

# Traditional Yang Style Tai Chi Chuan 67 Movement Sword Form

氏太 式名称 序

(from Yang Family Tai Chi site, see LINKS)

1		Yu bei shi	Prepare
2	起	Qi shi	Opening
3	三 套月	San huan tao yue	Circle the Moon with Three Rings
4	魁星	Kui xing shi	Big Dipper
5	燕子抄水	Yan zi chao shui	Swallow Skims the Water
6	右	You bian lan sao	Block and Sweep, Right
7	左	Zuo bian lan sao	Block and Sweep, Left
8	小魁星	Xiao kui xing	Little Dipper
9	燕子入	Yan zi ru cao	Swallow Returns to its Nest
10	猫捕鼠	Ling mao bu shu	Agile Cat Seizes the Rat
11	凰抬	Feng huang tai tou	Phoenix Lifts its Head
12	黄蜂入洞	Huang feng ru dong	Wasp Enters the Cave
13	凰右展翅	Feng huang you zhan chi	Phoenix Opens its Right Wing
14	小魁星	Xiao kui xing	Little Dipper
15	凰左展翅	Feng huang zuo zhan chi	Phoenix Opens its Left Wing
16	等	Deng yu shi	Casting the Fishing Rod
17	右 行	You long xing shi	Poking the Grass to Seek the Snake, One
18	左 行	Zuo long xing shi	Poking the Grass to Seek the Snake, Two

19	右 行	You long xing shi	Poking the Grass to Seek the Snake, Three
20	中抱月	Huai zhong bao yue	Embracing the Moon
21	宿 投林	Su niao tou lin	Birds Lodging in the Forest
22	尾	Wu long bai wei	Black Dragon Swings its Tail
23	青 出水	Qing long chu shui	Green Dragon comes out of the Water
24	卷荷叶	Feng juan he ye	Lotus Swirls Around in the Wind
25	左 子	Zuo shi zi yao tou	Lion Shakes its Head, Left
26	右 子	You shi zi yao tou	Lion Shakes its Head, Right
27	虎抱	Hu bao tou	Tiger Covers its Head
28	野 跳	Ye ma tiao jian	Mustang Jumps the Ravine
29	勒	Le ma shi	Reining in the Stallion
30	指南	Zhi nan zhen	Compass
31	左迎	Zuo ying feng dan chen	Dusting in the Wind, One
32	右迎	You ying feng dan chen	Dusting in the Wind, Two
33	左迎	Zuo ying feng dan chen	Dusting in the Wind, Three
34	水推舟	Shun shui tui zhou	Pushing the Canoe with the Current
35	流星赶月	Liu xing gan yue	Comet Chases the Moon
36	天 瀑	Tian ma fei pu	Heavenly Steed Flies Over the Waterfall
37	挑	Tiao lian shi	Lifting up the Curtain
38	左	Zuo che lun	Left Cart Wheel
39	右	You che lun	Right Cart Wheel

40	燕子 泥	Yan zi xian ni	Swallow Carries Pieces of Earth in its Beak
41	大 展翅	Da peng zhan chi	Roc Extends its Wings
42	海底 月	Hai di lao yue	Fishing for the Moon at the Sea Bottom
43	探海	Ne zha tan hai	Naza Explores the Sea Bottom
44	犀牛望月	Xi niu wang yue	Rhinoceros Looks at the Moon
45	射雁	She yan shi	Shooting the Wild Goose
46	青 爪	Qing long xian zhua	Green Dragon Shows its Claws
47	鳳双展翅	Feng huang shuang zhan chi	Phoenix Opens Both its Wings
48	左跨	Zuo kua lan	Step Over and Block Up, Left
49	右跨	You kua lan	Step Over and Block Up, Right
50	射雁	She yan shi	Shooting the Wild Goose
51	白猿献果	Bai yuan xian guo	White Ape Presents the Fruit
52	右落花	You luo hua shi	Falling Flowers, One
53	左落花	Zuo luo hua shi	Falling Flowers, Two
54	右落花	You luo hua shi	Falling Flowers, Three
55	左落花	Zuo luo hua shi	Falling Flowers, Four
56	右落花	You luo hua shi	Falling Flowers, Five
57	玉女穿梭	Yu nu chuan suo	Fair Lady Works at Shuttles
58	白虎 尾	Bai hu jiao wei	White Tiger Swings its Tail
59	虎抱	Hu bao tou	Tiger Covers its Head
60	跳	Yu tiao long men	Fish Jumps Over the Dragon Gate

61	左 柱	Zuo wu long jiao zhu	Black Dragon Twists Around the Pole, Left
62	右 柱	You wo long jiao zhu	Black Dragon Twists Around the Pole, Right
63	仙人指路	Xian ren shi lu	Fairy Points the Way
64	朝天一柱香	Chao tian yi zhu xiang	An Incense for Heaven
65	梅花	Feng sao mei hua	Plum Flowers being Swept by the Wind
66	牙笏	Ya hu shi	Presenting the Tablet
67	抱 原	Bao jian gui yuan	Return the Sword to its Original Position