

Yang-style 56-sword

杨式五十六式太极剑

(Yáng Shì Wǔ Shí Liù Shì tàijí jiàn)

Traditional (Poetic) Names of Movements:

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| 1. 起势 | Qǐshì | |
| 2. 三环套月 | Sān huán tào yuè | Three rings around the moon |
| 3. 大魁星势 | Dà Kuíxīng shì | Major Literary Star |
| 4. 蜻蜓点水 | Qīngtíng diǎn shuǐ | Dragonfly touches water |
| 5. 燕子抄水 | Yànzi chāo shuǐ | Swallow touches water |
| 6. 左右拦扫 | Zuǒyòu lán sào | Block and sweep |
| 7. 小魁星势 | Xiǎo Kuíxīng shì | Minor Literary Star |
| 8. 燕子入巢 | Yànzi rù cháo | Swallow returns to the nest |
| 9. 虎抱头 | Hǔ bào tóu | Tiger holds his head |
| 10. 灵猫捕鼠 | Língmāo bǔ shǔ | Civet catches rat |
| 11. 黄蜂入洞 | Huángfēng rù dòng | Bee enters cave |
| 12. 凤凰双展翅 | Fènghuáng shuāng zhǎn chì | Phoenix spreads both wings |
| 13. 小魁星势 | Xiǎo Kuíxīng shì | Minor Literary Star |
| 14. 太公等鱼 | Tàigōng děng yú | Awaiting a fish |
| 15. 拨草寻蛇 | Bō cǎo xún shé | Part the grass in search of snakes |
| 16. 哪吒探海 | Nézhā tàn hǎi | Necha searches the ocean |
| 17. 怀中抱月 | Huái zhōng bào yuè | Embrace the moon |
| 18. 宿鸟投林 | Sù niǎo tóu lín | Bird Returns to the Forest |
| 19. 乌龙摆尾 | Wūlóng bǎi wěi | Black Dragon Whips his Tail |
| 20. 青龙出水 | Qīnglóng chūshuǐ | Bluegreen dragon emerges from the water |
| 21. 风卷荷叶 | Fēng juǎn hé yè | Wind Curls the Lotus Leaf |
| 22. 狮子摇头 | Shīzi yáotóu | Lion shakes his head |
| 23. 虎抱头 | Hǔ bào tóu | Tiger holds his head |
| 24. 野马跳涧 | Yé mǎ tiào jiàn | Wild horse leaps the stream |
| 25. 悬崖勒马 | Xuán yá lè mǎ | Rein in the horse |
| 26. 转身指南 | Zhuǎn shēn zhǐnán | The compass |
| 27. 迎风掸尘 | Yíng fēng dǎn chén | Face the wind and brush off the dust |
| 28. 顺水推舟 | Shùn shuǐ tuī zhōu | Push boat with current |
| 29. 流星赶月 | Liú xīng gǎn yuè | Shooting star chases the moon |
| 30. 天馬行空 | Tiān mǎ xíng kōng | Heavenly horse crosses the sky |
| 31. 燕子衔泥 | Yànzi xián ní | Swallow holds mud in its beak |
| 32. 挑帘势 | Tiāo lián shì | Roll up the screen |
| 33. 左车轮剑 | Zuǒ chē lún jiàn | Left cartwheel sword |

34. 右车轮剑	Yòu chē lún jiàn	Right cartwheel
35. 大鹏展翅	Dà péng zhǎn chì	Roc spreads wings
36. 怀中捞月	Shuǐ zhōng lāo yuè	Scoop the moon from the bottom of the sea
37. 怀中捧月	Huái zhōng pěng yuè	Hold the moon
38. 夜叉入海	Yè chā rù hǎi	Yecha returns to 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. 青龙探爪	Qīng lóng tàn zhuǎ	Bluegreen dragon stretches its claws
42. 凤凰单展翅	Fènghuáng zhǎn chì	Phoenix spreads one wing
43. 左右跨拦	Zuǒ yòu kuà lán	Left/right block and straddle
44. 射雁势	Shè yàn shì	Shoot the wild goose
45. 白猿献果	Bái yuán xiàn guǒ	White ape offers fruit
46. 流水落花	Liúshuǐ luò huā	Running water leaves behind fallen flowers (?)
47. 玉女穿梭	Yù nǚ chuān suō	Fair lady works shuttles
48. 斜飞势	Xié fēi shì	Slant Flying
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. 水中捞月	Shuǐzhōnglāoyuè	Fetch the Moon from the Bottom of the Sea
53. 仙人指路	Xiānrén zhǐ lù	Immortal points the way
54. 风扫梅花	Fèng sǎo méihuā	The wind sweeps the falling flowers
55. 并步指南	Bìng bù zhǐ nán	Feet together, point the way
56. 收势	Shōu shì	Closing Form