

陳式太極劍 Chen Style Tai Chi Sword

Ji Hong Tai Chi & Qi Gong

1	預備式	Ready posture	30	燕子啄泥	Swallow pecks the mud
2	東峰銜日	Sun rising from eastern peak	31	回身點劍	Turn body & point sword
3	仙人指路	Fairy points the way	32	鷹熊鬥智	Hawk & bear compete intellectually
4	葉底藏花	Flowers hidden under leaves	33	燕子啄泥	Swallow pecks the mud
5	朝陽劍	Sword facing the sun	34	靈貓撲鼠	Wild cat pounces on mouse
6	哪吒探海	NAZHA exploring sea	35	金雞抖翎	Golden rooster shakes feathers
7	青龍出水	Green dragon rises out of water	36	海底撈月	Scoop moon from under the sea
8	左右護膝	Guarding left & right knees	37	哪吒探海	NAZHA exploring sea
9	閉門劍	Sword closing the gate	38	犀牛望月	Rhinoceros gaze at the moon
10	青龍出水	Green dragon rises out of water	39	疾風掩草	Strong wind cover grass
11	轉身劈劍	Turn body & chop with sword	40	斜飛式	Oblique flying
12	回身劍	Turn around thrust with sword	41	左托千斤	Push 1000 lb. left
13	斜飛式	Oblique flying	42	右托千斤	Push 1000 lb. right
14	鳳凰展翅	Phoenix spreads its wings	43	左截腕	Left sever wrist
15	鳳凰點頭	Phoenix nods its head	44	右截腕	Right sever wrist
16	撥草尋蛇	Parting grass to find snake	45	橫掃千軍	Sweep away 1000 soldiers
17	金雞獨立	Golden rooster stands on one leg	46	金針倒掛	Reverse hangs golden needle
18	哪吒探海	NAZHA exploring sea	47	金蜂點蕊	Golden hornet pecks flower
19	蓋蘭式	Cover and parry	48	白猿獻果	White ape presents fruit
20	古樹蟠根	Uprooting the ancient tree	49	落花式	Falling flower
21	餓虎撲食	Hungry tiger pounces on prey	50	上下斜刺	Up & down oblique stab
22	左右車輪	Left & right cartwheel	51	斜飛式	Oblique flying
23	倒撐肱	Backward arm circling	52	探身劍	Leaning thrust with sword
24	野馬跳澗	Wild horse jumps over stream	53	怪蟒翻身	Serpent turns its body
25	白蛇吐信	White snake extends tongue	54	黃蜂出洞	Hornet exiting nest
26	二龍戲珠	Two dragons toying with pearl	55	磨盤劍	Millstone turning sword
27	虛步亮劍	Step back & display sword	56	金針指南	Golden needle points south
28	上步刺劍	Step forward & stab with sword	57	還原式	Return to ready posture
29	黑熊翻背	Black bear turns backward			