

Northern Energy Taiji Cane

Beifang Qi Taiji Zhang

Created by James Bouchard

List of Movements, Instructions, Comments, and Bibliography by Mike Garofalo

List of Movements and Directions



[First, purchase the instructional DVD produced by James Bouchard. You *must* have this instructional DVD, and the guidance of James Bouchard therein, to learn this Northern Energy Taiji Cane Form.]

Opening

Shift Rooting to Reveal Weapon

Being in a horse stance, FN12 = Face North 12 o'clock. The cane is in the R (R=Right) hand on ground in center of body. Draw L (L=Left) foot to R foot then back. Draw R foot to L foot then back to horse stance. FN12.

Block Like a Roof

Lift R hand to above head, crook facing up, with the cane tip down and place back of L hand behind cane. Draw R foot to L foot, then step out with the R foot into a low R side bow stance. Turn torso from W9 to N12, FN12, with tip facing N12. Turn waist back to FW9, as the R foot moves to L foot.

Starting Position

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Step back with the R foot into a wide horse stance. Draw cane down laterally to hold in R hand by crook top, with the tip on ground in front of R foot. L hand moves to protect chest with the L hand fingers up. FN12

Section 1

Cobra Strikes

Step with R foot into L foot then step out with the R foot to R diagonal (NE1.5). As R foot comes to L foot the cane moves from R to L side with a low sweeping block, as the cane tip points down. As the R foot steps to the R diagonal NE1.5, then the cane is draw back along the L side of body and then fan blocks upward from L to R as the L hand strikes/pushes forward towards N12, ending in a R bow stance. Step forward with R foot in the direction of N12, as the cane moves back and down and then strikes the opponents groin in the direction of N12, ending in a L bow stance with the heels in a straight line to N12. The L empty hand remains extended forward to N12.

The movements are very slow, deliberate, flowing and graceful. Torso is erect. Depth of stances are not deep – comfortable and strong.

Hook, Throw and Lock

Turn torso and begin to move in the direction of E6.

Diagonal Flying Move W9

Strike and Hammer FS6

Return to Starting Position FS6

Section 2

Saber Cane FS6

Locking Legs

Strike and Hammer FS6

Single Whip

Dragon Whips Its Tail Move W9

Strike and Hammer FS6

Single Whip FS6

Leaping Dragon

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Strike and Hammer

Return to Starting Position FN12

Section 3

Sting Like a Bee MN12

Double Jump Kick MN12

Yin/Yang Hook and Strike MNW

Yin/Yang Hook and Strike MNE

Figure Eight Twirl FN12

Return to Starting Position FN12

Close Form

Wuji FN12

References

Beifang Qi Taiji Zhang

Instructional DVD, 54 Minutes, 2006. Tai Chi Cane Kata. Developed by James Bouchard. "Beifang Qi Taiji Zhang means 'Northern Energy Taiji Cane.' This exciting original form was created to introduce the cane to Taiji practitioners, and to introduce Taiji principles to martial artists interested in the cane. Beifang Qi includes sets of "Qigong" or "energy exercises", multiple views of the form and a complete section on basic applications. Each movement is named for easy reference and the DVD version includes interactive menus. Beifang Qi Taiji Zhang is appropriate for novices, yet experienced martial artists will find new levels of understanding. Endorsed by Cane Masters International." [Video Clip](#)

This DVD also includes a warm up Qigong routine that is useful for everyone. It will be of special interest to those who practice the Eight Section Brocade Qigong form. There are eight movements in the Beifang Qi Qigong form: 1. Lifting the Sky, 2. Press Earth and Sky, 3. Drawing the Bow, 4. Look Over Shoulder, 5. Touch the Earth, 6. Bear Swims with Cane, 7. Willow Tree Stretch, and 8. Wave Away Demons.

