. The swing is wide and downward. The empty hand ends up resting on the forearm of the hand holding the sword.  
Think of swinging a had axe into the side of a small tree to cut it down - multiple strikes or hacks required to fell the small tree. Gaze downward along the hacking sword. The body and legs move from a standing position into a bow stance.

Stab, pricking, thrust, thrusting, to pierce, to stab, to prick, to prod, to poke  
Thrust, Pierce (Tz'u)  
Pierce: 刺皮尔斯 皮爾斯  
Thrust: 推力 推力

Stab: 刺 Ci4  
刺 Ci4, Qi4, Chi3, Sik4, "Sue" thorn; sting; prick; pierce; stab; thrust; assassinate; murder  
扎 Zha1  To prick, to run a stick into, run a needle into.  
Typically, the sword is thrust forward, with one hand,
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sharp blade facing down, fingers of left hand touching the right hand, in a bow stance. The gaze and force of the thrust (stab, prick, poke) are directed to the tip of the sword. The whole arm and the broadsword will form a straight line.

In Chen Taijiquan this kind of stab or thrust is often accompanied by a shaking motion the sword as muscular energy (Jing) and the flow of Qi energy is sent into the end of the sword.

7. **Sweep**

Brush Off, Sweep Away, Clean Off, **Wash**, Shutting, Catching

Liao (Swing, Flicking, Twirling), Shao or Sao3 (Sweeping)

Catch: 抓住 抓住

洗 Xi3 To wash, to clean off, to purge, to brush off

扫 Sao3 To sweep away, to clean, to brush off, to whisk away

While the tip is facing down, flick it upwards. The force is focused on the tip.

8. **Mince**

Mincing, chopping, chop by pounding, hash, chop meat.

剁 Duo4, Do2, Duek3

To: Cutting. Duo. Mincing, to attack the wrist with a slicing motion.

剁碎 Duo4, Sui4 Mince, break up, broken, chop by pounding.

9. **Poke**

Poking, pricking, to pierce, to stab, to puncture, to punch through, to stamp, to stab.

戳 Chou1, chuo1 po4, cheuk3
10. **Ji**

击

Strike, hit, break attack, beat, stroke

Strike (Chi)

Strike: 罷工 罷工

Beat: 敲打 敲打

Stroke: 衝程 衝程

击 Ji1 Strike, hit, break, attack, beat, counter attack, hit hard, beat back, repel

11. **Ge**

割

Cut off, Divide, Block Off, Sever, Obstruct, Quarter, Scroll, Blocking

Block (Ke)

Obstruct: 阻碍 阻礙

Block: 块 塊

掣 chè ke pull; obstruct; hinder; draw

割傷 割傷 gē shāng slash

刻 Ke4 Carve, cut into quarters, carve up, divide up, chop

割 Ge1 Cut off, break up, cut up, divide, sever, slash, divide, partition, cede

12. **Chou**

抽

Pull Out, Pulling, Cutting Out, Cutting, Whip, Slash Across or Out, Extract, Cut Out

Pull or drag from one side to the other

Cut: 裁减 裁減

Cutting: 切口 切口

Slash: 深砍 深砍

Pull: 拉扯 拉扯

抽 Chou1 To extract, to pull out, to draw out, to cut out, to pump out, sprout
13. **Dai**

Deflect, Carry, Leading, Deflecting, Slicing (*Che*), Lead, Carrying

*T’ai*: Take along (skim) from one side to the other

Deflect: 偏转 偏轉

Carry: 运载 運載

帶 Dai 言 4 band; belt; girdle; ribbon; area; zone; region; wear; carry; lead; bring

*带* Dai 提 to lead, to carry, to bring, to raise, to circle

Deflection: This is done in a circular movement with the blade edge moving from a low position to a high position.

14. **Ti**

Upwards Stroke, Lifting Up, Lift, To Carry Up

Lift: 推力 推力

提高 tí gāo raise; increase

提 Ti 提 Dai 2 to carry, to lift, to put forward, upwards character stroke, lifting (brush stroke in painting)

15. **Dian**

Point, Dot, Spot, Poke

Direct (*Tien*)

Point: 点 點

Dot: 小点 小點

點点 Dian 2 dot, point, speck, spot, degree, dotting character stroke.

