

太極劍
TAI CHI SWORD
(CHIEN)

1990.2.

1. Starting Position 起勢
2. Step Forward Moving Sword and Hand Together 上步合劍
3. The divinity points the Way 仙人指路
4. Three rings around the moon 三環套月
5. The major "Literary Star" 大魁星
6. The swallow beats the water (with his wings) 燕子抄水
7. Block and sweep. Right and Left. 左右攔掃
8. The minor "Literary Star" 小魁星
9. The wasp enters the cave 黃蜂入洞
10. The alert cat catches the mouse 靈貓捕鼠
11. The dragonfly strikes the water 蜻蜓點水
12. The swallow returns to the nest 燕子入巢
13. The phoenix spreads its wings 鳳凰展翅
14. (Clockwise whirling wind) minor "Literary Star" (右旋風) 小魁星
15. (Counter-Clockwise whirling wind) attitude of awaiting the fish (左旋風) 等魚式
16. Dividing the grass in search of the snake 撥草尋蛇
17. Embracing the moon 懷中抱月
18. The birds return to the forest 宿鳥投林
19. The black dragon wags his tail 烏龍擺尾
20. The wind rolls the lotus leaf 風捲荷葉
21. The lion shakes his head 獅子搖頭
22. The tiger holds his head 虎抱頭
23. The wild horse leaps over the stream 野馬跳澗
24. Turn your body to stop the horse (turn and rein in) 翻身勒馬
25. The compass 指南針
26. Wave the whisk-broom against the wind 迎風揮塵

T'AI CHI SWORD
(continued)

- 27. Pushing the boat with the current 順水推舟
- 28. The shooting star chases the moon 流星趕月
- 29. Pegasus (Flying heavenly horse): The spraying waterfall 野馬飛瀑
- 30. Roll up the screen 挑簾式
- 31. Wheels (Left and Right) 車輪劍(左右二式)
- 32. The swallow holds mud in its beak 燕子銜泥
- 33. The roc spreads its wings 大鵬展翅
- 34. Pick up the moon from the bottom of the sea. 海底撈月
- 35. Embracing the Moon 懷中抱月
- 36. The Dragon-Spirit (Sea Monster) searches the sea 夜叉探海
- 37. The rhinoceros gazing at the moon 犀牛望月
- 38. Shoot the flying goose 射雁式
- 39. The green dragon stretches his claws 青龍探爪
- 40. The phoenix spreads both wings 鳳凰雙展翅
- 41. Step toward right and left and block 左右跨欄
- 42. Shooting the flying goose 射雁式
- 43. The white ape offers fruit 白猿獻菓
- 44. The falling flowers left and right 左右落花式
- 45. The fair lady (goddess) weaves at the shuttle 玉女穿梭
- 46. The white tiger wags its tail 白虎攪尾
- 47. The fish leaps over the gate of the dragon 鯉跳龍門
- 48. The black dragon coils around the pillar 烏龍絞柱
- 49. The divinity points the Way 仙人指路
- 50. The wind sweeps the fallen flower 風掃梅花
- 51. Holding the tablet before your bosom 捧笏式
- 52. Embracing the sword and returning to the starting position. 抱劍歸原