

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

Source: Master Jesse Tsao

## Lesson 2, Movements 5-9

### Instructions



### 5. Single Whip

#### a) Hook to Left

From the right bow stance, start to shift the weight into the left side of the body in the direction of NW10. Slide the left hand to the bottom tip of the cane. Switch the right hand so as to grip the cane with the right palm facing upwards. As the weight shifts to the left side, pull the cane down and to the left side – as if hooking the cane around the opponent's neck and pulling to the left side NW10. Stop movement when the right hand is about at chest height. Torso facing N12, with weight more on the left leg.

#### b) Strike to Right

Reverse the right hand so that it is grasping the cane in the middle of the cane with the right palm down. Strike to the opponents face with the hook end of the cane to the right towards E3, as the body weight shifts back to the right side. The hook faces upwards.

#### c) Single Whip

Draw the left foot back in towards the right foot. Turn the torso to face towards W9. Step out with the left foot diagonally in the direction of W9. Circle the left hand down and clockwise and then push palm towards W9. The right hand holds the cane in the center, draws the cane to about shoulder height, hook end facing up, with the tip end facing towards W9. Take a left bow stance with more weight in the

## **Eight Immortals Taijiquan Cane Form, Yang Style, Lesson Two, Movements 5-9**

left leg. Look towards W9. This is the familiar position of Single Whip in the Yang Style of Taijiquan.

### **6. Needle Poking Up**

#### a) Poke Knee

Draw the cane down, then poke cane into opponent's knee in the direction of W9, as the left hand moves to the center of the chest to protect the heart. Maintain a left bow stance. The torso faces W9.

#### b) Block in Front of Face

Shift weight back into the right leg as the cane lifts up to diagonally block an attack to the face. The tip of the cane faces SW7 and the right hand is about chest height outside the body. The left arm moves down slightly to protect ribs on the right side of the chest. The torso faces NW11. Look in the direction of W9.

#### c) Strike Back to the Right

Strike backwards with the tip of the cane in the direction of NE2 to the right side. The torso faces N12. Right bow stance with more weight in the right side.

#### d) Needle Poking Up

Draw the cane in a clockwise circle down and to the left as the weight shift into the forward left leg. Pivot on the right heel. Ward of with left hand. Bring the right foot forward into a right empty stance, foot facing to W9. The cane tip snaps upward to attack opponent's groin or abdomen, and with the right hand at stopping at waist height. Torso faces W9. Look in the direction of W9.

### **7. White Cranes Spreads Its Wings**

Step back with right foot, then step back half step with left toe into a left empty toe stance, with weight in the right leg. As the legs move into the new position, the right hand turns the cane in a counter-clockwise circle and then brings the right hand up to about head height on the right side, with the cane tip facing down. The left hand moves to a position to the side of the left hip. The torso faces W9. Look in the direction of W9. The final position is the familiar "White Crane Spreads Its Wings" from the Yang style of Taijiquan.

## **8. Brush Knee**

The left hand grabs the cane in the middle. Turn the cane tip in a clockwise circle and then sweep across the body to the left side. Step forward with the left leg into a left bow stance. Turn the cane over and attack opponents head towards W9. Torso faces W9. Look towards W9. Weight settles into the left leg. Compare with movement 3a above, "Chop Down with Hook."

## **9. Playing the Guitar**

Step forward a half step with the right foot. Draw the left foot back with left heel on the floor. This is a left empty heel stance; with weight in back right leg. At the same time as the legs take the new position, draw the hook end of cane with the right hand towards the waist, and strike upwards from left to right with the tip of the cane towards the opponents right cheek. End facing W9. Look in the direction of W9. The final position is the familiar "Playing the Guitar" or "Playing the PiPa" from the Yang style of Taijiquan.

### **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, Quotations, Lore, Lessons, Terms, Instructions. By Michael P. Garofalo. 245KB, 2008. Webpage: <http://www.egreenway.com/taichichuan/jostaff.htm>

## **Eight Immortals Taijiquan Cane Form, Yang Style, Lesson Two, Movements 5-9**

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 One, Descriptions of Movements 1-5

<http://www.egreenway.com/taichichuan/EightImmCaneLesson1.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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