

Wudang Tiger Tail Short Staff

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Wudang Shan Hu Wei Bian Gan

Traditional Wudang Mountain Taoist Short Staff Form
(Short Staff, 13 Hands Staff, Wooden Walking Stick, Whip Staff)

Based on the Teaching of Shifu Jiang Jian-ye

List of Movements and Directions

Lesson 1

Movements 1-10

1. Starting Position, Step Back and Sweep Staff N12
2. Step Forward and Point Staff W9
3. Turn Body and Sweep Staff Up
4. Kick Right Foot and Jab Staff
5. Step Forward and Sweep Staff
6. Step Back and Jab Staff
7. Step Forward and Sweep Step Downward
8. Step with “U” Turn
9. Step Forward and Sweep Staff Up
10. Chop Staff and Pull Back

Lesson 2

Movements 11-19

11. Step Forward and Push Staff Up
12. Sweep Staff Downward
13. Step Forward and Jab Staff
14. Sweep Staff Backward and Chop Staff
15. Skip Step and Jab Heart
16. Turn Body and Sweep Head
17. Step Forward and Sweep Staff Backward
18. Cross Legs and Jab Staff

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19. Step Back and Chop, Jab Staff

Lesson 3

Movements 20-26

20. Push Staff Up and Jab
21. Chop Head
22. Sweep Staff Left and Right
23. Jab Heart
24. Sweep Staff Up and Down
25. Step Forward and Chop Staff Downward
26. Turn Body and Sweep Staff

Lesson 4

Movements 27-35

27. Cross Legs and Jab Downward
28. Turn Body and Sweep Staff
29. Step Forward and Jab Heart
30. Sweep Staff to the Left Side
31. Push Staff to the Right Side
32. Step Forward and Jab Step
33. Chop Forward and Sweep Backward
34. Step Back and Chop Staff
35. Turn Body and Sweep Staff

Lesson 5

Movements 36-43

36. Step Backward and Pull Back Staff
37. Skip Step and Point Staff
38. Jump and Sweep Staff
39. Steps with “U” Turn
40. Turn Body and Sweep Staff
41. Sweep Staff Up and Down
42. Cross Legs and Chop Staff
43. Turn Body and Sweep Staff

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Lesson 6

Movements 44-48

44. Turn Staff Over
45. Jump and Sweep Staff
46. Step Forward and Sweep Staff
47. Sweep Staff Back and Forth
48. Closing Position

References and Notes

This short staff, or whip staff, wooden walking stick is also called the “13 Hands” staff because its length is approximately the distance of the size of your fist around the staff repeated 13 times. For me, relative to the size of my hands and height (6'6"=198cm), my "13 Hands Staff" is 54" long (137.2cm).

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Taught by Shifu Jiang Jian-ye. "Traditional Wu Dang Mountain, Wu Dang Tiger Tail Short Staff, 48 Forms with Applications." 114 minute instructional DVD or VHS videotape. Produced in 2004 by Shifu Jiang Jian-ye of the Capital District Tai Chi and Kung Fu Association (CDTKA) of New York, 29 West Dillenbeck Drive, Albany, NY 12203. Website: [Jiang's Tai Chi Videos](#). This DVD was priced at \$50.00 in 2009. "This 48-form short staff routine from Wu Dang Mountain is an in-door form that is short but effective and is taught with applications. It is taught step-by-step with multiple angles and repetitions. There are reviews of segments and demonstrations at the end. It is a useful in-door secret form. The whole form is short and efficient." All CDTKA instructional media include an introduction to the skills and qualifications of Shifu Jiang Jian-ye. After presenting two or three postures, Shifu Jian-ye and a partner present the martial arts application for each posture. He also reviews, at slow and regular speeds, sequences of postures. There are demonstrations of the entire form, front view, at regular speed; and, a

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demonstration of the entire form, back view, at a slow speed. The instruction is in clear, precise, and detailed English. Many repetitions at different speeds.

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: 310 Kb. Related to Mike's popular webpage on the Staff.

Wudang Tiger Tail Short Staff: DVDs, Videos, Print, Resources.

Cloud Hands: Taijiquan and Qigong

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March 1, 2009