

JI HONG TAI CHI 集宏太極拳學院

陳式太極十三刀 Chen Sabre

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| 1 | 單刀起式 | Sabre commencing form |
| 2 | 護心刀 | Protect the Heart with Sabre |
| 3 | 青龍出水 | Green Dragon Emerges out of Water |
| 4 | 風卷殘花 | Wind scatters flower |
| 5 | 白雲蓋頂 | White clouds cover the mountain top |
| 6 | 黑虎搜山 | Black tiger searches the mountain |
| 7 | 蘇秦背劍 | Su Qin carries sword on back |
| 8 | 金雞獨立 | Golden Rooster Stands on One Leg |
| 9 | 迎鋒滾閉 | Receive blade and roll to close in |
| 10 | 腰斬白蛇 | Waist chop at white snake |
| 11 | 日套三環一、二、三 | Sun revolves three times (one, two, three) |
| 12 | 拔雲望月 | Part clouds to view moon |
| 13 | 左拔草尋蛇 | Part grass to search for snake (left) |
| 14 | 右拔草尋蛇 | Part grass to search for snake (right) |
| 15 | 青龍出水 | Green Dragon Emerges out of Water |
| 16 | 風卷殘花 | Wind scatters flower |
| 17 | 雁別金翅 | Wild Goose leaves golden wing |
| 18 | 夜叉探海 | Night plunges into deep sea |
| 19 | 左翻身砍 | Turn body left to decapitate |
| 20 | 右翻身砍 | Turn body right to decapitate |
| 21 | 白蛇吐信 | White Snake Shows Its tongue |
| 22 | 懷中抱月 | Cradle moon in chest |
| 23 | 收勢 | Closing Form |