

Cane form Level 1

Preparation: Wuji facing conventional North. Right hand is on top of hook. Bow in form.

1. **Turn West, retreat with Jie and brace.** Take combat grip. Step back left leg to turn West and assume right back stance, brace cane with supplemental hand at the 2/3 point. Step back right leg to left back stance, brace cane. Step back left leg, draw in right foot to right cat stance, brace cane
2. **Zhan to West and East.** Shift weight to right front stance, chest-opening Zhan and Fen striking West opponent on head. Pivot 180 to East, chest-closing Zhan to strike East opponent on left side of head while shifting weight to end in left front stance
3. **Kick with right heel.** Bring cane into Tui 45 degrees slanting across your body handle down and supplemental hand in Tui at the 2/3 point.
4. **Shang Tuo, Fen Duo.** Step right foot back and pivot to horse stance facing South. Shang Tuo upward block with supplemental hand in Tui at 2/3 point. Then strike opponent West with Duo to top of head.
5. **Liao to East and Kick with Left foot.** Turn 90 degrees to East. Step right foot forward, block out with left arm in Fen and Liao right side to opponent's groin or shin ending in right front stance. Step left foot forward, place supplemental hand on weapon wrist for outward pushing palm and Liao left side ending in left front stance. Step right foot forward, keep supplemental hand on weapon wrist to support with inward pulling palm and Liao right side, end in right front stance. Tui 45 degrees across center handle down and kick with left foot.
6. **Turn West, Mo and Le Zha.** Step left foot back and turn 180 to West. Brace cane and Mo left ending in left front stance. Mo right and shift weight back. Then shift weight forward and Zha to opponent's face or throat, ending in left front stance.
7. **Ge and Kan to East.** Pivot 180 to East. Ge palm facing out to neutralize opponent's downward strike ending in right empty stance. Step right foot back, Ge palm facing in ending in left back stance. Shift weight forward, Kan right to left to strike opponent's head or collar bone. Step right foot forward, Kan left to right, ending in right front stance.
8. **Shuai, Jie, Cheng and Kick.** Shuai right to left with supplemental hand in outward pushing position. Shuai left to right with supplemental hand in inward pulling position. Jie across and left with handle up. Cheng. Kick with left heel.
9. **Pivot 180 to West, Zha, advance with Zheng Yao then Zha.** Turn to West, Zha to West, step forward with Zheng Yao to neutralize opponent's low attacks and create an opening for another Zha.
10. **Tuo and Close.** Transitioning from Zheng Yao and Zha, Tuo block upward and kick with right heel. Step right foot back and pivot to face North. Return to starting position. Bow to North.