

Tchoung Ta-Tchen's Cane Form

Created by Grandmaster Tchoung Ta-Tchen

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

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List of Movements, Directions, Notes

Tchoung Ta-Tchen's Walking Stick Solo Form, Section One, Left Side, Right Hand



Tchoung Ta-Tchen's Walking Stick Solo Form, Section One, Left Side, Right Hand

[I based my descriptions of this solo cane form based on the performance by Gene Burnett from Ashland, Oregon. Order this inexpensive weapons DVD from [Mr. Burnett](#).]

1. The Immortal Points the Ways

Begin by facing N12, feet together, cane in the left hand pointing upward behind the left arm. Draw the right hand up to about chest height, then move the hand forward to point to N12. Move the hand back to the chest, look right, point to W9. Draw the arm from left to right, and then extend the right hand to point towards E3. Move the right hand back to the chest, then look left, step out with the right leg into a right bow stance, extend the right arm and point the right hand towards W9.

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2. The Snake Creeps Down

Reach forward with the right hand and transfer the cane from the left (Yin) hand to the right hand (Yang), a Yin/Yang Palms exchange. Draw the cane back to point towards E3 as the left hand guards the chest.

3. Thrust

Jab (poke, thrust) the cane to attack the opponents knee or shin in the direction of W9. Stay in a right bow stance, just draw the body weight from back leg (E3) to the front leg (W9). Left hand touches right elbow. End facing W9.

4. Embrace the Moon

Step forward with the right leg into a crouching cross leg stance (left leg in back). Rise upward as the cane is lifted in an arc from the left side of the body to the right side. Look towards E3. Lift both arms up the side to above the head. The cane points upward towards E3. The chest faces N12.

5. Chase the Birds Out of the Tree

Turn the body towards W9 as the left leg steps towards W9. The cane is pointed downward and behind the right side of the back with the right hand at head height. Step with right leg to bring both feet side by side pointing to W9. The cane then strikes (splits) downward, until the tip of the cane nearly touches the floor. The chest faces W9.

Draw the cane back to the waist then thrust the cane forward to strike the opponent in the groin or belly. Feet stay together. The left hand is near right elbow. The chest faces W9.

Step back with left leg into a left bow stance. Extend the left hand forwards towards W9 with the palm up. The cane is drawn

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inward and then blocks downward, cane horizontal. The chest faces W9.

Step back with the right foot to beside the left foot. Draw the cane to the left side of the body, waist height to block. Then swing the cane upward to the right side to chop strike the opponents head, and then let the cane swing behind the back and touch the right side of the upper back. Left arm extends outward to point to SE5. The chest faces W9.

Many of the names of the movements in this walking stick form are familiar to those practicing the Yang style Taijiquan hand, sword and saber forms. Saber forms are the most easily adapted to the cane or walking stick weapons forms. Many of the movements, despite the similarity of the names, are not the same movement sequences.

6. Strike Downward

Step towards S6 with left foot, toes pointing towards S6, then bring the right foot towards S6 and place it before the left foot with toes facing W9. As the feet are moved the cane strikes downward (splits). The left hand moves to waist height, with the palm facing downwards. The chest faces S6. Look towards W9.

7. Vertical Bouncing Stick and Thrust

Face W9

8. Block Knee and Disperse the Clouds

Face W9

Block knee and strike the temple.

9. Retreat to Ride the Tiger

Face SW8

10. Diagonal Slant Flying

Face NW10

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11. Retreat to Ride the Tiger

Face SW8

12. Horizontal Bouncing Stick and Strike

Face W9

13. The Snake Creeps Down

Face W9

Roll back

14. Thrust

Face W9

15. Embrace the Moon

Face S6

16. Thrust

Face W9

17. Retreat to Ride the Tiger

Face SW8



18. Hit the Tiger

Face W9

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19. Retreating Whirlwinds

Face W9 |

20. Spin to Watch the Rhino

Face E3

Spin and strike to rear

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21. Twist and Spiral Left, then Right

Face W9

Snake bites the ankle

22. Ride the Tiger and Thrust

Face SW8 then NW10

23. Walk the Circle

Face E3

Walk part circle, Circle to face east

Sweep left and right

24. The Cat Flicks it's Tail

Face E3

Angry cat wags tail

25. The Dragon Lashes it's Tail

Face E3

26. Block Down

Face NE2

Snake creeps down

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27. Hide the Cane and Advance

