

Taijiquan Cane/Short Staff Elective Component

Levels 1-2 are prerequisites for Saber and Sword training.

Essential equipment: A rattan cane and a head protector with face shield for use in the studio and at home training. A flail and windlass for home training.

Optional equipment: a weighted Taiji ball for home training

Level 1 Basic Training, Blocking and Striking

1.1 Tools training. Demonstrate how to use the windlass and flail tools to strengthen the hands arms and shoulders. Supplemental point: Weighted taiji ball qigong is also useful for strength training.

1.2 Anatomy of the cane. Illustrate the anatomy of the cane--Shaft, hook, pommel, tip, two-thirds point, root, combat grip positions.

1.3 Supplemental Hand Skills. Demonstrate the following supplemental hand techniques.

Brace place the palm of the empty hand at the mid or two-thirds point on the cane shaft to brace the weapon. Do not wrap the fingers around the shaft.

Tui place the tiger's mouth of the empty hand at the two-thirds point of the weapon to strengthen its power.

Cheng (like peng) use the front upper part of your supplemental forearm at the two-thirds point of the shaft to strengthen the weapon's power in pushing and blocking.

Fen use the empty hand to balance the weapon.

Push Outward place the palm of the empty hand on top of the weapon hand and wrist to support in pushing the weapon.

Pull Inward place the palm of the empty hand on top of the weapon hand and wrist to support in pulling the weapon.

Zheng Yao (waving in front) use your empty hand to grip the cane's hook with thumb and index and middle fingers to wave or circle the shaft of the cane.

1.4 The basic blocks. Demonstrate the following basic block in stationary position, moving backward and moving forward. You must be able to block consistently when attacked with moderate speed.

Jie (intercept) block at the middle of an opponent's weapon or to arm with the weapon shaft is vertical and the handle down. You can use the supplemental hand to brace the weapon shaft.

Ge (upward block) raise the weapon with the handle high and the shaft at a 45 degree angle slanting downward. The palm can face in or out, meaning that the slant can be to either side.

Tuo (bear upward) block upward or diagonally with the middle of the shaft. Like holding up a tray.

Shang Tuo (hold or push up) block high overhead with supplemental hand in Tui.

Le (leh pull back) draw your weapon backwards along the opponent's arm or weapon. Use your supplemental hand in Brace position.

Mo (smear) Use the middle of your weapon's shaft to intercept an opponent's attack and move it to the left or right.

1.5 The basic strikes (use the tip, shaft, or blade), or end (hook, ring or pommel) of your weapon to attack the opponent. You must be able to strike with moderate speed consistently on target.

Zha (poke) strike with the tip of the weapon toward a target a short distance away. The strike can be up, down, straight ahead or hooking and turning to rear.

Supplemental hand can brace the shaft or balance the strike with Fen

Shuai (swing) strike in a downward arc across the body and to the side. The body turns to the side in Shuai, which distinguishes it from other strikes.

Liao (upper cut) swing the weapon forward and upward on your left or right side. Cock your wrist until the tip of weapon clears the ground. The shaft should not tilt to either side in its movement.

Kan (split or chop) strike diagonally downward. More compact than Shuai

Duo (mince) chop for short distances with a quick, powerful movement and a spring back.

Zhan (horizontal chop) strike horizontally powered by the opening or closing of the chest bow.

1.6 The Level 1 Cane Form. Perform the level 1 cane form.

Level 2 Intermediate Blocks, Strikes and Supplemental Hand Skills

2.1 Blocks. Demonstrate that you can use the following techniques when stationary, moving forward and moving backward to block consistently when attacked at moderate speed.

Tui (push or seal) when weapons have already made contact, maintain contact with the opponent's weapon, you push your weapon forward with both hands (supplemental hand is in Tui or Cheng)

Lan (parry) block with the edge of your weapon to knock an opponent's weapon away.

Gua (hook, scrape or shave) move the tip of the weapon down and to the side with a hooking motion to deflect a forward thrust.

Jiao (entwine or wrap) circle your weapon cw or ccw to intercept and neutralize an opponent's attack. Usually the supplemental hand is placed on the weapon hand to aid in the movement. Contact is with the middle of the shaft.

