

Traditional Tai Chi Eight Immortals Cane Routine One, Based on the Yang Style of Taijiquan

Source: Master Jesse Tsao

Lesson 1, Movements 1-4

Instructions



1. Opening Movement

Stand with cane in right hand, feet together. The cane is placed in front and to the right of the right foot. Step out to the left to less than a shoulder width stance, with heels and toes aligned. Sink weight down into the bent knees. Trace the Taiji logo (*Taiji Tun*) with the left hand: circle counter-clockwise upward, make an S curve down and drop weight down. Lift cane up and grab with both hands at chest height. Hold the cane in both hands, turn torso to NW11, but not feet, and then gently push cane towards NW11, with the crook tip facing the opponent.

2. Strike the Gong

Draw (sweep) the cane tip from left to right and turn the torso to the right to face E3. Look towards N12. Bring the cane to the right side of the body, waist height, tip facing forward. Step out with the left foot in the direction of N12. Jab with tip of cane towards the upper torso of an opponent standing at N12. This movement has a bit more aggressive energy (*Fa Jing*) in the forward jab.

3. Paddle across the Lake

a) Chop Down with the Crook of the Cane

Trace a clockwise circle with the tip of the cane, then draw the tip down and towards the chest. Chop down with the crook end of the cane forward towards N12. The side of the crook is held horizontal to floor. The body faces towards N12. Draw the left foot back a bit.

b) Outside Block to the Right

Draw the left foot back to next to the right foot, then step diagonally with left foot forwards towards NW11. Block upward to the right side in the direction of E3, holding the cane in the right hand near the crook end. The left hand is held high towards N12 with the palm open and facing out.

4. Grasping the Sparrow's Tail

Ward Off, Rollback, Press, Push

a) Ward Off (*Peng*)

Draw the cane back to the body at about waist height and grasp cane with both hands. Draw the right foot back to beside the left foot. Step out with the right foot in the direction of SE4. Move the cane from waist upward in a Ward Off (*Peng*) movement. End with torso facing E3.

b) Rollback (*Lu*)

Pull the cane back to left side of body, holding the cane with two hands. This is the Rollback (*Lu*) movement. The torso turns more to face NE1.

c) Press (*Ji*)

Turn the torso back towards facing E3. Push the cane forward, at chest height, towards E3.

d) Push (*An*)

Step back with the right foot to the left foot, and then step forward to SE4. The cane circles back and down prior to pushing forward in the direction of SE4. This movement has a bit more aggressive energy (*Fa Jing*) in the forward push. The left foot moves a little forward on the Push (*An*). Both hands grasp the cane with the palms facing

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down. The crook faces SE4 forward towards the opponent. Gaze towards SE4. Assume a right bow stance, with more weight into the right leg.

References:

Traditional Tai Chi Eight Immortals Cane, Routine One. Demonstrated by Master Jesse Tsao. Instructional DVD, 64 minutes. Produced by Tai Chi Healthways, San Diego, 2008. Routine One is based on the Yang Style of Taijiquan. Master Tsao developed this cane form himself, with grandmaster Zhu Tiancai's support.
Website: <http://www.taichihealthways.com>

Taijiquan Cane (*Zhang, Guai*) and Short Staff (*Gun*): Bibliography, Links, Resources, Instructions. By Michael P. Garofalo. 245KB, 2008.
Webpage: <http://www.egreenway.com/taichichuan/jostaff.htm>

Traditional Tai Chi Eight Immortals Cane, Routine One.
Lessons for students at the Valley Spirit Taijiquan Center, in Red Bluff, California. Presented by Michael Garofalo, M.S..

List of Movements and Instructions:

<http://www.egreenway.com/taichichuan/EightImmCaneList1.pdf>

Lesson Two, Descriptions of Movements 6 - 9

<http://www.egreenway.com/taichichuan/EightImmCaneLesson2.pdf>

Lesson Three, Descriptions of Movements 10 - 11

<http://www.egreenway.com/taichichuan/EightImmCaneLesson3.pdf>

Lesson Four, Descriptions of Movements 12 - 14

<http://www.egreenway.com/taichichuan/EightImmCaneLesson4.pdf>

Cloud Hands Taijiquan. By Michael P. Garofalo, M.S. Website:

<http://www.egreenway.com/taichichuan/index.htm>.

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