

陈氏太极剑

Chen Style Tai Chi Sword

1. 预备势 Preparatory form
2. 太极剑起势 Opening posture
3. 朝阳剑 Homage to the Sun
4. 仙人指路 The Immortal Points the Way
5. 青龙出水 The Blue Dragon Comes Out of the Water
6. 护膝剑 Protect the knees
7. 闭门式 Close the Door
8. 翻身下劈 Turn Around and Chop Downward
9. 青龙转身 The Blue Dragon Turns Over
10. 斜飞势 Xie Fei Shi - Slant Flying
11. 展翅 Spread the Wings,
12. 点头 Nod the Head
13. 拨草寻蛇 Pull the Grass in Search of the Snake
14. 金鸡独立 The Golden Cock Stands Alone
15. 仙人指路 The Immortal Points the Way
16. 盖拦势 Cover and Block
17. 古树盘根 The Ancient Tree Entwines Its Roots
18. 饿虎扑食 The Hungry Tiger Attacks for Food
19. 青龙摆尾 The Blue Dragon Sways Its Tail
20. 倒卷 Roates the Arms Step backwards
21. 野马跳 The Wild Horse Leaps Over the Brook
22. 白蛇吐信 The White Snake Thrusts Its Tongue
23. 乌龙摆尾 The Black Dragon Sways Its Tail
24. 钟魁仗剑 Zhong Kwei Wields the Sword
25. 罗汉降龙 The Arahats Subdues the Dragon
26. 黑熊翻背 The Black Bear Rolls Over Its Back
27. 燕子啄泥 The Swallow Pecks the Soil
28. 白蛇吐信 The White Snake spits out Its Tongue
29. 斜飞势 Slant Flying
30. 鹰熊斗智 The Eagle and the Bear Vie with Their Wits
31. 燕子啄泥 The Swallow Pecks the Soil
32. 摘星换斗 Pluck the Stars and Change the Constellations
33. 海底捞月 Scoop Up the Moon from the Bottom of the Sea
34. 仙人指路 The Immortal Points the Way
35. 凤凰点头 The Phoenix Nods Its Head
36. 燕子啄泥 The Swallow Pecks the Soil
37. 白蛇吐信 The White Snake spits out Its Tongue
38. 斜飞势 Slant Flying
39. 左托千斤 The Left Side Holds Up a Thousand Pounds
40. 右托千斤 The Right Side Holds Up a Thousand Pounds
41. 燕子啄泥 The Swallow Pecks the Soil
42. 白猿献果 The White Ape Offers Fruits
43. 落花式 The Falling Flowers

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44. 上下斜刺 Thrust Slantwise Up and Down
45. 斜飞势 Slant Flying
46. 哪吒探海 Na Zha Explores the Sea
47. 怪蟒翻身 The Monstrous Serpent Turns Over
48. 韦陀献杵 Wei Tuo Offers the Pestle
49. 磨盘剑 Grinding Disk Sword
50. 太极剑还原 Closing the Form