

陳式太極十三刀

Chen Sabre

Ji Hong Tai Chi & Qi Gong

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