

Martial Arts Techniques For the Cane or Short Staff

Notes, Lists, Commentary, References, Bibliography

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Martial Arts Techniques for the Cane or Short Staff

By the term "Cane" I mean a wooden walking stick under 40 inches (102 cm) in length and 1 inch (2.54 cm) in diameter, with a crook neck end or straight ends. By the term "Short Staff" I mean a straight wooden under 54 inches (137.2 cm) in length and 1 inch (2.54 cm) in diameter. Good quality wooden walking sticks used for martial arts purposes are often made of hardwoods such as oak, cherry, or hickory. In this document, the term "Cane" will be used to refer to both canes and short staffs.

I use a 40" hickory heartwood combat cane for all my weapons practice; and, adapt other short staff, sword, and broadsword routines and techniques for practice and performances with my cane. The only weapon I practice with anymore is a wooden cane; and the only weapon I teach in my Taijiquan classes is the cane (*zhang*). Also, whenever I take a long walk, anywhere, I bring my cane along.

General Rules for Practicing with a Cane

1. Perform warm up exercises before practicing with the cane.
2. Practice holding and using the cane with both the right and left hands.
3. Imagine that you are defending yourself against a dangerous opponent.
4. Keep the hand that is not holding the cane at the middle of the chest.
5. Step backward when executing defensive cane techniques.
6. Step forward when executing offensive cane techniques.
7. Keep the head up and the body erect when practicing cane techniques.
8. Maintain a wide angle of vision when practicing.
9. Learn the name and applications for each cane technique.
10. Practice often! Perfect practice makes for perfecting techniques.
11. Understand the cane techniques found in cane short sets and long forms.
12. Research and study books, and instructional DVDs and videotapes.

Martial Arts Techniques for the Cane or Short Staff

Techniques for the Shaolin Cane Presented by Master Ted Mancuso	
Kan , Chopping, Hack	Chop down at an angle, Swinging down
Pi , Split	Strike down the middle
Ce "Su", Thrust	Poke, jab or thrust the cane tip
Heng "Hung," <i>Mo</i> , Cross Hit	Swing the cane horizontally, sweeping across the body
Gou , Hook	Swing the hook end of the cane from a variety of angles
Beng "Bung," Repel, Burst, Slam, Thrust	Blocking or attacking while holding the cane with two hands
Ba , Butt	To strike with the crook or butt end of the cane.
Figure Eight	

The staff like all the Taiji arts consists mainly of 13 techniques, they are:

- 1) Open (*Kai*)
- 2) Close (*He*)
- 3) Burst (*Beng*)
- 4) Split (*Pi*)
- 5) Dot (*Dian*)
- 6) Bind (*Za*)
- 7) Poke (*Bo*)
- 8) Hold Up (*Liao*)
- 9) Coil (*Chan*)
- 10) Lead (*Dai*)
- 11) Slip (*Hua*)
- 12) Intercept (*Jie*)
- 13) Stab (*Cuo*)

Peter Lim Tian Tek, Taiji Spear and Staff

Martial Arts Techniques for the Cane or Short Staff

A. Strikes

1. Horizontal strike right to left, low-level
2. Horizontal strike left to right, low-level
3. Horizontal strike right to left, mid-level
4. Horizontal strike left to right, mid-level
5. Horizontal strike right to left, head-level
6. Horizontal strike left to right, head-level
7. Vertical strike upward
8. Vertical strike downward
9. Diagonal strike right to left, downward
10. Diagonal strike left to right, downward
11. Diagonal strike right to left, upward
12. Diagonal strike left to right, upward

B. Swing Strikes

1. Offensive forward swing strike
2. Defensive forward swing strike
3. Offensive left side swing strike
4. Defensive left side swing strike
5. Offensive right side swing strike (backhand)
6. Defensive right side swing strike (backhand)
7. Offensive back swing strike (backhand)

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8. Defensive back swing strike (backhand)

