

# *Shaolin Kung Fu Cane*

## Based on the Teaching of Ted Mancuso

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

[Movements](#)   [Bibliography](#)   [Links](#)   [Source](#)   [Techniques](#)   [Cane](#)

## 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*).

# *Shaolin Kung Fu Cane*

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 'Pu Twei' 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. The left hand audibly slaps against the right wrist as the chop to the leg is delivered. The body squats down a little in the end, right leg forward, in Horse or a 'Pu Twei' stance. Look towards E3. Technique terms: Split, *Pi*; Hack, Chop, *Kan*.

## **4. Thrust Cane into the Groin of the Opponent**

# *Shaolin Kung Fu Cane*

The cane is immediately thrust forward towards E3 to attack the groin or the solar plexus of the opponent. The cane is held with right hand, with left hand at the chest. The right foot slides forward a little. You end in a medium width horse stance as the jab to the groin or chest 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. The cane moves in a clockwise arc until it is behind the back, right arm under the left arm, left hand at the right shoulder. 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*.

# Shaolin Kung Fu Cane

## 7. Strike Upward into the Opponent's Face

Lunge forward with the right foot in the direction of W9. End in a deep right bow stance. As the foot moves forward the cane strikes in a downward then upward arc (uppercut strike to opponent's chin) 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 turns over and 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/lunge 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

East

## 9. Strike Down to the Opponent's Head

# *Shaolin Kung Fu Cane*

Begin by stepping backward with the right leg, moving the right leg from W9 towards E3, and ending in a right bow stance. We are reversing our direction of movement towards E3 in this section/lesson. The cane is drawn behind the head and over the head in a clockwise arc and strikes downward on the opponent's head or shoulder. When the cane ends the strike, the left hand audibly slaps ("catch with the left hand") against the right forearm or wrist. End in a right bow stance, with the chest facing in the direction of E3. Technique terms: Split, *Pi*; Hack, Chop, *Kan*.

## **10. Advancing Forward with a Spinning Cane Towards the Opponent**

In this movement we spin the cane in a figure eight pattern as we walk quickly in the direction of E3. The cane begins by circling down to the left then up on the left side and over to the right, down, circling up. The right hand is held out from and in front of the body as the figure eight pattern is executed, and the left hand is kept close to and in front of the chest. You make 4 to 6 figure eight patterns in a rapid manner with the right hand at about chest height. Then you step back a half step with right foot and then step forward with the left foot. You begin making a number of quick and short steps, alternating feet, forward towards E3 as you continue to spin the cane in a figure eight pattern with the right hand at chest height. You make 3 to 5 steps as you rapidly spin the cane. The chest is facing E3 the whole time.

## **11. Strike Down to the Opponent's Head**

After advancing forward and spinning the cane, when your left foot is forward, plant the left right foot firmly, then turn the body 270° in a clockwise manner. You end up with the chest facing N12. You pivot and twist on the left foot (hidden step), and then lunge/step forward with the right foot into a right bow stance. The cane spins over the head and around the body and strikes downward to end at chest height with the tip of the can pointing towards E3. The left hand is stretched straight towards W9 at chest height in line with the shaft of the cane.

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

# *Shaolin Kung Fu Cane*

## **Lesson 5**

**Move from West to East**

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

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## **Lesson 9**

### **East to West**

1. One
2. Two

## **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

# *Shaolin Kung Fu Cane*

## **Lesson 14**

East to West

1. One
2. Two

## **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 S6**

1. Chop the Left Side of the Neck E3
2. Block Low to the Right Side E3
3. Chop the Left Shin E3

# *Shaolin Kung Fu Cane*

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
9. Strike Down on Head E3
10. Advancing Forward with a Spinning Cane E3
11. Strike Down on Head E3

## 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. 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

# *Shaolin Kung Fu Cane*

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 Taijiquan](#), Red Bluff, California. Updated on a regular basis since October, 2008. Filesize: 370 Kb.



# *Shaolin Kung Fu Cane*

## **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.

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.

# *Shaolin Kung Fu Cane*

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..

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.

# *Shaolin Kung Fu Cane*

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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