

Shaolin Kung Fu Cane

Based on the Teaching of Ted Mancuso

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

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List of Movements, Directions, and Descriptions



[You will need to [purchase](#) the instructional DVD produced by Shifu Ted Mancuso, from Santa Cruz, California. You must have this excellent instructional DVD, and the guidance of Shifu Ted Mancuso therein, to learn this Shaolin Kung Fu Cane Form. This inexpensive instructional DVD is now available from [Plum Publications](#) and [Amazon](#).]

List of Movements, Directions, and Descriptions

Lesson 1

Move from South to East

1. Chop the Left Side of the Opponent's Neck or Shoulder

In the beginning posture, stand with the feet separated to about shoulder width, and with the cane (*zhang*) in the middle of the legs held by the right hand with the left hand on top. Face the body towards S6. The beginning posture is relaxed and alert, eyes gazing forward. Both feet face to S6. There is no salutation movement sequence in this Shaolin Kung Fu Cane routine as you see in many other Shaolin short wooden walking stick routines (*gun bang shi*) or cane routines (*zhang shi*).

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Turn to the left and look towards E9. Draw the left fist to the waist. Pivot on left heel and turn toe to face E3. Draw the cane up in a clockwise movement to above the head. Step out with the right leg into a right bow stance as the cane chops to the left side to attack the opponent's head. The left hand moves up to head level, open palm facing outward for an upper block. Face E3.

Technique terms: Split, *Pi*; Hack, Chop, *Kan*.

2. Block Low to the Right Side

Draw the left hand down to touch the right wrist. Bring the right foot back to the left foot. Slide the left hand in a clockwise movement to the right pectoral and then out to E3. Step back towards SW8 with the right foot into a 'Bud Way' stance (kind of a reverse bow, with the weight in the bent back right leg, right foot at SW8 and left foot at E3, with the left leg very straight). Draw the cane in a clockwise manner one full circle and a quarter. The cane ends at slightly below waist level with the right hand at SW7. As the cane circles and the weight is drawn back into the back right leg, the left arm extends directly forward towards E3 with the palm open and the fingers facing up at about chin height (strike out with a left willow). Look towards E3.

Technique terms: Block, *Lan*; Intercept, *Jie*.

Lesson 2

Move to the East

3. Chop the Left Shin or Knee of the Opponent

We step forward with the right leg as we move towards E3. Draw the left hand to the right pectoral as the right hand lifts the cane up and around the head in a circle (circle from left side of head, behind the head, to the right side of the head) then chop down towards the left side. Both hands come down to hold the cane as the chop to the leg is delivered. The body squats down a little in the end, right leg forward, as two hands hold the cane. Look towards E3.

Technique terms: Split, *Pi*; Hack, Chop, *Kan*.

4. Thrust Cane into the Groin of the Opponent

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The cane is immediately thrust forward towards E3 to attack the groin or the kneecap of the opponent or the solar plexus. The cane is held with one or two hands. The right foot slides forward a little. You end in a medium width horse stance as the jab to the groin or kneecap is delivered. The center of the torso faces N12, the feet point to N12, and we look towards E3. I use the terms “thrust, jab, and poke” somewhat interchangeably to refer to striking forward with the tip end of the cane while holding the crook end of the cane with one hand or with two hands.

Technique terms: Thrust, Stab, *Ci* (Su); Pierce, *Zha*; Poke, *Chou*; Point, *Dian*.

5. Strike Down on the Opponent’s Head or Shoulder

Draw the cane in a clockwise circle on the left side of the body as you rise up on the right leg. As the cane completes the circle and strikes down on the head of the opponent, the body takes a Crane form and lifts the left leg up high with a bent left knee. The left hand ends with a block, palm facing outward, wrist flexed, slightly above the head. The right hand attacks to split downward towards E3, and we look in the direction of E3. The torso faces NE2.

Technique terms: Split, *Pi*; Hack, Chop, *Kan*.

Lesson 3

Move to the West

6. Strike Down on the Opponent’s Head or Shoulder

Step back with the left leg in the direction of W9, and the left arm is thrust forward towards W9 with open palm and fingers up. You are now in a left bow stance. Then move the right leg forward to slightly behind the left foot in a “twist stance or hidden foot stance.” As the right foot moves forward, swing the cane over the head and then strike down on the opponent’s head. Face and look towards W9. The knees are slightly bent in the twist stance, and the front of the torso faces towards S6.

Technique terms: Split, *Pi*; Hack, Chop, *Kan*.

7. Strike Upward into the Opponent’s Face

Step forward with the right foot in the direction of W9. End in a right bow stance. As the foot moves forward the cane strikes in a downward then

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upward arc from E3 to W9. The left hand ends by touching the right bicep; or, is held back with the fingers pointing down towards SE5. Look towards W9. The right bow stance is quite deep with a long extension of the right arm. Technique terms: Lifting Strike, Uppercut, Lift Up, *Liao*; Upwards Stroke, *Ti*.

8. Punch Opponent's Face with Crook

Step back with the left foot into a left empty stance (cat stance) as the cane is draw back to the body and then the tip of the cane moves to the right side of the body, with the tip at about shoulder height. The cane moves in a clockwise manner or flips from low to high. The left hand touches the right hand, the right hand faces palm upward. Step forward towards W9 with the right foot into a right bow stance. As you step forward thrust the cane forward to strike with the crook end of the cane, maintaining the same angle of the cane. The left hands blocks high to the left. You are hitting with the crook towards the solar plexus or face of the opponent. Face and look towards W9. Technique terms: Hit, strike, *Ji*; Punch.



