

杨式太极剑

Yáng Shì Tàijí Jiàn

Traditional Yang Sword

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| 1. 上步和剑 | Shàng bù hé jiàn | Step up with sword |
| 2. 仙人指路 | Xiānrén zhǐlù | Immortal points the way |
| 3. 三环套月 | Sān huán tàoyuè | Three rings around the moon (1, 2) |
| 4. 大魁星势 | Dà Kuíxīng shì | Major Literary Star |
| 5. 燕子抄水 | Yànzi chāoshuǐ | Swallow touches water |
| 6. 右边拦扫 | Yòubian lán sǎo | Block and Sweep, Right |
| 7. 左边拦扫 | Zuǒbian lán sǎo | Block and Sweep, Left |
| 8. 小魁星 | Xiǎo Kuíxīng | Minor literary star |
| 9. 黄蜂入洞 | Huángfēng rù dòng | Bee enters cave |
| 10. 灵猫捕鼠 | Língmāo bǔ shǔ | Alert cat catches mouse |
| 11. 蜻蜓点水 | Qīngtíng diǎn shuǐ | Dragonfly Touches Water |
| 12. 燕子入巢 | Yànzi rù cháo | Swallow Returns to its Nest |
| 13. 大鹏展翅 | Dàpéng zhǎn chì | Phoenix Spreads its Wings |
| 14. 左旋风 | Zuǒ xuànfēng | Left whirling wind |
| 15. 小魁星 | Xiǎo Kuíxīng | Minor Literary Star |
| 16. 右旋风 | Yòu xuànfēng | Right whirling wind |
| 17. 等鱼势 | Děng yú shì | Waiting for fish |
| 18. 拨草寻蛇 | Bō cǎo xún shé | Divide the grass in search of snakes (1, 2, 3) |
| 19. 怀中抱月 | Huái zhōng bào yuè | Embrace the Moon |
| 20. 宿鸟投林 | Sù niǎo tóu lín | Bird Returns to the Forest |
| 21. 乌龙摆尾 | Wūlóng bǎi wěi | Black Dragon Whips his Tail |
| 22. 风卷荷叶 | Fēng juǎn hé yè | Wind Curls the Lotus Leaf |
| 23. 狮子摇头 | Shīzi yáotóu | Lion shakes his head |
| 24. 虎抱头 | Hǔ bào tóu | Tiger holds his head |
| 25. 野马跳涧 | Yě mǎ tiào jiàn | Wild horse jumps over the stream |
| 26. 悬崖勒马 | Xuán yá lè mǎ | Stop the horse at the cliff |
| 27. 指南针 | Zhǐnánzhēn | The Compass |
| 28. 迎风掸尘 | Yíng fēng dǎn chén | Bush off the dust in the wind |
| 29. 顺水推舟 | Shùn shuǐ tuī zhōu | Push boat with current |
| 30. 流星赶月 | Liú Xīng gǎn yuè | Shooting star catches the Moon |
| 31. 天马行空 | Tiān mǎ xíng kōng | Heavenly steed soars across the sky |
| 32. 挑帘势 | Tiǎo lián shì | Raise the screen |
| 33. 左右车轮 | Zuǒ yòu chē lún | Wheel turns left and right |

34. 燕子衔泥	Yànzi xián ní	Swallow holds mud in its beak
35. 大鹏展翅	Dàpéng zhǎn chì	Phoenix spread its wings
36. 海底捞月	Hǎi dǐ lāo yuè	Scoop the Moon from the Bottom of the sea
37. 怀中抱月	Huái zhōng bào yuè	Embrace the Moon
38. 夜叉探海	Yèchā tàn hǎi	Yecha searches the sea
39. 犀牛望月	Xīniú wàng yuè	Rhinoceros gazes at the moon
40. 射雁势	Shè yàn shì	Shoot the wild goose
41. 青龙现爪	Qīng lóng xiàn zhuǎ	Bluegreen dragon stretches its claws
42. 凤凰双展翅	Fènghuáng shuāng zhǎn chì	The phoenix spreads both wings
43. 左跨拦	Zuǒ kuà lán	Left block and straddle
44. 右跨拦	Yòu kuà lán	Right block and straddle
45. 射雁势	Shè yàn shì	Shoot the wild goose
46. 白猿献果	Bái yuán xiàn guǒ	White ape offers fruit
47. 左右落花	Zuǒ yòu luò huā	The flowers fall left and right (x2)
48. 玉女穿梭	Yù nǚ chuān suō	Fair lady works shuttles
49. 白虎搅尾	Bái hǔ jiǎo wěi	The white tiger wags its tail
50. 鱼跳龙门	Yú tiào lóng mén	The fish leaps over the dragon's gate
51. 乌龙搅柱	Wū lóng jiǎo zhù	The black dragon coils around the pillar
52. 仙人指路	Xiān rén zhǐ lù	The divinity points the way
53. 风扫梅花	Fèng sǎo méi huā	The wind sweeps the falling flowers
54. 手捧牙笏	Shǒu pěng yá hù	Present the ivory tablet
55. 抱剑	Bào jiàn	Embrace the sword
56. 归原	Guī yuan	Return to starting position