

陳氏太極刀双刀

Chén Shì Tàijí Dāo Shuāng Dāo

Chen-style Tai Chi Broadsword Double Saber:

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| 1. 双刀起勢 | Shuāng Dāo Qǐ Shì | |
| 2. 全舞花朝阳刀 | Quán Wǔ Huā Cháo Yáng Dāo | Full circle flower, Salute the Sun |
| 3. 折三刀朝阳 | Zhé Sān Dāo Cháo Yáng | Three cuts, Salute the Sun |
| 4. 一步跌刀 | Yī Bù Diē Dāo | One step drop sword |
| 5. 上三刀 | Shàng Sān Dāo | Step up with Three Cuts |
| 6. 雁别金翅 | Yàn Bié Jīn Chì | Wild Goose Spreads Golden Wings |
| 7. 孤雁出群 | Gū Yàn Chū Qún | Lone Goose Leaves the Flock |
| 8. 一刀朝阳 | Yī Dāo Cháo Yáng | One Cut Salute the Sun |
| 9. 左插花 | Zuǒ Chāhuā | Left Arrange Flowers |
| 10. 右插花 | Yòu Chāhuā | Right Arrange Flowers |
| 11. 二刀朝陽 | Liǎng Dāo Cháo Yáng | Two Cuts salute the Sun |
| 12. 蝴蝶吸水 | Húdié Xī Shuǐ | Butterfly Sips Water |
| 13. 一刀朝阳 | Yī Dāo Cháo Yáng | One Cut Salute the Sun |
| 14. 左插花 | Zuǒ Chāhuā | Left Arrange Flowers |
| 15. 右插花 | Yòu Chāhuā | Right Arrange Flowers |
| 16. 二刀朝陽 | Liǎng Dāo Cháo Yáng | Two Cuts salute the Sun |
| 17. 二刀伏虎 | Liǎng Dāo Fúhǔ | Two Cuts Subdue the Tiger |
| 18. 一刀朝阳 | Yī Dāo Cháo Yáng | One Cut Salute the Sun |
| 19. 鍾魁仗劍 | Zhōng Kuí Zhàng Jiàn | Zhong Kui Wields the Sword |
| 20. 古树盘根 | Gǔ Shù Pán Gēn | Ancient Tree Coils Roots |
| 21. 翻身砍 | Fān Shēn Kǎn | Turn Over and Chop |
| 22. 一刀朝阳 | Yī Dāo Cháo Yáng | One Cut Salute the Sun |
| 23. 左右攪項 | Zuǒ Yòu Jiǎo Xiàng | Left Stir the Top |
| 24. 二刀朝陽 | Liǎng Dāo Cháo Yáng | Two Cuts salute the Sun |
| 25. 二刀轉向 | Liǎng Dāo Zhuǎn Xiàng | Left/Right Rotation [Bagua Walking] |

26. 霸王舉鼎	Bà Wáng Jǔ Dǐng	Ba Wang Lifts the Urn
27. 羅漢降龍	Luó Hàn Xiáng Lóng	Arhat Subdues the Dragon
28. 左右片馬刀	Zuǒ Yòu Piàn Mǎ Dāo	Left/Right Cut the Horse
29. 二刀朝陽	Liǎng Dāo Cháo Yáng	Two Cuts salute the Sun
30. 白蛇吐信	Bái Shé Tù Xìn	White Snake Spits its Tongue
31. 左撲右撲	Zuǒ Pū Yòu Pū	Left/Right Pounce/Attack
32. 上步七星	Shàng Bù Qī Xīng	Step Up Seven Stars
33. 下步跨虎	Xià Bù Kuà Hǔ	Step Down to Ride the Tiger
34. 一刀下勢	Yī Dāo Xià Shì	One Cut Downwards
35. 收勢	Shōu Shì	Close form