U+04C0 I CYRILLIC LETTER PALOCHKA may have been derived from U+2160 I ROMAN NUMERAL ONE, (= LATIN CAPITAL LETTER I) commonly used in Russia and available in many character sets, such as typewriters. As a letterform it has not undergone a great deal of evolution, but this document presents such shapes as it is known to have. Strictly speaking the páločka is caseless; formerly it had been given the Unicode property of “other letter” but this was changed in 1999 to the Unicode property of “capital letter”. This document investigates the appropriateness of that decision. The name is the Russian word páločka ‘drumstick, baton, wand’; in typography páločka means ‘stem, main stroke’, as the vertical line in the letter T.

Note the use of an identical glyph for the páločka and the Roman numeral in line 6 here (the book is for children in the first year of school). So far we have a páločka which looks like a capital letter I and which, notably (line 2), retains its serifs when italicized.

This book, for children of the second year of school, contains also models for penmanship. Unfortunately, I only have a few sample pages of the book, and do not have its samples of how the páločka is handwritten. However, Haarmann 1990:500 gives examples of the handwritten letter in transliterations for an Arabic orthography for Adyge: the orthography, devised by Umar Bersej in 1853, shows ARABIC LETTER BE WITH OGONEK , and two transcriptions of that: ٦٧ [n].

An anomalous presentation is however found in a recent work:

References
Рамалданов, Г. Р., & А. А. Ражабов. Лезги чал: келгун, грамматика, дуьз къшын ва чал гезъенварун. Махачкала: Дагъучюндиз.