16. **Peng**

Burst Forth, Split Open, Tipping, Gush Out, Burst, Wardoff

*Tiao* (Spring), *Beng* (Explode)

Snap, Burst

迸 Beng 4 Peng 1 Pen Gush Out, Burst Forth, Split Open

17. **Jiao**

Stir, Stirring, Mix, Disturb, Agitate
Martial Arts Techniques for the Cane or Short Staff

18. **Ya**

**Press**, Pressing, Press Down, Push Down, Crush, Pressure

Press: 新闻 新聞

Press Down: 按得下来 按得下來

Pressing: 按 按 撥

壓力 壓力 壓 Ya1 Press, push down, to keep under control, oppress, crush, pressure

References Sources for the T'ai Chi Ch'uan and Wushu Broadsword (Dao) Techniques:

"The Chen-style Taiji Single Broadsword routine is short and refined, the usages of the forms are clear. There are thirteen kinds of slicing, hacking, blocking, cutting, pricking, rolling, closing, scooping, cross-cutting, twisting, shaking, supporting, and tilting. They really reflect the characteristics of the Chen-style Taiji Single Broadsword, combining hardness and softness in harmony, equaling stress the quickness and slowness, dodging and transfers, relaxing and nimble, springing and shaking, sticking to each other without being separated, twine to neutralize the force."

- Chen Zhenglei, *Chen Style Taijiquan, Sword and Broadsword*, 2003, p. 322

"When performing the broadsword routine, the practitioner alternates between the body leading the broadsword and the broadsword leading the body. Techniques must be precise, clearly fulfilling the application requirements. Traditionally, the weapon has thirteen different techniques attributed to it: gun (parrying by turning to the left); bi (parrying by closing to the right); zha (thrust); lan (deflecting with
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the rear side of the broadsword); \( \pi \) (chopping vertically); \( \text{k} \) (cutting); \( liao \) (circular deflection with point facing upwards); \( j\)ie (blocking with the edge); \( \text{chan} \) (circular twisting); \( d\)ou (shaking); \( j\)ia (raising opponent's weapon overhead); \( m\)o (slicing either levelly or diagonally upwards); and \( t\)iao (upward flicking motion using the top of the weapon).

"The thirteen techniques of Taijiquan broadsword (\( \text{d} \)ao) are slicing (\( \text{c} \)he), chopping (\( \text{k} \)an), blocking (\( \text{l} \)an), mincing (\( \text{d} \)uo), poking (\( \text{j} \)ie), chopping (\( \pi \)), flicking (\( \text{l} \)iao), rowing (\( \text{h} \)ua), scraping (\( \text{g} \)ua), stabbing (\( \text{z} \)ha), fanning (\( \text{s} \)an), sliding (\( \text{w} \)an), twirling (\( \text{l} \)iao)."
- David Brent Wolfe's Dictionary


"1. Chopping. \( \text{k} \)an. Hacking. Slash with the tip of the sword by extending the wrist. 2. \( \text{t} \)o. Mincing, Cutting. \( \text{d} \)uo. To attack the wrist with a slicing motion. 3. \( \text{c} \)han. Slicing. \( \text{c} \)he. Drag the sword across the opponents body. 4. \( \text{ch} \)i\( \text{e} \): Intercepting. \( \text{p} \)oking. Poking. To meet and attack with an attack. 5. \( \text{k} \)ua: Parrying. Deflecting the incoming thrust. 6. \( \text{l} \)iao: Stirring Up. Washing. Sweeping or flicking off. Drop the sword point and carry the sword in a vertical cylinder around the body. 7. \( \text{c} \)ha: Piercing. Stabbing, thrusting, jabbing with the tip of the sword. 8. \( \text{l} \)u: Clawing. Scraping: \( \text{l} \)uo. Strike in a manner to pull. 9. \( \text{s} \)plit\( \text{t} \)ing. \( \pi \). To attack while holding the wrist flexed. 10. \( \text{c} \)h\( \text{a} \): Binding. \( \text{j} \)uan: Wrapping. \( \text{c} \)han: wrap, coil, wind around, bind up. 11. \( \text{s} \)han: Fanning. \( \text{t} \)an: to open or spread out, uppercut slash. 12. \( \text{l} \)an. Blocking, Obstructing. To block with the sword. 13. \( \text{h} \)ua: Shaving. Press the inverted blade forward, left hand in support."

