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**T’ai Chi Cane Form**

**Section 1**

1. Preparation
2. Beginning
3. Sweep Up and Kick
4. Strike Laterally
5. Left Intercept
6. Front Ward Off
7. Bind the Head and Twin Winds Lateral Strike
8. Bind the Head, Hang Up, and Heavy Split Downward
9. Turn the Body, Bind the Head, Hang Up and Heavy Split Downward
10. Cross Behind, Deflect and Split
11. Backward Turn Round the Body and Split Mt. Hua with Force
12. Mickey Mouse Strike

**Section 2**

1. Strike Upward
2. Front Ward Off
3. Bind the Head and Twin Winds Lateral Strike
4. Bind the Head, Hang Up, and Heavy Split Downward
5. Protect the Leg and Split
6. Cross Behind, Left Stir Up and Reverse Split
7. Left Stir Up and Heavy Split

**Section 3**

1. Turn Left, Bind the Head, Leap and Twin Winds Lateral Strike
2. Turn Right, Bind the Head, Leap and Strike Laterally
3. Coiled Step and Trap
4. Step Forward, Bind the Head, and Twin Winds Lateral Strike
5. Withdraw Step and Split
6. Left Stir Up and Split

**Section 4**

1. Strike Obliquely, Left and Right
2. Turn the Body, Strike Obliquely, Left and Right
3. Left Turn, Downward Sweep, and Intercept
4. Right Turn, Downward Sweep, and Intercept
5. Left Strike, Cross Behind, and Reverse Split
6. Left Stir Up and Heavy Split
7. Strike Forward, Twist Cane and Strike
8. Conclusion