

傳統楊氏太極劍
Traditional Yang Style Taiji Sword



動作名稱	Dong Zuo Ming Chen	Movements
1 太極起勢	tai ji qi shi	Start Form
2 朝天一柱香	chao tian yi zhu xiang	An Incense for Heaven
3 仙人指路	xian ren zhi lu	The Immortal Points the Way
4 三環套月	san huan tao yue	Circling the Moon with Three Rings
5 蜻蜓點水	qing ting dian shui	Dragonfly Touches the Water
6 大魁星	da kui xing	The Big Dipper
7 燕子抄水	yan zi chao shui	Swallow Skims the Water
8 右左攔掃	you zuo lan sao	Block and Sweep on Both Sides
9 鳳凰單展翅	feng huang dan zhan chi	Phoenix Opens Right Wing
10 小魁星	xiao kui xing	The Little Dipper
11 燕子入巢	yan zi ru chao	Swallow Returns to its Nest
12 靈貓撲鼠	ling mao pu shu	Cat Catches the Mouse
13 鳳凰抬頭	feng huang tai tou	Phoenix Lifts its Head
14 黃蜂入洞	huang feng ru dong	Wasp Enters the Cave
15 玉女獻書	yu nv xian shu	Fair Lady Offers Book
16 鳳凰右展翅	feng huang you zhan chi	Phoenix Opens Right Wing
17 魁星勢	kui xing shi	The Dipper Stance
18 右旋風	you xuan feng	The Whirlwind Right
19 魁星勢	kui xing shi	The Dipper Stance
20 左旋風	zuo xuan feng	The Whirlwind Left
21 等魚勢	Deng yu shi	Casting the Fishing Rod
22 撥草尋蛇	bo cao xun she	Searching Snake in the Grass
23 懷中抱月	huai zhong bao yue	Embrace the Moon
24 宿鳥投林	su niao tou lin	Birds Flies into the Forest
25 烏龍擺尾	wu long bai wei	Black Dragon Swings its Tail
26 青龍出水	qing long chu shui	Blue Dragon Comes out of the Water
27 風卷荷葉	feng juan he ye	Wind Blows the Lotus Leaves
28 獅子搖頭	shi zi yao tou	Lion Shakes Its Head
29 虎抱頭	hu bao tou	Tiger Covers Its Head
30 野馬跳澗	ye ma tiao jian	Wild Horse Jumps over Mountain Stream
31 返身勒馬	fan shen le ma	Turn Around and Rein in the Horse

This form is composed by Grand Master Sha Guozheng who used Yang Style Taiji sword form as its basic structure, but added movements from other traditional sword forms based on his experience.

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32 指南金針	zhi nan jin zhen	Compass Needle Points South
33 迎風揮塵	ying feng dan chen	Shaking Off Dust in the Wind
34 順水推舟	shun shui tui zhou	Pushing the Boat with the Current
35 流星趕月	liu xing gan yue	Shooting Star Chases the Moon
36 挑帘劍	tiao lian jian	Lifting up the Curtain
37 左右車輪	zuo you che lun	Rolling the Cart Wheels
38 青龍出水	qing long chu shui	Blue Dragon Comes out of the Water
39 燕子銜泥	yan zi xian ni	Swallow Picks Earth in its Peak
40 大鵬展翅	da peng zhan chi	Roc Spreads Its Wings
41 大鵬雙展翅	da peng shuang zhan chi	Roc Extends Its Wings Twice
42 大鵬抖翎	da peng dou lin	Roc Shakes Its Feather
43 海底撈月	hai di lao yue	Fishing the Moon from the Bottom of Sea
44 懷中抱月	huai zhong bao yue	Embrace the Moon
45 哪吒探海	ne zha tan hai	Nezha Explores the Sea
46 犀牛望月	xi niu wang yue	Rhinoceros Looks at the Moon
47 射雁勢	she yan shi	Shooting the Wild Goose
48 青龍現爪	qing long xian zhua	Blue Dragon Shows Its Claws
49 鳳凰雙展翅	feng huang shuang zhan chi	Phoenix Opens Its Wings
50 左右跨欄	zuo you kua lan	Stepping Over the Fence
51 射雁勢	she yan shi	Shooting the Wild Goose
52 白猿獻果	bai yuan xian guo	White Ape Presents the Fruit
53 左右落花	zuo you luo hua	Flowers Fall to Left and Right
54 玉女穿梭	yu nv chuan suo	Fair Lady Works the Shuttle
55 白虎攪尾	bai hu jiao wei	White Tiger Swings Its Tail
56 虎抱頭	hu bao tou	Tiger Covers Its Head
57 魚躍龍門	yu yue long men	Fish Jumps Over the Dragon Gate
58 烏龍攪柱	wu long jiao zhu	Black Dragon Coils the Pole
59 烏龍攪尾	wu long jiao wei	Black Dragon Flips Its Tail
60 懷中抱月	huai zhong bao yue	Embrace the Moon
61 風掃梅花	feng sao mei hua	Wind Sweeps the Plum Flowers
62 黑虎攔路	hei hu lan lu	Black Tiger Blocks the Path

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63 力劈華山	li pi hua shan	Splitting the Mountain
64 仙人指路	xian ren zhi lu	The Immortal Points the Way
65 頂上旋風	ding shang xuan feng	Tornado Overhead
66 牙笏勢	ya hu shi	Presenting the Tablet
67 天人合一	tian ren he yi	Unite Man with Heaven
68 太極收勢	tai ji shou shi	Close Form

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