C. Crook Strikes

1. Low crook strike
2. Mid-range crook strike
3. Groin strike
4. Head-level crook strike
5. Under-chin crook strike
6. Shoulder-level crook strike
7. Neck grab/face strike combination
8. Reverse neck grab forearm smash

D. Pokes

1. Defensive forward facing poke
2. Offensive forward facing poke
3. Offensive left side poke
4. Defensive left side poke
5. Offensive right side poke
6. Defensive right side poke
7. Back facing defensive poke
8. Back facing offensive poke

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E. Punches

1. Horn-down punch
2. Horn-up punch
3. Vertical punch
4. Horizontal punch

F. Two-Handed Jabs

1. Offensive jab forward
2. Defensive jab forward
3. Offensive jab left side
4. Defensive jab left side
5. Offensive jab right side
6. Defensive jab right side
7. Defensive jab back side
8. Offensive jab back side

G. Blocks with Two Hands on the Cane

1. Broom sweep block
2. Two-handed torso block
3. Two-handed diagonal high block
4. Two-handed low block
5. Two-handed high block

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6. Two-handed brace block
7. Low striking block
8. Single-handed parry block
9. Downward fan block
10. Upward fan block
11. Single-handed post block

H. Blocks with One Hand on the Cane

1. Low Block to Protect Your Right Side
2. Low Block to Protect Your Left Side
3. Two-handed diagonal high block

Directional Scheme

Here is the directional scheme that I use when describing a sequence of movements. I always assume that you start the sequence facing to the North, facing the 12 o'clock direction, or facing N12.



For other directional schemes please consult my [webpage](#) on the subject.

Martial Arts Techniques for the Cane or Short Staff

Counting

Number	English	Japanese	Chinese	Chinese	Spanish	French	German
1	One	Ichi	<u>Yī</u>	一	Uno	Un	Eins
2	Two	Ni	<u>Èr</u>	二	Dos	Deux	Zwei
3	Three	San	<u>Sān</u>	三	Tres	Trois	Drei
4	Four	Shi	<u>Sì</u>	四	Quatro	Quarte	Vier
5	Five	Go	<u>Wǔ</u>	五	Cinco	Cinq	Fünf
6	Six	Roku	<u>Liù</u>	六	Seis	Six	Sechs
7	Seven	Shichi	<u>Qī</u>	七	Siete	Sept	Sieben
8	Eight	Hachi	<u>Bā</u>	八	Ocho	Huit	Acht
9	Nine	Kyu	<u>Jiǔ</u>	九	Nueve	Neuf	Neun
10	Ten	Ju	<u>Shí</u>	十	Diez	Dix	Zehn

Martial Arts Techniques for the Cane or Short Staff

Shinto Muso-ryu Jodo: 12 Basic Jo Techniques

Kihon

Uchi Tsuki Waza

12 Basic Jo Techniques

From Shinto Muso-ryu Jodo System

#	Technique	Description
1	Hon-te Uchi honte-uchi	Normal grip blow. Strike to the head
2	Gyaku-te Uchi gyaku-uchi	Reverse grip blow. Strike to the temple area of head
3	Hiki Otoshi Uchi hiki-otoshi	Back blocking blow. Draw back and strike the forearm or elbow area.
4	Kaeshi Tsuki kyashi-zuki	Switch hand thrust. Thrust to the upper abdomen or sternum.
5	Gyaku-te Tsuki gyakute-zuki	Reverse grip thrust. Thrust to the throat and strike to the head.
6	Maki Otoshi maki-otoshi	Wrapping drop block. Deflect a strike and brush the forearm or elbow area.
7	Kuri Tsuke kure-tsuke	Pressing stick to the body. Block the strike and then body trap.
8	Kuri Hanashi kure-hanashi	Pushing stick to the body. Block the strike and then force the opponent backwards.
9	Tai Atari tai-atari	Body Check. Blow/thrust to the abdomen, and then a punch to the nose.
10	Tsuki Hasushi Uchi tsuke-hazushi	Blocking thrust. Deflect a thrust lightly by touching wrist/forearm, change the hand grip on the jo, strike opponent on forearm
11	Do-barai Uchi doh-harai-uchi	Middle body block and counter. Block strike to legs or waist, strike opponent back
12	Tai Hasushi- Uchi (Left and Right Side)	Shifting block and counter. Step back from strike to your head, then strike your opponents lower hand