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Power from the Ground
Directed by the Waist
Manifested in the Hands
Flowing into the Weapon

Basic Foundation of the Cane

By Grandmaster Mark Shuey, Sr., Founder of Cane Masters. Instructional DVD. "As the "backbone" of our self defense techniques, this video shows all the blocks, strikes, punches, twirls, swings, etc. in the Cane Masters system demonstrated both right and left handed. If you are serious about learning how to use the cane, this video is a must!" Cane Masters Instructional Video Series, Volume 2, Blocks, Strikes, Swings, Jabs and More.

The Cane: Beginning and Intermediate Levels

Cane Masters International Association. "This spiral bound manual touches on the warmups and stretches of the cane, in addition to beginning and intermediate levels of self defense. Over 200 pages of text and images based on the first three instructional videos. Written by Grand Canemaster Mark Shuey, Sensei Bruce Vinciguerra and Canemaster David Kelly."

Way of the Short Staff

By Michael P. Garofalo, M.S. Green Way Research, Valley Spirit Taijiquan, Red Bluff, California. A detailed and annotated guide, bibliographies, lists of links, resources, instructional media, online videos, and lessons. 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. 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." Updated on a regular basis since October 2008. File size: 335 Kb. Related to Mike's popular webpage on the Staff.

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Cane Research Project at Valley Spirit Taijiquan

Self-Defense Arts and Fitness Exercises Using a Cane or Walking Stick

All documents were created by Michael P. Garofalo, M.S.

Published by Green Way Research, Valley Spirit Taijiquan, Red Bluff, California, 2009

These documents normally include a list of the movement names in the specific cane or short staff form and final direction to face in each posture/movement. Some documents provide detailed descriptions of each of the postures or movement sequences. All documents include some commentary, notes, and a bibliography of books, media, and links. Many of these documents are in Adobe PDF read/print only format. Some of these documents are still works in progress.

Bodhidharma's Shaolin Cane (Damo Cane, Shaolin Damo Kung Fu Cane). As taught by Master Shi Deyang. 21 Postures/Movements in 3 Sections.

Cane Research Project at Valley Spirit Taijiquan. Studies in the Cane, Walking Stick and Short Staff. Current list of cane research.

Cloud Hands Taijiquan

Chen Taijiquan Broadsword Form. As taught by Grandmaster Chen Zenglei. 23 Postures/Movements. Practice with cane. List of Names.

Chen Shen-Pu's Taijiquan Short Staff. Created by Grandmaster Chen Shen-Pu, and taught by Shifu Jiang Jian-ye.. 74 Postures/Movements. List of Names.

Eight Immortals Taijiquan Cane, Routine One, Yang Style of Taijiquan. As taught by Master Jesse Tsao. 36 Postures/Movements. List of Names.

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How I Use Instructional DVD's to Learn Cane Forms.

Martial Arts Techniques for the Cane and Short Staff. Lists, Notes, and Commentary.

Northern Energy Taiji Cane (Beifang Qi Taiji Zhang). As taught by Sensei James Bouchard. Postures/Movements.

Shaolin Cane. As taught by Shifu Ted Mancuso. Postures/Movements. Detailed descriptions.

Standard Simplified Yang Style Sword Form. 32 Postures/Movements. Detailed descriptions. Practice with a cane.

Tchoung Ta-Tchen Cane. Created by Grandmaster Tchoung Ta-Tchen. 33 Postures/Movements. List of Names.

Way of the Short Staff. Comprehensive bibliography of books, media, links, and resources. Includes research on cane, short staff, walking stick, *jo*, etc..

Way of the Staff. Comprehensive bibliography of books, media, links, and resources. Includes research on the staff, *bo*, *gun*, quarterstaff, pole, etc..

Wudang Tiger Tail Short Staff . As taught by Shifu Jiang Jian-ye. 48 Postures/Movements in this Wudang Mountain Taoist Short Staff Form. List of names.



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General Notes and Comments

I use a 40" hickory heartwood combat cane; and, adapt all other short staff, sword, broadsword and staff routines and techniques for practice and performances with this cane. The only weapon I practice with anymore is this wooden cane; and the only weapon I teach in my Taijiquan classes is the cane. Also, whenever I take a long walk, anywhere, I bring my cane along.

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March 14, 2009