

# **Eight Immortals Taijiquan Cane**

## **Routine One, Based on the Yang Style of Taijiquan**

### **As Taught by Master Jesse Tsao**

## **List of Movements**

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1. Opening Movement                 | 19. Part Wild Horse's Mane    |
| 2. Strike the Gong                  | 20. Apparent Close            |
| 3. Paddle across the Lake           | 21. Single Whip               |
| 4. Grasping Bird's Tail             | 22. Cloud Hands               |
| 5. Single Whip                      | 23. Single Whip               |
| 6. Needle Poking Up                 | 24. White Snake Flicks Tongue |
| 7. White Crane Spreads Wings        | 25. Cross-Over Cane Hit       |
| 8. Brush Knee                       | 26. Push Boat along the River |
| 9. Playing Guitar                   | 27. Circle the Lasso          |
| 10. Diagonal Flying                 | 28. Flash Arms                |
| 11. Deflect, Parry and Jab Cane     | 29. Whacking Strikes          |
| 12. Dragon Swirling Tail            | 30. Cat Pounces on Mouse      |
| 13. Needle Hiding in the Lotus Leaf | 31. Taming Tiger              |
| 14. Wrap Cane around Head           | 32. Cane Whacks Head          |
| 15. Fair Lady Works Shuttle         | 33. White Tiger Sweeps Tail   |
| 16. Circle Sweep, High Pat on Horse | 34. Cane Guards Heart         |
| 17. Wild Horse Kicks Out Hoof       | 35. Immortal Points a Way Out |
| 18. Blue Dragon Out of Water        | 36. Closing Form              |

Arrangement of Lessons: Lesson One, Movements 1 – 4. Lesson Two, Movements 5 – 9. Lesson Three, Movements 10 – 11. Lesson Four, Movements 12 – 14. Lesson Five, Movements 15 – 16. Lesson Six, Movements 17 – 21. Lesson Seven, Movements 22 – 24. Lesson Eight, Movements 25 – 27. Lesson Nine, Movements 28 – 32. Lesson Ten, Movements 33 - 36

“Traditional Tai Chi Eight Immortals Cane, Routine One.” Routine One is based on the Yang Style of Taijiquan. Instructional DVD, 64 minutes, with lessons by Master Jesse Tsao of Tai Chi Healthways, in San Diego, California.

Eight Immortals Taijiquan Cane, Routine One (Yang Style). Lessons for students at the Valley Spirit Taijiquan Center, in Red Bluff, California, presented by Michael Garofalo, M.S. Webpage: <http://www.egreenway.com/taichichuan/EightImmCaneList1.pdf>

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