Martial Arts Techniques for the Cane or Short Staff

tai-hazushi-uchi	
	Kihon References: Kihon Introduction , Shinto Muso Ryu Outline of Kihon ,

List and Explanation of Broadsword Techniques

T'ai Chi Ch'uan Broadsword (*Dao, Dan Dao*)

Taijiquan Curved Single-Edged Broadsword (*Dao*) Techniques Chen Taijiquan, Yang Taijiquan, Wushu Competition

Research by Michael P. Garofalo

Valley Spirit Taijiquan, Red Bluff, California
Green Way Research © January, 2008

1. Slice

切

Che

Slicing, cutting, mincing, to carve.

切 Cut, Mince, Slice, Carve *Che*, *Qie1*, *Chai3*, *Cai*, *Chieh*, *Ch'an*

Ch'an: Slicing. *Che*. Drag the sword across the opponents body.

With the right hand holding the weapon, slice the blade edge horizontally across before drawing the weapon close to your body.

Cutting the weapon from the back of your body to either the front or upwards. It could also be done by moving the weapon from the left to the right or upwards.

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2. Chop

砍

Kan

Chopping, hacking, cutting, to fell, to hew, to decapitate, to behead.

砍 Chop *Kan2, Ham2*

K'an: Chopping. Hacking. Slash with the tip of the sword by extending the wrist.

Split, Hack, Chop, Split Open, Chopping, Cut Apart, Split, Splitting

Chop: 剁 剁

Split: 分裂 分裂

Typically a chop is a swing of the sword from one side of the body, from shoulder height to shoulder height. A straight chop is a swing from the right side to the left side ending in a bow stance, arm at the side, palm up.. A reverse chop is a swing from the left side to the right side, ending with a bow stance, with free arm pointed at shoulder height, palm down.

3. Block

拦

Lan

Blocking, to cut off, to hinder, to stop, to bar the way, to obstruct, to impede, to hinder, obstructing.

拦 *Lan2, Laan4, Fan, lan2 jie2, lan2 zhu4*

Lan: Obstructing. To block with the sword.

A defensive technique: with the tip of the blade facing down, use the edge to block an incoming weapon.

Deflecting with the rear side of the broadsword

4. Intercept

截

Jie

Intercept, Cut Off, Stop, Obstruct, Cutting, Intercept, Intercepting a Downward Cut

Intercept and Attack

Intercept: 截住 截住

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Intercepting: 拦截 攔截

Cutting: 切口 切口

切 Cut, Mince, Slice, Carve *Qie, Chai, Cai Chieh*

攔截 拦截 **lán jié** intercept

拦 *Lan2* Obstruct, impede, bar, hinder

截 *Jie2* Cut off, stop, obstruct, intercept

Intercepting: Blocking with the edge. The edge is moved diagonally across to do the blocking.

Jie: Blocking with the edge.

5. Hack

劈

Pi

劈 *Pi1 Pi3 Pek* "Can" hack; chop; split open.

Chopping towards the left or right in a downwards manner. To attack while holding the wrist flexed.

Typically, the sword is swung from about chest height downward from one side of body to opposite side. The swing is wide and downward. The empty hand ends up resting on the forearm of the hand holding the sword. Think of swinging a had axe into the side of a small tree to cut it down - multiple strikes or hacks required to fell the small tree. Gaze downward along the hacking sword. The body and legs move from a standing position into a bow stance.