Face SE5

Thrust

28. Sweep Right and Left

Face W9

Circle to face west

29. The Cat Flicks it's Tail

Face W9

30. Double Downward Strike

Face W9

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31. Vertical Bouncing Stick

Face W9

32. Thrust

Face W9

33. Block the Knee and Disperse the Clouds

Face W9

Block the knee and strike the head

34. Diagonal Downward Strike

Face W9

35. Return the Cane to Safe Keeping

Face N12

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References and Notes

Tchoung Ta-tchen Walking Stick Form, Yang Taiji *Tuan Kun*. Grandmaster Tchoung Ta-tchen (1911-2000) taught in China, Taiwan, Vancouver, and Seattle. There is a right hand version and left hand version of this solo stick/cane form; and a partner form developed by Tchoung Ta-tchen's senior students. The walking stick forms are part of the *Tchoung* style of t'ai-chi ch'uan, a Yang style variant, developed by Grandmaster Tchoung Ta-tchen. Sifu Harvey Kurland and Sifu Andrew Dale, master instructors, teach this form. "Tchoung had a particular interest in studying the sword and stick forms. He learned several sword styles from the top masters of the day. The sword forms had names such as "Green Duckweed Sword", green bamboo sticks of the beggars style, Kun Lun (Kwin Lin) sword, Heaven and Earth sword, as well as the t'ai chi sword, double sword, as well as Yang and Wu t'ai-chi knife sets. He developed his own t'ai chi *Tuan Kune* or walking stick form which he taught to his students." - Harvey Kurland. *Kung Fu* magazine, August 1996. "The cane should be performed like you are using a whip. Quick in hand action and footwork. This form is the creation of Grandmaster Tchoung Ta-tchen. Based upon the pattern of the San Tsai Jian (Three Powers Sword). This form combines two other styles he studied from a Taoist martial arts teacher: the Beggar's Bamboo stick and the Green Duckweed stick." Section One is the right hand side, Section Two the left hand side, and Section Three is "actually the Bagua Cyclone Saber Form which adapts very easily to the cane applications." - Xin Qi Shen Dojo, Yang Taiji Tuan Kun. There is a list of movement names, 37 movements, Taiji Tuan Kun, Section One, from Xin Qi Shen Dojo. The Xin Qi Shen Dojo (Wuji.com) in Seattle now offers a Yang Taiji Weapons demonstration DVD, which includes a demonstration of the solo cane form, according to their Winter 2009 Newsletter. There is a list of the movement names, Solo Cane Form (33 movements), and the Partner Cane Form (15 movements) from Gene Burnett, from Ashland OR. Gene Burnett offers a demonstration DVD of the Taiji Weapons in this style of Taijiquan which includes multiple repetitions, from different angles, of the solo and partner cane form (VSCL). There is a list of the movement names for Tchoung's Solo Walking Stick Form, Section One, Left Side, Right Hand, 35 movements, including directions, notes and a bibliography by Mike Garofalo.

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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: 365 Kb.

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. Many 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.

Cloud Hands Taijiquan

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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.

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 Walking Stick Form. Created by Grandmaster Tchoung Ta-Tchen. 35 movements. List of names, directions, notes.

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

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Postures/Movements in this Wudang Mountain Taoist Short Staff Form. List of names.



General Notes and Comments

I have only seen this form done with a straight walking stick of about waist height. Gene Burnett told me that “Tchoung generally liked a straight cane that tapered to a smaller tip. He also liked there to be a bit of a knob at the big end with a slight indentation at the base of this knob. He liked them about T'ai-Tien height from the ground. The wood should be strong but somewhat flexible. Personally, I find this too long myself; and all my canes are about 3 feet long.”

When practicing Tchoung's walking stick form, I normally use my hickory walking cane, 40” long and 1” in diameter. For notes on choosing a walking stick or cane refer to my webpage notes on the subject.

What little knowledge I have of Tchoung's Walking Stick form is based on studying demonstrations of this form on DVDs or videos, and some Internet research on the subject.

Michael P. Garofalo, M.S.
Chief Instructor, Valley Spirit Taijiquan
Green Way Research, Red Bluff, California
Website: www.egreenway.com.
Email: www.egreenway.com/mail.htm
Phone: 530-200-3546
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