

Tchoung Ta-Tchen Cane

Created by Grandmaster Tchoung Ta-Tchen

List of Movements, Comments, and Bibliography by Mike Garofalo

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List of Movements and Directions



1. Immortal Points the Way
2. Snake Creeps Down (Yin/Yang Palms)
3. Thrust
4. Embrace the Moon
5. Chase the Birds Out of the Tree
6. Downward Strike
7. Bouncing Stick (Vertical), Thrust
8. Block Knee and Strike Temple
9. Retreat to Ride the Tiger
10. Slanted Flying
11. Retreat to Ride the Tiger
12. Bouncing Stick (Horizontal), Strike

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13. Snake Creeps Down
14. Thrust
15. Embrace the Moon
16. Thrust
17. Retreat to Ride the Tiger
18. Hit the Tiger at Right
19. Retreating Whirlwind
20. Spin and Strike to the Rear
21. Twist and Spiral Left, then Right
22. Ride the Tiger and Thrust
23. Circle to Face
24. Cat Flicks it's Tail
25. Dragon Lashes it's Tail
26. Block Down and Thrust
27. Circle to Face
28. Cat Ficks it's Tail
29. Double Downward Strike
30. Bouncing Stick (Vertical), Thrust
31. Block Knee and Strike the Temple
32. Diagonal Downward Strike
33. Return Cane to Safe Keeping

References and Notes

Tai Chi Chuan Walking Stick. *Kung Fu* magazine, August 1996. The walking stick forms are part of the *Tchoung* style of t'ai-chi ch'uan, developed by Grandmaster Tchoung Ta-tchen.

Sifu's Harvey Kurland, Andrew Dale, and Gene Burnett all teach the Tchoung Ta-Tchen Cane form.

Solo Cane Form. List of Movement Names and Directions by Gene Burnett.

Tchoung Ta-Tchen Cane

Weapons Demonstration DVD by Gene Burnett of Ashland, Oregon.

Includes a demonstration of the Tchoung Ta-Tchen Cane form, both the solo form and the partner form developed by Andrew Dale.

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: 335 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. 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.

Tchoung Ta-Tchen Cane

Cane Research Project at Valley Spirit Taijiquan. Studies in the Cane, Walking Stick and Short Staff.

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.

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..

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



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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