6. Stab

刺

Ci

扎

Zha

Stab, pricking, thrust, thrusting, to pierce, to stab, to prick, to prod, to poke

Thrust, Pierce (*Tz'u*)

Pierce: 皮尔斯 皮爾斯

Thrust: 推力 推力

Stab: 束 *Ci4*

刺 *Ci4, Qi4, Chi3, Sik4, "Sue"* thorn; sting; prick; pierce; stab; thrust; assassinate; murder

扎 *Zha1* To prick, to run a stick into, run a needle into.

Typically, the sword is thrust forward, with one hand,

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sharp blade facing down, fingers of left hand touching the right hand, in a bow stance. The gaze and force of the thrust (stab, prick, poke) are directed to the tip of the sword. The whole arm and the broadsword will form a straight line.

In Chen Taijiquan this kind of stab or thrust is often accompanied by a shaking motion the sword as muscular energy (*Jing*) and the flow of *Qi* energy is sent into the end of the sword.

7. Sweep

洗

Xi

Brush Off, Sweep Away, Clean Off, Wash, Shuttling, Catching

Liao (Swing, Flicking, Twirling), **Shao** or **Sao3** (Sweeping)

Catch: 抓住 抓住

洗 **Xi3** To wash, to clean off, to purge, to brush off

扫 **Sao3** To sweep away, to clean, to brush off, to whisk away

While the tip is facing down, flick it upwards. The force is focused on the tip.

8. Mince

剁

Duo

Mincing, chopping, chop by pounding, hash, chop meat.

剁 **Duo4**, **Do2**, **Duek3**

To: Cutting. **Duo**. Mincing, to attack the wrist with a slicing motion.

剁碎 **Duo4**, **Sui4** Mince, break up, broken, chop by pounding.

9. Poke

戳

Chou

Poking, pricking, to pierce, to stab, to puncture, to punch through, to stamp, to stab.

戳 **Chou1**, **chuo1** **po4**, **cheuk3**

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10.

Ji
击

Strike, hit, break attack, beat, stroke

Strike (*Chi*)

Strike: 罢工 罷工

Beat: 敲打 敲打

Stroke: 冲程 衝程

击 *Ji1* Strike, hit, break, attack, beat, counter attack, hit hard, beat back, repel

11.

Ge
割

Cut off, Divide, Block Off, Sever, Obstruct, Quarter, Scroll, Blocking

Block (*Ke*)

Obstruct: 阻碍 阻礙

Block: 块 塊

掣 **chè ke** pull; obstruct; hinder; draw

割傷 割伤 **gē shāng** slash

刻 *Ke4* Carve, cut into quarters, carve up, divide up, chop

割 *Ge1* Cut off, break up, cut up, divide, sever, slash, divide, partition, cede

12.

Chou
抽

Pull Out, Pulling, Cutting Out, Cutting, Whip, Slash Across or Out, Extract, Cut Out

Pull or drag from one side to the other

Cut: 裁減 裁減

Cutting: 切口 切口

Slash: 深砍 深砍

Pull: 拉扯 拉扯

抽 *Chou1* To extract, to pull out, to draw out, to cut out, to pump out, sprout

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- 13. Dai**
带
Deflect, Carry, Leading, Deflecting, Slicing (*Che*), Lead, Carrying
T'ai: Take along (skim) from one side to the other
Deflect: 偏转 偏轉
Carry: 运载 運載
带 带 **dài** band; belt; girdle; ribbon; area; zone; region; wear; carry; lead; bring
带 **Dai4** To lead, to carry, to bring, to raise, to circle
Deflection: This is done in a circular movement with the blade edge moving from a low position to a high position.
- 14. Ti**
提
Upwards Stroke, Lifting Up, Lift, To Carry Up
Lift: 推力 推力
提高 *tí gāo* raise; increase
提 **Ti2 Dai2** To carry, to lift, to put forward, upwards character stroke, lifting (brush stroke in painting)
- 15. Dian**
点
Point, Dot, Spot, Poke
Direct (*Tien*)
Point: 点 點
Dot: 小点 小點
點点 **diǎn** (downwards-right convex character stroke); o'clock; (a measure word); point; dot; (decimal) point
点 **Dian2** Dot, point, speck, spot, degree, dotting character stroke.
- 16. Peng**
迸
Burst Forth, Split Open, Tipping, Gush Out, Burst, Wardoff
Tiao (Spring), *Beng* (Explode)
Snap, Burst
迸 **Beng4 Peng1 Pen** Gush Out, Burst Forth, Split Open
- 17. Jiao**
Stir, Stirring, Mix, Disturb, Agitate

