

Chen Shen-Pu's Taijiquan Short Staff 74 Movements Form

Created by Grandmaster Chen Shen-Pu, 1902-2000

As taught by Shifu Jiang Jianye, 1950-

List of Movements and References



Part 1

Lesson 1, Movements 1-7

1. Starting Position N12
2. Step Backward Twice (E3) and then Lift Staff W9
3. Step Left Foot Forward and Shovel Staff W9
4. Step Right Foot Forward and Shovel Staff W9
5. Step Left Foot Forward and Shovel Staff W9
6. Step Right Foot Forward and Shovel Staff W9
7. Step into a Left Bow Stance and Jab the Staff W9

Lesson 2, Movements 8-10

8. Strike with right bow stance
9. Strike down with rest stance
10. Turn body and strike down with rest stance

Lesson 3, Movements 11-14

11. Sweep staff to right corner
12. Sweep Staff to left corner

13. Turn body around and sweep staff to right corner
14. Sweep staff to left corner

Lesson 4, Movements 15-18

15. Turn body around with left toe point stance
16. Snap staff with right bow stance
17. Chop staff with left bow stance
18. Point staff with left knee up

Lesson 5, Movements 19-24

19. Hide staff with one leg standing
20. Thrust staff with right bow stance
21. Chop staff with squat stance
22. Lift staff with knee up
23. Chop down staff with right bow stance
24. Pull staff back with right bow stance

Lesson 6, Movements 25-28

25. Jab staff with right bow stance
26. Strike staff with right bow stance
27. Jab staff down with cross legs
28. Sweep staff with horse stance
29. Push down with empty stance

Lesson 7, Movements 29-34

30. Push palm up with left knee up
31. Sweep staff with right bow stance
32. Sweep staff with cross legs
33. Chop staff with right bow stance
34. Jab staff with right bow stance

Part II

Lesson 8, Movements 35-40

35. Turn body and cover staff with left bow stance

36. Cut staff down with right knee up
37. Sweep staff with right knee up
38. Jump push staff down with rest stance
39. Turn body over and sweep staff with right bow stance
40. Chop staff with one leg standing

Lesson 9, Movements 41-50

41. Turn body and chop staff
42. Turn body around and hold staff with left bow stance
43. Block staff with right bow stance
44. Sweep staff with right bow stance
45. Carry staff with cross legs
46. Sweep staff with horse stance
47. Push staff down with empty stance
48. Strike staff with right bow stance
49. Jab staff with left bow stance
50. Turn body and jab staff with right bow stance

Lesson 10, Movements 51-57

51. Sweep staff down with right bow stance
52. Pull staff back with right knee up
53. Push staff up with right knee down
54. Kick right foot with heel and push staff up with right knee down
55. Step forward and circle staff
56. Sweep staff back with right bow stance
57. Lift staff with left empty stance

Lesson 11, Movements 58-65

58. Strike staff with left foot
59. Strike staff with right foot
60. Strike staff with left foot
61. Strike staff with right foot
62. Push staff down with left low stance
63. Switch hand and push staff down with left bow stance
64. Push staff with left bow stance
65. Push staff down with left bow stance

Lesson 12, Movements 66-74

66. Step back and strike staff left side
67. Step back and strike staff right side
68. Step back and strike staff left side
69. Step back and strike staff left side
70. Push staff down with left bow stance
71. Circle staff and push down with left bow stance
72. Sweep Staff and push down with rest stance
73. Jump and jab staff with right bow stance
74. Closing position

References

Chen Shen-Pu's Tai Chi Short Staff 74 Movements Form

Taught by Shifu Jiang Jian-ye, 1950-. The title on the DVD is "Traditional Chen Family Tai Chi Short Staff." This 74 movement form was created by Grand Master Chen Shen-Pu, 1902-2000. Part 1, Movements 1-34; color, 120 minutes. Part 2, Movements 35-74; color, 121 minutes. Available in DVD or VHS format, for about \$45.00 US each. Vendors: [WLE](#), [Wayfarer](#), [Jiang](#). Produced by Shifu Jiang Jian-ye of the Capital District Tai Chi and Kung Fu Association of New York, 29 West Dillenbeck Drive, Albany, NY 12203, c 2000. Website: [Jiang's Tai Chi Videos](#).

"This is an elegant, dynamic form with many techniques. Good physical skills are recommended to learn this 74 movement form. Includes a short clip of the creator at age 94. Following warm-up exercises, movements are repeated 3-4 times, depending on the difficulty. There are front and back views at slow and regular speeds. There are also reviews of segments, front and back." ¹ "Master Chen Shen-Pu used his extensive training in external and internal forms such as Tai Chi, Xing Yi, Bagua Zhang and Wushu to create this short staff form. A lesser known form, it is still a key ingredient to the Chen stylists repertoire."² This form is for the 13 hands short staff. [Discussion](#)

Chen Tai Chi Short Staff: [List of Movements](#) of 74 posture short staff form created by Master Chen Sheng-Pu; prepared by Gary McClellan. Chen Shen-

Pu's Taijiquan Short Staff 74 Movements Form, List of Movements and References prepared by Michael P. Garofalo.

I have not found any references in any standard Chen Family Taijiquan sources that state that Chen Shen-Pu's Taijiquan Short Staff 74 Movements Form, or other short staff or cane forms, are part of the Chen Family Taijiquan repertoire as are pole and spear forms.

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: 300 Kb. Related to Mike's popular webpage on the Staff.

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