太 極 劍

TAI-CHI SWORD

1. 起勢 STARTING POSITION.
2. 上步合劍 STEP FORWARD MOVING SWORD AND HAND TOGETHER.
3. 仙人指路 THE DIVINITY POINTS THE WAY.
4. 三環套月 THREE RINGS ARCUND THE MCON.
5. 大魁星 THE MAJOR 'LITERARY STAR'.
6. 燕子抄水 THE SWALLOW BEATS THE WATER (WITH HIS WINGS).
7. 左右掃掃 BLOCK AND SWEEP. RIGHT AND LEFT.
8. 小魁星 THE MINOR 'LITERARY STAR'.
9. 黃蜂入洞 THE WASP ENTERS THE CAVE.
10. 金貓捕鼠 THE ALERT CAT CATCHES THE MOUSE.
11. 蜻蜓點水 THE DRAGONFLY STRIKES THE WATER.
12. 燕子入巢 THE SWALLOW RETURNS TO THE NEST.
13. 鳳凰展翅 THE PHOENIX SPREADS ITS WINGS.
14. (右旋風) 小魁星 (CLOCKWISE-WHIRLING WIND) MINOR 'LITERARY STAR'.
15. (左旋風) 等魚式 (COUNTER-CLOCKWISE WHIRLING WIND) ATTITUDE OF AWAITING THE FISH.
16. 撥草尋蛇 DIVIDING THE GRASS IN SEARCH OF THE SNAKE.
17. 懷中抱月 EMBRACING THE MOON.
18. 宿鳥投林 THE BIRDS RETURN TO THE FOREST.
19. 烏龍擺尾 THE BLACK DRAGON WAGS HIS TAIL.
20. 風捲荷葉 THE WIND ROLLS THE LOTUS LEAF.
21. 獅子搖頭 THE LION SHAKES HIS HEAD.
22. 虎抱頭 THE TIGER HOLDS HIS HEAD.
23. 野馬跳澗 THE WILD HORSE LEAPS OVER THE STREAM.
24. 翻身勒馬 TURN YOUR BODY TO STOP THE HORSE (TURN AND REIN IN).
25. 指南針 THE COMPASS.
26. 迎風撣塵 WAVE THE WHISK-BROOM AGAINST THE WIND.

27. 順水推舟 PUSHING THE BOAT WITH THE CURRENT.

28. 流星趕月 THE SHOOTING STAR CHASES THE MOON.

29. 野馬飛塗 PEGASUS (FLYING HEAVENLY HORSE); THE SPRAYING WATERFALL.

30. 挑簾式 ROLL UP THE SCREEN.

31. 卓輪劍(左右二式) WHEELS (LEFT AND RIGHT FORM).

32. 燕子啣泥 THE SWALLOW HOLDS MUD IN ITS BEAK.

33. 大鵬展翅 THE ROC SPREADS ITS WINGS.

34. 海底撈月 PICK UP THE MOON FROM THE BOTTOM OF THE SEA.

35. 懷中抱月 EMBRACING THE MOON.

36. 夜叉探海 THE DRAGON-SPIRIT (SEA-MONSTER) SEARCHES THE SEA.

37. 犀牛望月 THE RHINOCEROUS GAZING AT THE MOON.

38. 射雁式 SHOOT THE FLYING GOOSE.

39. 青龍探爪 THE GREEN DRAGON STRETCHES HIS CLAWS.

40. 鳳凰雙展翅 THE PHOENIX SPREADS BOTH WINGS.

41. 左右跨攔 STEP TOWARD RIGHT AND LEFT AND BLOCK.

42. 射雁式 SHOOTING THE FLYING GOOSE.

43. 白猿獻菓 THE WHITE APE OFFERS FRUIT.

44. 左右落花 THE FALLING FLOWERS, LEFT AND RIGHT.

45. 玉女穿梭 THE FAIR LADY (GODDESS) WEAVES AT THE SHUTTLE.

46. 白虎搅尾 THE WHITE TIGER WAGS ITS TAIL.

47. 鯉跳龍門 THE FISH LEAPS OVER THE GATE OF THE DRAGON.

48. 烏龍絞柱 THE BLACK DRAGON COILS AROUND THE PILLAR.

49. 仙人指路 THE DIVINITY POINTS THE WAY.

50. 風掃梅花 THE WIND SWEEPS THE FALLEN FLOWER.

51. 捧笏式 HOLDING THE TABLET BEFORE YOUR BOSOM.

52. 抱劍歸原 EMBRACING THE SWORD AND RETURNING TO THE STARTING POSITION.