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搅

Stir, Move (*Chiao*)

Stir: 搅动 攪動

搅 *Jiao3 Chiao* Stir, To Annoy, To Mix, To Disturb, To Agitate

18. *Ya*

压

Press, Pressing, Press Down, Push Down, Crush, Pressure

Press: 新闻 新聞

Press Down: 按得下来 按得下來

Pressing: 按 按 搅

壓力 压力 **yā lì** pressure

压 *Ya1* Press, push down, to keep under control, oppress, crush, pressure

References Sources for the T'ai Chi Ch'uan and Wushu Broadsword (*Dao*) Techniques:

"The Chen-style Taiji Single Broadsword routine is short and refined, the usages of the forms are clear. There are thirteen kinds of slicing, hacking, blocking, cutting, pricking, rolling, closing, scooping, cross-cutting, twisting, shaking, supporting, and tilting. They really reflect the characteristics of the Chen-style Taiji Single Broadsword, combining hardness and softness in harmony, equaling stress the quickness and slowness, dodging and transfers, relaxing and nimble, springing and shaking, sticking to each other without being separated, twine to neutralize the force."

- Chen Zhenglei, *Chen Style Taijiquan, Sword and Broadsword*, 2003, p. 322

"When performing the broadsword routine, the practitioner alternates between the body leading the broadsword and the broadsword leading the body. Techniques must be precise, clearly fulfilling the application requirements. Traditionally, the weapon has thirteen different techniques attributed to it: *gun* (parrying by turning to the left); *bi* (parrying by closing to the right); *zha* (thrust); *lan* (deflecting with

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the rear side of the broadsword); *pi* (chopping vertically); *kan* (cutting); *liao* (circular deflection with point facing upwards); *jie* (blocking with the edge); *chan* (circular twisting); *dou* (shaking); *jia* (raising opponent's weapon overhead); *mo* (slicing either levelly or diagonally upwards); and *tiao* (upward flicking motion using the top of the weapon)."

- Davidine Siaw-Voon Sim and David Gaffney, *Chen Style Taijiquan*, 2002, p. 179.

"The thirteen techniques of Taijiquan broadsword (*dao*) are slicing (*che*), chopping (*kan*), blocking (*lan*), mincing (*duo*), poking (*jie*), chopping (*pi*), flicking (*liao*), rowing (*hua*), scraping (*gua*), stabbing (*zha*), fanning (*san*), sliding (*wan*), twirling (*liao*)."

- David Brent Wolfe's Dictionary

"Sword Techniques: 1. Concealing, Level Concealing, Upright Concealing, Round the Middle Concealing. 2. Entwining the Head. 3. Binding the Head. 4. Wrist Flourish, Wrist Shearing Flourish, Wrist Sweeping Flourish, Upright Rear Flourish. 5. Slice. 6. Hack. 7. Stab. 8. Cut. 9. Sweep Thrust, Straight Sweep Thrust, Reverse Sweep Thrust. 10. Side press, Right Side Press, Left Side Press. 11. Chop, Straight Chop, Reverse Chop. 12. Sweep. 13. Wave. 14. Swipe. 15. Press. 16. Vertical Slash. 17. Upward Thrust. 18. Jab. 19. Push, Vertical Push, Horizontal Push. 20. Back Rest, Rear Back Rest, Shoulder Back Rest. 21. Parry. 22. Side Parry. 23. Embracing."

- Xie Zhikui, *Chinese Single Broadsword*, 1990, p. 53.

