

# Traditional Yang Style Tai Chi Chuan

## 67 Movement Sword Form

- |           |   |           |   |
|-----------|---|-----------|---|
| 1. 预备势    | Prepare                                   | 36. 天马飞瀑  | Heavenly Steed Flies Over the Waterfall     |
| 2. 起势     | Opening                                   | 37. 挑帘势   | Lifting up the Curtain                      |
| 3. 三环套月   | Circle the Moon with Three Rings          | 38. 左车轮   | Left Cart Wheel                             |
| 4. 魁星势    | Big Dipper                                | 39. 右车轮   | Right Cart Wheel                            |
| 5. 燕子抄水   | Swallow Skims the Water                   | 40. 燕子衔泥  | Swallow Carries Pieces of Earth in its Beak |
| 6. 右边拦扫   | Block and Sweep, Right                    | 41. 大鹏展翅  | Roc Extends its Wings                       |
| 7. 左边拦扫   | Block and Sweep, Left                     | 42. 海底捞月  | Fishing for the Moon at the Sea Bottom      |
| 8. 小魁星    | Little Dipper                             | 43. 哪吒探海  | Naza Explores the Sea Bottom                |
| 9. 燕子入巢   | Swallow Returns to its Nest               | 44. 犀牛望月  | Rhinoceros Looks at the Moon                |
| 10. 灵猫捕鼠  | Agile Cat Seizes the Mouse                | 45. 射雁势   | Shooting the Wild Goose                     |
| 11. 凤凰抬头  | Phoenix Lifts its Head                    | 46. 青龙现爪  | Green Dragon Shows its Claws                |
| 12. 黄蜂入洞  | Wasp Enters the Cave                      | 47. 凤凰双展翅 | Phoenix Opens Both its Wings                |
| 13. 凤凰右展翅 | Phoenix Opens its Right Wing              | 48. 左跨拦   | Step Over and Block Up, Left                |
| 14. 小魁星   | Little Dipper                             | 49. 右跨拦   | Step Over and Block Up, Right               |
| 15. 凤凰左展翅 | Phoenix Opens its Left Wing               | 50. 射雁势   | Shooting the Wild Goose                     |
| 16. 等鱼势   | Casting the Fishing Rod                   | 51. 白猿献果  | White Ape Presents the Fruit                |
| 17. 右龙行势  | Poking the Grass to Seek the Snake, One   | 52. 右落花势  | Falling Flowers, One                        |
| 18. 左龙行势  | Poking the Grass to Seek the Snake, Two   | 53. 左落花势  | Falling Flowers, Two                        |
| 19. 右龙行势  | Poking the Grass to Seek the Snake, Three | 54. 右落花势  | Falling Flowers, Three                      |
| 20. 怀中抱月  | Embracing the Moon                        | 55. 左落花势  | Falling Flowers, Four                       |
| 21. 宿鸟投林  | Birds Lodging in the Forest               | 56. 右落花势  | Falling Flowers, Five                       |
| 22. 乌龙摆尾  | Black Dragon Swings its Tail              | 57. 玉女穿梭  | Fair Lady Works at Shuttles                 |
| 23. 青龙出水  | Green Dragon comes out of the Water       | 58. 白虎搅尾  | White Tiger Swings its Tail                 |
| 24. 风卷荷叶  | Lotus Swirls Around in the Wind           | 59. 虎抱头   | Tiger Covers its Head                       |
| 25. 左狮子摇头 | Lion Shakes its Head, Left                | 60. 鱼跳龙门  | Fish Jumps Over the Dragon Gate             |
| 26. 右狮子摇头 | Lion Shakes its Head, Right               | 61. 左乌龙搅柱 | Black Dragon Twists Around the Pole, Left   |
| 27. 虎抱头   | Tiger Covers its Head                     | 62. 右乌龙搅柱 | Black Dragon Twists Around the Pole, Right  |
| 28. 野马跳涧  | Mustang Jumps the Ravine                  | 63. 仙人指路  | Fairy Points the Way                        |
| 29. 勒马势   | Reining in the Stallion                   | 64. 朝天一柱香 | An Incense for Heaven                       |
| 30. 指南针   | Compass                                   | 65. 风扫梅花  | Plum Flowers Being Swept by the Wind        |
| 31. 左迎风掸尘 | Dusting in the Wind, One                  | 66. 牙笏势   | Presenting the Tablet                       |
| 32. 右迎风掸尘 | Dusting in the Wind, Two                  | 67. 抱剑归原  | Return the Sword to its Original Position   |
| 33. 左迎风掸尘 | Dusting in the Wind, Three                |           |   |
| 34. 顺水推舟  | Pushing the Canoe with the Current        |           |   |
| 35. 流星赶月  | Shooting Star Chases the Moon             |           |   |

Source : [www.yangfamilytaichi.com](http://www.yangfamilytaichi.com)

