

Traditional Tai Chi Eight Immortals Cane Routine One, Based on the Yang Style of Taijiquan Source: Master Jesse Tsao

List of Movements

1. Opening Movement
2. Strike the Gong
3. Paddle across the Lake
4. Grasping the Sparrow's Tail: Ward Off, Rollback, Press, Push
5. Single Whip
6. Needle Poking Up
7. White Crane Spreads Wings
8. Brush Knee
9. Playing Guitar
10. Diagonal Flying
11. Deflect, Parry and Jab Cane
12. Dragon Swirling Tail
13. Needle Hiding in the Curling Lotus Leaf
14. Wrap Cane around Head
15. Fair Lady Works Shuttle in All Directions
16. Circle Sweep, High Pat on Horse
17. Wild Horse Kicks Out Hoof
18. Blue Dragon Out of Water
19. Part Wild Horse's Mane

20. Apparent Close
21. Single Whip
22. Cloud Hands
23. Single Whip
24. White Snake Flicks Tongue
25. Cross-Over Cane Hit
26. Push Boat along the River
27. Circle the Lasso
28. Flash Arms
29. Whacking Strikes
30. Cat Pounces on Mouse
31. Taming Tiger
32. Cane Whacks Head
33. White Tiger Sweeps Tail
34. Cane Guards Heart
35. Immortal Points a Way Out
36. Closing Form

Lesson One, Movements 1 - 4
Lesson Two, Movements 5 - 9
Lesson Three, Movements 10 - 11
Lesson Four, Movements 12 - 14
Lesson Five, Movements 15 - 16
Lesson Six, Movements 17 - 21
Lesson Seven, Movements 22 - 24

Lesson Eight, Movements 25 – 27
Lesson Nine, Movements 28 – 32
Lesson Ten, Movements 33 - 36

References:

Traditional Tai Chi Eight Immortals Cane, Routine One. Demonstrated by Master Jesse Tsao. Instructional DVD, 64 minutes. Produced by Tai Chi Healthways, San Diego, 2008. Routine One is based on the Yang Style of Taijiquan. Master Tsao developed this cane form himself, with grandmaster Zhu Tiancai's support.

Website: <http://www.taichihealthways.com>

Taijiquan Cane (*Zhang, Guai*) and Short Staff (*Gun*): Bibliography, Links, Resources, Instructions. By Michael P. Garofalo. 393Kb, 2009.

Webpage: <http://www.egreenway.com/taichichuan/jostaff.htm>

List of Movements, List of Lessons, and Bibliography (4 pages):
<http://www.egreenway.com/taichichuan/EightImmCaneList1.pdf>

List of Movements and Lesson List (1 page):
<http://www.egreenway.com/taichichuan/EightImmCaneList2.pdf>

Lesson One, Descriptions of Movements 1-4
<http://www.egreenway.com/taichichuan/EightImmCaneLesson1.pdf>

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

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