"1. Chopping. *Kan*. Hacking. Slash with the tip of the sword by extending the wrist. 2. *To*. Mincing, Cutting. *Duo*. To attack the wrist with a slicing motion. 3. *Chan*. Slicing. *Che*. Drag the sword across the opponents body. 4. *Chieh*: Intercepting. *Poking*. Poking. To meet and attack with an attack. 5. *Kua*: Parrying. Deflecting the incoming thrust. 6. *Liao*: Stirring Up. Washing. Sweeping or flicking off. Drop the sword point and carry the sword in a vertical cylinder around the body. 7. *Cha*: Piercing. Stabbing, thrusting, jabbing with the tip of the sword. 8. *Lu*: Clawing. Scraping: *Luo*. Strike in a manner to pull. 9. *Splitting*. *Pi*. To attack while holding the wrist flexed. 10. *Ch'an*: Binding. *Juan*: Wrapping. *Chan*: wrap, coil, wind around, bind up. 11. *Shan*: Fanning. *Tan*: to open or spread out, uppercut slash. 12. *Lan*. Blocking, Obstructing. To block with the sword. 13. *Hua*: Shaving. Press the inverted blade forward, left hand in support."

- Tai Chi 13 Broadsword Techniques. Dark Stream School.

Yang Style Broadsword Swordplay includes the following Thirteen

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Techniques: Splitting (*Pi*), Chopping (*Kan*), Snapping (*Beng*), Blocking (*Lan*), Spiralling (*Chan*), Vibrating or Shaking (*Dao*), Cutting or Sizzoring (*Jian*), Waving Like Clouds (*Yun Shou*), Blocking or Intercepting (*Jie*), Smearing or Diffusing (*Mo*), Stabbing (*Cha*), Flicking (*Tiao*).

"Tai Chi Saber techniques include chop, split, cut, intercept, uppercut, downward cut, thrust, winding, blocking, withdrawing, sliding, slicing, and peeling." In the form one movement has many techniques and it is very difficult to distinguish each one in the movement. Follow the intent of the saber skill, saber technique, and saber movement. Practice the 13 techniques."

- Master Yang Zhen Duo, Yang-style Broadsword

13 Taijijian Techniques (13 Tai Chi Sword (*Jian*) Techniques). Research by Michael P. Garofalo. Valley Spirit Taijiquan, Green Way Research, Red Bluff, California, 2008. 1. **Ji** 击 Strike, hit, break attack, beat, stroke. 2. **Ci** 刺 Trust, pierce, sting, prick, stab. **Ge** 割 Cut off, Divide, Block Off, Sever, Quarter, Obstruct, Scroll, Blocking. 4. **Xi** 洗 Brush Off, Sweep Away, Wash Off, Clean Off. 5. **Chou** 抽 Pull Out, Cut Out, Extract. 6. **Dai** 带 Deflect, Carry, Leading, Deflecting, Slicing, Lead. 7. **Ti** 提 Upwards Stroke, Lifting Up, Lift, To Carry Up. 8. **Dian** 点 Point, Dot, Spot, Poke. 9. **Peng** 迸 Burst Forth, Split Open, Tipping, Gush Out, Burst, Wardoff. 10. **Pi** 劈 Split, Hack, Chop, Split Open, Chopping, Cut Apart, Split, Splitting. 11. **Jie** 截 Intercept, Cut Off, Stop, Obstruct, Cutting. 12. **Jiao** 搅 Stir, Stirring, Mix, Disturb, Agitate. 13. **Ya** 压 Press, Pressing, Press Down, Push Down, Crush, Pressure.

18 Energies/Techniques of Taij Jian. Xin Qi Shen Dojo. Yang Taiji Sword. 1. *Pi* Splitting. 2. *Kan* Chop. 3. *Xiao* Slice. 4. *Ce* Thrust. 5. *Beng* Snapping. 6. *Lan* Deflect. 7. *Chan* Spiral, bind. 8. *Jien* Cut, sizzors. 9. *Jiea* Block, intercept. 10. *Liao* Stir Up. 11. *Mo* Smear. 12. *Tiao* Flick. 13. *Pian* Slice. 14. *Gua* Parry. 15. *Ti* Raise. 16. *Sao* Sweep. 17. *Dai* Carry. 18. *Bi* Close.