Lesson 4

West

9. Strike Down to the Opponent's Head
10. Advancing Forward with a Spinning Cane Towards the Opponent
11. Strike Down to the Opponent's Head

Lesson 5

Move from West to East

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1. One
2. Two

Lesson 6

West

1. One
2. Two



Lesson 7

East

1. One
2. Two

Lesson 8

West

1. One
2. Two

Lesson 9

East to West

1. One
2. Two

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Lesson 10

East

1. One
2. Two

Lesson 11

West

1. One
2. Two

Lesson 12

Turn

1. One
2. Two

Lesson 13

East

1. One
2. Two

Lesson 14

East to West

1. One
2. Two

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Lesson 15

East

1. One
2. Two

Lesson 16

West

1. One
2. Two



Shaolin Kung Fu Cane List of Movement Names

Beginning Preparation Posture

1. Chop the Left Side of the Neck E3
2. Block Low to the Right Side E3
3. Chop the Left Shin E3
4. Thrust Cane into the Groin E3
5. Strike Down on Head E3
6. Strike Down on Head W9
7. Strike Upward into the Face W9
8. Punch Face with Crook W9

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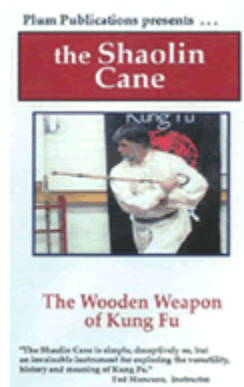
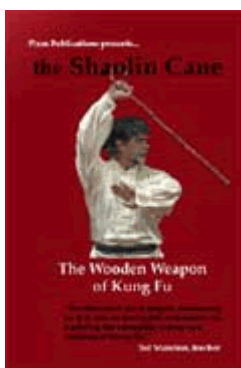
References and Notes

The Shaolin Cane: The Wooden Weapon of Kung Fu

Instruction by Ted Mancuso. Instructional DVD, 60 minutes. Plum Publications, Santa Cruz, California, © 2005. The DVD is available for purchase from [Plum Publications](#) and [Amazon](#). "In this presentation Ted Mancuso, our resident Kung Fu instructor, utilizes a traditional Shaolin cane set taught to him by one of his teachers, Kwong Wing Lam, to explore the very nature of weapons work. Introductory remarks bring new points to light about the usefulness of weapons work especially, with simple, easily available instruments. Among the topics covered, Mr. Mancuso discusses and demonstrates: Basic strikes and their applicability to all weapons. Grips and the "flexible hand" concept. The traditional Northern Shaolin Boxing Cane form. In-depth stepwise breakdowns of each section of this fast and mobile form. Examples of applications, including running commentary explaining more than just the movements but the reasoning behind cane defenses. According to this teacher, "Over the years students have come to me and say, - I'd like to learn the cane from you. When I ask why they always say something like, - For my father. He's getting old. At that point I have to explain to them that this is one of the most dynamic weapons sets in the entire Shaolin arsenal.

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After all, if you think about it handing a simple stick to a Kung Fu artists who can do sword, spear, whip and dagger is just like saying "anything goes." This is definitely not your grandfather's cane form." In this instructional DVD, the lineage of this particular Shaolin Cane form is given as: Ted Mancuso was taught by Lam Kwong Wing, who was taught by Yim Shang Mo, who was taught by Gu Ru Shang, who was taught by Yan Gi Wen, who was taught by Yan Di Gong, who was taught by Wang Bang Cai, who was taught by Gan Feng Chi, who was taught by Monk Zhao Yuan He Shang. Also, read the short essay by Ted Mancuso on The Shaolin Cane. VSCL.



Shifu Mancuso performs each movement sequence in a lesson four to five times, at slow, medium and fast speeds. The voice over narrative is clear, detailed, and informative.

Way of the Short Staff

By Michael P. Garofalo, M.S. 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. A detailed and annotated guide, bibliography, lists of links, resources, instructional media, online videos, and lessons. 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." Published by Green Way Research, Valley Spirit

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Taijiquan, Red Bluff, California. Updated on a regular basis since October, 2008. Filesize: 345 Kb.



Cane Research Project at Valley Spirit Taijiquan

Self-Defense Arts and Fitness Exercises Using a Cane or Walking Stick, or Short Wooden Staff

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 the final direction to face for each named movement sequence. Some documents provide detailed descriptions for each of the 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 movements in 3 sections.

Cane Research Project at Valley Spirit Taijiquan.

Cloud Hands Taijiquan Bibliographies, Instructions, Guides, Research in Taijiquan and Qigong.

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

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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 movements in 10 lessons. List of Names.

Eight Immortals Taijiquan Cane, Routine Two, Chen Style of Taijiquan. As taught by Master Jess Tsao. 36 movements in 10 lessons. List of Names.

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. 24 movements.

Shaolin Cane. As taught by Shifu Ted Mancuso. List of the Names of the movements, and detailed descriptions in 16 Lessons.

Standard Simplified Yang Style Sword Form. 32 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..

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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 movements in this Wudang Mountain Taoist Short Staff Form. List of names.

Yang Family Tai Chi Short Staff by Xu Minshan. As taught by Shif Jiang Jian-ye. 104 postures. List of names.



General Notes and Comments

I use a 40" pure 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.

I add comments about my research and practice with the cane to my Green Way Blog on a fairly regular basis.

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March 18, 2009