

楊式太極劍 Yang Style Tai Chi Sword

Ji Hong Tai Chi & Qi Gong

1	預備式	Ready Posture
2	仙人指路	Fairy Points the Way
3	觀音坐蓮	Goddess of Mercy Sits on Lotus
4	接劍式	Right Hand Grips the Sword
5	蜻蜓點水	Dragonfly Touches Water
6	大魁星	The Big Dipper Star
7	燕子抄水	Swallow Skims the Water
8	右攔掃	Right Blocking Sweep
9	左攔掃	Left Blocking Sweep
10	探海式	Test the Depth of Sea
11	懷中抱月	Cradle Moon in 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 Water
15	風捲荷葉	Wind Blows Lotus Leaf
16	獅子搖頭	Lion Shakes its Head
17	虎抱頭	Tiger Holds Head High
18	野馬跳澗	Wild Horse Jumps the Stream
19	左海底撈月	Scoop Moon from Sea Bottom (L)
20	右海底撈月	Scoop Moon from Sea Bottom (R)
21	射雁式	Point Arrow at Wild Geese
22	白猿獻果	White Ape Presents Fruit
23	迎風擗塵(左)	Facing the Wind, Brush the Dust Away (L)
24	迎風擗塵(右)	Facing the Wind, Brush the Dust Away (R)
25	迎風擗塵(左)	Facing the Wind, Brush the Dust Away (L)
26	順水推舟	Push Boat with the Current
27	流星趕月	Shooting Star Chases the Moon
28	天馬行空	Heavenly Horse Crosses the Sky
29	挑帘式	Raise the Curtain
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	黃蜂入洞	Hornet Enters Hive
34	懷中抱月	Cradle Moon in Arms
35	風掃梅花	Wind Swept Plum Blossoms
36	指南針	Compass Needle Points South
37	接劍式	Left Hand Grips the Sword
38	收式	Closing

楊式劍十三勢 Yang Style Sword 13 Postures

刺劈掃截，挑撥掛撩，崩點划拉抹。Stab,chop,sweep,cut; Pick,push,hang,lift; Strike,point,draw,pull,wipe.