

陈式太极刀

Chen Style Saber (Broadsword)

- 1、单刀起势 Commencement
- 2、护心刀 Protect the heart
- 3、青龙出水 Green dragon emerges from the water
- 4、风卷残花 The wind scatters the flower
- 5、白云盖顶 White cloud covers the mountain top
- 6、黑虎搜山 Black tiger searches the mountain
- 7、苏秦背剑 Su Qin carries the saber on his back
- 8、金鸡独立 Golden Rooster stands on one leg.
- 9、迎风滚避 Tumble away from the wind
- 10、腰斩白蛇 Waist chop at the white snake
- 11、日套三环 The sun revolves three times
- 12、拨云望日 Block away cloud to see the Sun
- 13、左拨草寻蛇 Part the grass to search for the snake on the left
- 14、右拨草寻蛇 Part the grass to search for the snake on the right
- 15、青龙出水 Green dragon emerges from the water
- 16、风卷残花 The wind scatters the flower
- 17、雁别金翅 Bird leaves a golden wing
- 18、夜叉探海 Ye Cha explores the sea
- 19、左翻身砍 Turn body and chop on the left
- 20、右翻身砍 Turn body and chop on the right
- 21、白蛇吐信 White snake flicks tongue
- 22、怀中抱月 Chest within embraces the moon