

Tai Chi Weapons: #2: The Short Stick

- 1) Begin with short stick in your left hand, holding it just above both tapes, tip pointing up, resting against the back of your left arm.
- 2) Step out to L. Hands float up. with right hand, grab the top layer of tape on the handle, R-ft transition, then R bow step, and downward diagonal strike to right. Tip up, then L-ft transition and L bow step, downward diagonal strike to left. Tip up. Repeat to R.
- 3) Then L-ft steps behind R-ft, tip swings up, forward, and back strike.
- 4) Now step back with L-ft into V position, out onto R-toe.
- 5) R bow step forward. Lunge straight ahead.
- 6) Turn 180 deg L, R-ft steps over L-ft, back strike again.
- 7) Pivot 180 deg L again, downward strikes to L. Tip spins up/over/dn, grab center of stick with L hand
- 8) Pivot 180 L- step/lunge/step, step/lunge/step, step/horizontal strike/step, step/horizontal strike with R kick/come down onto R-ft as handle goes to 12N, L step, tip to 12N, R step, handle flicks up to 12N.
- 9) hold stick position, pivot 180 deg, L-ft steps behind R-ft, downward strike.
- 10) R bow step forward, lunge straight ahead.
- 11) L-ft steps behind R-ft again, back strike as you swivel your R-ft.
- 12) Pivot 180 deg L on your L-ft, slight hop as you do a downward strike.
- 13) Grab stick in the middle again with L-hand, step back with R-ft, back lunge.
- 14) As you turn 180 R, stick circles twice ending in a diagonal strike down to L, as you step with L-ft then R-ft.
- 15) Then as you step again with L-ft then R-ft, stick circles head, tip down, ending in another diagonal strike down to left.
- 16) Step back with R-ft onto toe and both hands go up and back into pause.
- 17) R bow step forward, lunge straight ahead.
- 18) Pivot 180 deg L and the tip swings up/over/dn to L side and continues back/up/dn into downward strike.
- 19) Now, the tip swings up/back/dn, grab the stick again in the middle with L-hand as L-ft steps behind R-ft, back lunge. Spin R-ft again.
- 20) Then, hard 180 deg turn to L into “windshield wiper” move as handle rotates L 45 deg, R 45 deg.
- 21) Up into high block with R-hand, as you stand on R-leg and stick goes to L-side handle down.
- 22) Turn 90 deg to L, L bow step, R bow step, handle lunge straight ahead.
- 23) L bow step, diagonal handle strike down to L
- 24) R bow step, R elbow strike straight ahead as stick follows in same direction.
- 25) Now, grab handle with R-hand, R bow step 45 deg to R, diagonal strike down to R.
- 26) stick goes over R-shoulder, grab it with L-hand and back strike “forwards”, bow step with L-ft, stick goes over right shoulder, grab it L-hand as you bow step with R-ft. back strike to R into “figure-8” move, ending in downward strike towards “straight ahead” direction.
- 27) Repeat move (18) above: Pivot 180 deg L and the tip swings up/over/dn to L side and continues back/up/dn into downward strike.
- 28) spin stick in wrist flick move ending with L-hand in “on guard” move and L-ft out in front on toe.
- 29) Raise stick up to R-side of head, parallel to ground, tip pointing frontward.
- 30) Grab stick with L-hand above both tapes, returning it to L-side like starting position, and stepping back up into “feet together” starting position to close.