Chan (coil) wrap the tip of your weapon around the opponent's weapon.

Yun (Cloud) move your weapon overhead in circles. Use against attacks at the neck level or above.

2.2 Strikes. Demonstrate that you can strike consistently on target with moderate speed.

Ci (thrust) move the tip of the weapon straight ahead toward a distant target.

Dian (peck or snap down) flick your wrist to strike down with the tip of your weapon to opponent's wrist, neck or temple.

Beng (flick up) the opposite of Dian.

Ji (smash) strike against an opponent at close distance using the *handle end* of your weapon.

Da (strike) slap with the shaft of your weapon to stun or disarm an opponent without injury. Like a horizontal flick.

Sao (horizontal sweep) strike to the opponent's knee or ankle while sinking into sitting cross stance or turning 180 to 360 degrees and lowering your body into sitting cross stance.

2.3 Supplemental Hand Skills Demonstrate the following supplemental hand skills.

Cane Retention place the supplemental hand at the end of the shaft (cane and short staff only) to twist the weapon to break off an opponent's attempt to grab and control your weapon.

Qie Zhang (Cutting palm strike) use the edge of the supplemental hand with the wrist sunk and fingers upright to strike. The technique is similar to the left hand's second movement at the beginning of Wave Hands.

Tui Zhang (Pushing palm strike) push or strike forward with the palm with the wrist sunk and the fingers upright. This technique is similar to the right hand's forward strike in Block Brush Knee.

Diaoluo Zhang (Gripping and pulling palm strike) intercept, capture and then pull on the opponent's arm or weapon with your supplemental hand. This technique is similar to the intercepting, redirecting and plucking movement of the upper hand in Wave Hands Like Clouds.

Ya Zhang (pressing-down palm strike) your supplemental hand with palm flat presses downward. This technique is similar to the lower part of the circling hand's motion in Block Brush Knee.

Quan Zhang (circling palm strike) your supplemental hand parries an attack by circling the opponent's arm or weapon. This technique is similar to the entire movement of the circling hand in Block Brush Knee

Cheng Zhang (parrying and pushing-upward palm strike) your supplemental hand parries and pushes upward. This technique is similar to the blocking arm in Fair Lady.

Zhua (Grabbing or catching hand) your empty hand grabs an arm or weapon to control it.

2.4 Combinations Perform the following combinations stationary and stepping against punches, knife and short or long weapon attacks at moderate speed.

Le Zha (pull back and thrust) draw your weapon backward along the opponent's arm or weapon to intercept and redirect his attack to the side. Then use a tight, circular transition to attack his body. Use your supplemental hand to brace the weapon shaft.

Yun Zhan (cloud circle block and horizontal strike) the weapons is moved in circles to intercept and redirect the opponent's weapon. Then you continue the motion to strike horizontally. Supplemental hand can be used to support the weapon hand, brace at the two-thirds point, or extend in Fen to balance the strike.

Mo Zhan (smear and horizontal strike)

Yun Sao Cloud block, turn sink into sitting cross stance, strike opponent's lower body.

Jie Liao (block and upward strike) first part of movement is a block to the side with the shaft vertical and the handle; it is followed by an upper cut.

Zou Pan Tuo Fen Duo Block to left around the head, separate, seize with Diaoluo Zhang, and chop vertically down).

You Pan Tuo Kan Block to right, around the head, seal down the opponent's arm or weapon with Zhua hand, and slash diagonally.

Jie Fen Zhan Block with weapon shaft vertical, seize opponent's arm or weapon with Dialouo Zhang and attack with a horizontal slash.

Jie Tuo (Block to side, then circle and slice upward attacking the wrist).

Jie Tui (Block to side, then push forward with hand on back of blade or shaft. Ping Tui the weapon is horizontal. Li Tui the weapon is at a 45 degree angle. Tui is commonly used against long weapons.)

Ge Duo (Block a downward attack by raising weapon palm forward or palm backward, handle up at a 45 degree angle, like a roof, while turning to either side. The attacking weapon slides off and then you slice downward to attack opponent.

Gua Zha (Hook and Thrust) after the hook block, continue the arc of the weapon moving the tip and forward to strike the opponent.

2.6 Perform the Level 2 Cane Form.