

Tai Chi Short Stick

- 0- Opening (hold in left hand, tip up, just above second “fist” length tape, against back of left arm (like gim sword))
- 1- left foot steps to left and both hands come up to chest height. Then sink slightly.
- 2- Left foot pivots 45 deg left, and body turns to left, as right hand comes down and grabs 2nd position, step forward into right bow step and do a right diagonal strike down to right at a 45 deg angle, with a strike to head, straight ahead; then then right foot pivots 45 deg right, left bow step and reverse diagonal strike; finally left foot again pivots 45 deg left, right bow step again, ending with right diagonal strike. **DO NOT PAUSE OR STOP ON TOE BEFORE EACH STRIKE!**
- 3- **Both hands now circle back to left**, with stick pointing up, right foot turns slightly left, then stick tip circles down and around and forward flicking towards the front, out in front of the body, and left hand goes up to right side of face, fingers pointing up and palm facing right (forward) as left foot circles around behind right foot and out towards front onto toe and body sinks down
- 4- Drop left foot back and out to left, behind body, as weight shifts to left foot and arms go out to sides, angled outward Slightly and slightly in front of body, not even with or behind body, and right foot ends straight out to right onto toe (like you do twice with gim sword) THUMB IS DOWN!
- 5- Step forward into right bow step as you right thrust forward straight out, and left hand goes mostly back.
- 6- Now right foot steps left across and past left foot, as right hand circles with stick tip up, around to left, down, and flicks back to right and behind body, not straight back like #3 above. Body lowers and twists, left foot goes onto toe. Left hand again blocks right side of face (like #3 above).
- 7- Then unwind CCW towards left, stick comes around tip up as left foot spins CCW on heel to left then right foot spins CCW on toe to left. Then step out and to the right of forward with left foot, then right foot steps forward and out farther to right into right bow step. Ends with left diagonal strike downward (45 deg, like others); left hand is back.
- 8- Body now turns 90 deg left into slight horse stance. Left hand grabs stick ¼ way down from top. Now, left foot side steps to left, heel first, then as right foot ½ steps in same direction, you thrust sword left, tip angled upward towards chest. Then “coil” stick back and repeat... L step, R step and thrust upwards to chest. Movement is to left, body faces 45 deg to the right of movement!
- 9- Now body turns to 90 deg left, left foot again steps out, then sticks becomes horizontal out in front as you thrust it upwards at a 45 deg angle to throat. (Right foot moves forward just a little, and stick is chin high not overhead!)
- 10- left foot steps forward again as stick comes down slightly then as you push it up, **ABOVE HEAD** to block, you do a right heel kick.

- 11- Then right foot comes down, weight shifts to right foot, body rotates 45 deg left and you do a diagonal strike to the left with bottom of stick angled up to left, then step out with left foot, body rotates 45 deg right and do a diagonal strike to the right with the bottom of the stick angled up to right.
- 12- Step forward with right foot as you swing the handle of the stick straight up in front of you (stick is vertical) Keeping hands exactly as they are.
- 13- Now, keeping stick exactly as it is, swing CCW 180 deg. into a block. Feet are in line, in a slight bow step right.
- 14- Left foot steps right behind right foot and straight out onto toe, and stick tip circles up CW and out to right and does an overhead strike downward to right but tip is pointing slightly upward, similar to #3 above, except, left hand goes up above head, on the left side, like "old lady works shuttle" position.
- 15- Now, lunge forward into right bow step as stick thrusts forward and left hand goes down and out back to left.
- 16- 17: repeat #6 and #7 above except out 45 deg to starting "thrust position" [R ft behind L ft- stick back etc/pivot 180 deg into R step – diagonal strike etc] AND there is a HOP on the R step forward.
- 18- Now, step straight back with right foot, along Thrust Line (not 45 deg line) while overhand grabbing stick, 8" to 10" down from the top, and looking backwards, do a "handle strike" straight back.
- 19- Then, L ft and R ft pivot to R slightly as stick tip rotates CW up and around, 360 deg + 90 deg + 45 deg, while at the same time continue stepping with left foot (angled 45-90 deg left) then right foot into high right bow step culminating into downward diagonal strike R↗L to side of head.
- 20- *Step forward with left foot as stick rotates around head CCW, tip down, close to back, (like broad sword move!), then stepping forward with right foot and again culmination into downward diagonal strike R↗L to side of head.*
- 21- Bring right ft back a little going onto toe as stick arcs back to right, pointing up, just forward of head and left hand goes slightly back, into kind of a "white dove spreads its wings", then slight step forward with right foot again into downward diagonal strike R↗L to side of head.
- 22- Right foot pivots left. As body rotates 270 deg CCW and ***left foot steps back***, not too far, the stick points down and around to the left as well, then swings up, straight out, into a downward strike, as your right foot lunges forward and left hand goes slightly out and up to block.
- 23- 24- Also like #6 and #7, but, as stick and left hand circle back to left, CCW, the left hand grabs the stick, and as the left foot steps right behind the right and onto the toe. Then you thrust the stick forward, chest height.

Now you spin again on left foot, CCW, and the stick, handle out, goes from horizontal to 45 deg upward and does a handle strike in #11 above end on left side of your face. Feet should be lined up.

- 25- Then use the handle to strike to the right, ending on right side of your face, twisting slightly to right.
- 26- Let go of the handle with your right hand, and swing the handle down and back behind your left thigh and left knee lifts up high and right hand goes up to "shuttle" position, like in White Crane Form.
- 27- Now, hop 90 deg left and into a right bow step, then thrust forward with handle of stick
- 28- Left foot steps forward into high L bow step and do a reverse diagonal strike down to left- head strike
- 29- both hands circle left, CCW, about 90 deg, then as you step sideways right with right foot and slide to right, with right arm do an elbow strike right, chest high into "ribs"
- 30- right hand grabs stick handle, right foot steps 45 deg right into high R bow step, end with a downward strike (tip up)
- 31- Now, body twists right as right foot pivots 90 deg right and left foot goes onto toe, stick tip goes over right shoulder and down while left foot steps forward, then, the left hand grabs the tip and swings it down, forward, and up over left shoulder, as you twist left now, step forward with the right foot, as you grab the stick handle and again swing it undercut and upward.
- 32- both feet now turn left... as stick continues swing, from #31 above, heading down as a block (like #22 above) then up and out into a downward strike.
- 33- now, spin 180 deg left, pivoting on left ft, with stick swinging down then up and out into another downward strike.
- 34- right foot steps straight back and left foot goes up onto toe, and stick tip twirls down, back, up, and out forward into "on guard" (like twice in broad sword).
- 35- CLOSING: (Like double gim sword closing): bring stick up to right side of head, horizontally, point facing forward. Grab second spot on handle with left hand and bring it down to left side as right foot comes up even with left foot.