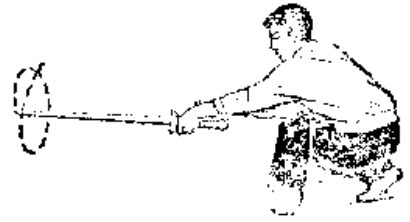




# XIN QI SHEN DOJO

## TAIJI TUAN KUN



### SECTION ONE

1. Immortal points the way
2. Snake creeps down
3. Thrust (Pushing Boat Across Stream)
4. Embrace the moon
5. Chase the birds out of the tree
6. Meteor Hits Earth, Cat Flicks Tail, Poke
7. Block knee and disperse the clouds
8. Retreat to ride the tiger
9. Disperse the clouds
10. Retreat to ride the tiger
11. Horizontal bouncing stick
12. Roll back and thrust
13. Embrace the moon
14. Thrust
15. Retreat to ride the tiger
16. Hit the tiger
17. Retreating whirlwind
18. Spin to watch the rhino
19. Snake bites ankle
20. Ride the tiger and strike
21. Walk part circle
22. Angry cat wags tail
23. Ride the tiger and strike
24. Walk part circle
25. Angry cat wags tails
26. Vertical bouncing stick
27. Black knee and disperse the clouds
28. Hide the cane and advance
29. Snake creeps down
30. Thrust
31. Sweep right and left
32. Dragon lashes tail
33. Hide the cane and advance
34. Snake creeps down
35. Thrust
36. Sweep right and left
37. Dragon lashes tail
38. Returning cane

# 太極桿

*The cane should be performed like you are using a whip. Quick in hand action and footwork. This form is the creation of Grandmaster Tchoung Ta-tchen. Based upon the pattern of the San Tsai Jian (three powers sword), this form combines two other styles he studied from a Taoist martial arts teacher: the Beggars Bamboo stick and the Green Duckweed stick.*

*Listed is section one. Section two is the same with a transition into the left handed side.*

*Section 3 is actually the Bagua Cyclone Saber form which adapts very easily to the cane applications.*