"Laojia Chen style Taijiquan features one major broad sword (knife) form, consisting of 23 postures. The 13 techniques found in the form include chopping, chopping with the back, crossing, cutting, dodging, flicking, hanging, intercepting, lifting, piercing, splitting, sweeping, and ward-off. It stresses the coordination of hands, eyes, body and footwork. Originally, the form comprised of 13 postures,

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and was expanded to 23 by the noted Master Chen Zhao Pei in the 1930s."

- Chen Family Taiji Broadsword

Sword Techniques for the Taijiquan Broadsword (Dao, Saber, Ox Tail Saber).

Research by Michael P. Garofalo. Valley Spirit Taijiquan, Green Way Research, Red Bluff, California, 2008. Sword techniques for Chen *Taijiquan Dao*, Yang *Taijiquan Dao*, and *Wushu Competition Dao*.

1. **Slice** (*Che, Qie1*). 2. **Chop** (*Kan, Kan2*). 3. **Block** (*Lan, Lan2*). 4. **Intercept** (*Lan, lán jié*). 5. **Hack** (*Pi, Pi1*). 6. **Stab** (*Ci4, Zha1, Qi4, Chi3*).

Resources: Bibliography, References, Links Martial Arts Techniques for the Cane and Short Staff Prepared by Michael P. Garofalo, M.S.

Martial Arts Techniques for the Cane and Short Staff. By Michael P. Garofalo, M.S., Valley Spirit Taijiquan, Red Bluff, California. March 2009. 100Kb.

Includes Strikes - Two Hands, Strikes - One Hand, Blocks - Two Hands, Blocks - One Hand, Sweeps, Pull Downs, Chops, Jabs, Pokes, Punches. The document provides a bibliography, links, and resources. The document includes a brief description for each short staff and/or cane technique. Specific citations to standard reference works are provided for each technique. Directional schemes, counting in various languages, and various school charts for techniques.

Lang: Strikes with the Stick and Cane. 60 strikes are described by Tom Lang. 87Kb, PDF.

Shuey: The Cane: Beginning and Intermediate Levels. Cane Masters International Association. "This spiral bound manual touches on the warmups and stretches of the cane, in addition to beginning and intermediate levels of self defense. Over 200

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pages of text and images based on the first three instructional videos. Written by Grand Canemaster Mark Shuey, Canemaster Bruce Vinciguerra and Canemaster David Kelly." Black and white photographs and descriptions of all cane techniques.

Ramos: Raising Cane: The Unexpected Martial Art. By Octavio Ramos. Velluminous Press, 2006. 188 pages. ISBN: 1905605102. This book features fairly detailed explanations with illustrations of many cane strikes, blocks, and maneuvers by a former sheriff.

The Shaolin Cane: Weapon of Self Defense. Instruction by Ted Mancuso. Instructional DVD, 60 minutes. Plum Publications. "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.

Sword and Broadsword Techniques

Way of the Short Staff. By Michael P. Garofalo, M.S. Green Way Research, Valley Spirit Taijiquan, Red Bluff, California. A detailed and annotated guide, bibliographies, lists of links, resources, instructional media, online videos, and lessons. Includes numerous lists of movements for short staff forms, e.g., Eight Immortals Cane I form, Northern Energy Taiji Cane form, Wudang Tiger Tail short staff form, Chen Taijiquan short staff form, etc. 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. 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." Updated on a regular basis since October 2008. File size: 315Kb. Related to Mike's popular webpage on the Staff.

Martial Arts Techniques for the Cane or Short Staff

Cloud Hands Taijiquan. By Michael P. Garofalo, M.S.
Website: <http://www.egreenway.com/taichichuan/index.htm>.

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