

## 楊式太極劍

### Yang Style Tai Chi Sword

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1	預備式	Commencement
2	仙人指路	Fairy Points the Way
3	觀音坐蓮	Goddess Of Mercy Sits On The Lotus
4	接劍式	Right Hand Grips the Sword
5	蜻蜓點水	Dragonfly Touches the Water
6	大魁星	The Great Chief's Star
7	燕子抄水	Swallow Skims the Water
8	右攔掃	Sweep Right
9	左攔掃	Sweep Left
10	探海式	Test the Depth of the Seas
11	懷中抱月	Cradle the Moon in Your Arms
12	宿鳥投林	Bird Returns to the Woods
13	烏龍擺尾	Black Dragon Swishes Its Tail
14	青龍出水	Green Dragon Rises out of the Waters
15	風捲荷葉	Wind Blows the Lotus Leaf
16	獅子搖頭	Lion Shakes Its Head
17	虎抱頭	Tiger Holds Its Head High
18	野馬跳澗	Wild Hors Jumps The Stream
19	左海底撈月	Scoop the Moon from the Sea Bottom (L)
20	右海底撈月	Scoop the Moon from the Sea Bottom (R)
21	射雁式	Point the Arrow at the Wild Geese
22	白猿獻果	White Ape Offers up Fruit
23	迎風揮塵(左)	Facing the Dust Storm, Brush the Dust Away (L)
24	迎風揮塵(右)	Facing the Dust Storm, Brush the Dust Away (R)
25	迎風揮塵(左)	Facing the Dust Storm, Brush the Dust Away (L)
26	順水推舟	Polling along the River with the Current
27	流星趕月	Shooting Star Chases the Moon
28	天馬行空	Flying Horses Crosses the Sky
29	挑帘式	Raise the Window Blind
30	左車輪劍	Sword Makes a Left Cartwheel
31	右車輪劍	Sword Makes a Right Cartwheel
32	大鵬展翅	Roc Spreads Its Wings
33	黃色蜂入洞	Golden Bee Enters the Hive
34	懷中抱月	Cradle the Moon in Your Arms
35	風掃梅花	Wind Blows the Plum Blossoms Away
36	指南針	Compass Needle Points South
37	接劍式	Left Hand Grips the Sword
38	收式	Closing

L = Left, R = Right

### 楊式劍十三勢

刺劈掃截，挑撥掛撩，崩點划拉抹。