

陈式太极单刀

Chén Shì Tài jí Dān Dāo

Chen-style Tai Chi Single Broadsword:

1. 單刀起勢 Dān Dāo Qǐ Shì– Single Broadsword Opening the Form
2. 護心刀 Hù Xīn Dāo - Protect the Heart
3. 青龍出手 Qīng Lóng Chū Shuǐ - Bluegreen Dragon Emerges from the Water
4. 風卷殘花 Fēng Juǎn Cán Huā - Wind Sweeps the Wilted Flowers
5. 白雲益頂 Bái Yún Yì Dǐng - White Clouds Overhead
6. 黑虎搜山 Hēi Hǔ Sōu Shān - Black Tiger Searches Mountain
7. 蘇秦背劍 Sū Qín Bēi Jiàn – Su Chin Carries the Sword on his Back
8. 金鷄獨立 Jīn Jī Dú Lì- Golden Rooster Stands on One Leg
9. 迎鋒滾閉 Yíng Fēng Gǔn Bì– Turn to Meet Coming Force
10. 腰斬白蛇 Yāo Zhǎn Bái Shé – Waist Chop the White Snake
11. 日套三環 Rì Tào Sān Huán – Three Rings Around the Sun
12. 拔云望日 Bō Yún Wàng Rì- Part the Clouds to See the Sun
13. 拔草尋蛇 Bō Cǎo Xún Shé – Divide the Grass in Search of Snakes
14. 青龍出手 Qīng Lóng Chū Shuǐ – Bluegreen Dragon Emerges from the Water
15. 風卷殘花 Fēng Juǎn Cán Huā - Wind Sweeps the Wilted Flowers
16. 雁別金翅 Yàn Bié Jīn Chì- Wild Goose Separates its Golden Wings
17. 夜叉探海 Yè Chā Tàn Hǎi – Ye Cha Searches the Sea
18. 左翻身砍 Zuǒ Fān Shēn Kǎn - Left Turn and Chop
19. 右翻身砍 Yòu Fān Shēn Kǎn - Right Turn and Chop
20. 白蛇吐信 Bái Shé Tǔ Xìn - White Snake Spits Tongue
21. 懷中抱月 Huái Zhōng Bào Yuè - Embrace the Moon