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

## Arrangement of Lessons:


“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](http://www.egreenway.com/taichichuan/EightImmCaneList1.pdf)

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