Yang Style Broadsword Swordplay includes the following Thirteen
Martial Arts Techniques for the Cane or Short Staff

Techniques: Splitting (Pi), Chopping (Kan), Snapping (Beng), Blocking (Lan), Spiralling (Chan), Vibrating or Shaking (Dao), Cutting or Sissoring (Jian), Waving Like Clouds (Yun Shou), Blocking or Intercepting (Jie), Smearing or Diffusing (Mo), Stabbing (Cha), Flicking (Tiao).

"Tai Chi Saber techniques include chop, split, cut, intercept, uppercut, downward cut, thrust, winding, blocking, withdrawing, sliding, slicing, and peeling." In the form one movement has many techniques and it is very difficult to distinguish each one in the movement. Follow the intent of the saber skill, saber technique, and saber movement. Practice the 13 techniques.
- Master Yang Zhen Duo, Yang-style Broadsword


"Laojia Chen style Taijiquan features one major broad sword (knife) form, consisting of 23 postures. The 13 techniques found in the form include chopping, chopping with the back, crossing, cutting, dodging, flicking, hanging, intercepting, lifting, piercing, splitting, sweeping, and ward-off. It stresses the coordination of hands, eyes, body and footwork. Originally, the form comprised of 13 postures,
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and was expanded to 23 by the noted Master Chen Zhao Pei in the 1930s."
- Chen Family Taiji Broadsword

Sword Techniques for the Taijiquan Broadsword (Dao, Saber, Ox Tail Saber).

1. **Slice** (Che, Qie1). 2. **Chop** (Kan, Kan2). 3. **Block** (Lan, Lan2). 4. **Intercept** (Lan, lán jié). 5. **Hack** (Pi, Pi1). 6. **Stab** (Ci4, Zha1, Qi4, Chi3).

Resources: Bibliography, References, Links
Martial Arts Techniques for the Cane and Short Staff
Prepared by Michael P. Garofalo, M.S.

Martial Arts Techniques for the Cane and Short Staff. By Michael P. Garofalo, M.S., Valley Spirit Taijiquan, Red Bluff, California. March 2009. 100Kb. Includes Strikes - Two Hands, Strikes - One Hand, Blocks - Two Hands, Blocks - One Hand, Sweeps, Pull Downs, Chops, Jabs, Pokes, Punches. The document provides a bibliography, links, and resources. The document includes a brief description for each short staff and/or cane technique. Specific citations to standard reference works are provided for each technique. Directional schemes, counting in various languages, and various school charts for techniques.

Lang: **Strikes with the Stick and Cane**. 60 strikes are described by Tom Lang. 87Kb, PDF.

Shuey: **The Cane: Beginning and Intermediate Levels**. Cane Masters International Association. "This spiral bound manual touches on the warmups and stretches of the cane, in addition to beginning and intermediate levels of self defense. Over 200
Martial Arts Techniques for the Cane or Short Staff

pages of text and images based on the first three instructional videos. Written by Grand Canemaster Mark Shuey, Canemaster Bruce Vinciguerra and Canemaster David Kelly." Black and white photographs and descriptions of all cane techniques.


**The Shaolin Cane: Weapon of Self Defense.** Instruction by Ted Mancuso. Instructional DVD, 60 minutes. Plum Publications. "In this presentation Ted Mancuso, our resident Kung Fu instructor, utilizes a traditional Shaolin cane set taught to him by one of his teachers, Kwong Wing Lam, to explore the very nature of weapons work. Introductory remarks bring new points to light about the usefulness of weapons work especially, with simple, easily available instruments. Among the topics covered, Mr. Mancuso discusses and demonstrates: Basic strikes and their applicability to all weapons. Grips and the "flexible hand" concept. The traditional Northern Shaolin Boxing Cane form. In-depth stepwise breakdowns of each section of this fast and mobile form. Examples of applications, including running commentary explaining more than just the movements but the reasoning behind cane defenses.

Sword and Broadsword Techniques

**Way of the Short Staff.** By Michael P. Garofalo, M.S. Green Way Research, Valley Spirit Taijiquan, Red Bluff, California. A detailed and annotated guide, bibliographies, lists of links, resources, instructional media, online videos, and lessons. Includes numerous lists of movements for short staff forms, e.g., Eight Immortals Cane I form, Northern Energy Taiji Cane form, Wudang Tiger Tail short staff form, Chen Taijiquan short staff form, etc. 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. 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." Updated on a regular basis since October 2008. File size: 315Kb. Related to Mike's popular webpage on the Staff.
Cloud Hands Taijiquan. By Michael P. Garofalo, M.S.

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