

太極劍

Tai Chi Sword

1.	起勢	Beginning Posture
2.	上步合劍式	Step Forward to Unite the Sword
3.	仙人指路	Immortal Guiding the Road
4.	三環套月	Triple Bracelets Embracing the Moon
5.	大魁星	Major Star of the Dipper
6.	燕子三抄水	Swallow Dipping the Water (3 times)
7.	右掃左攔	Obstruct and Sweep; Right and Left
8.	小魁星	Minor Star of the Dipper
9.	黃蜂入洞	Wasp Entering the Hive
10.	靈貓捕鼠	Agile Cat Pouncing on the Mouse
11.	蜻蜓點水	Dragonfly Sipping Water
12.	左跨右攔	Cross and Obstruct, Left and Right
13.	燕子入巢	Swallow Entering the Nest
14.	仙人指路	Immortal Guiding the Road
15.	鳳凰雙展翅	Phoenix Spreading Its Wings
16.	右旋風	Whirlwind to the Right
17.	小魁星	Minor Star of the Dipper
18.	左旋風	Whirlwind to the Left
19.	等魚式	Fishing Posture
20.	撥草尋蛇	Searching for the Snake in the Grass
21.	懷中抱月	Embrace the Moon
22.	宿鳥投林	Send the Bird into the Trees
23.	烏龍擺尾	Black Dragon Wagging Its Tail
24.	風捲荷葉	Wind Rolls Up Lotus Leaves
25.	獅子搖頭	Lion Shaking Its Head

26.	虎抱頭	Tiger Embracing Its Head
27.	野馬跳澗	Wild Horse Leaps Over Mountain Stream
28.	翻身勒馬	Turn the Body to Stop the Horse
29.	指南針	The Compass
30.	左、右迎風彈塵	Greet the Wind, Wipe Away the Dust, Left, Right
31.	順水推舟	Drift with the Current
32.	流星趕月	Meteor Pursues the Moon
33.	天鳥飛瀑	Skylark Flying Over the Waterfall
34.	挑簾式	Raise the Bamboo Curtain
35.	左、右車輪劍	Cart Wheel Sword, Left, Right
36.	燕子啣泥	Swallow Holds Mud in Its Mouth
37.	大鵬展翅	Great Roc Spreads Its Wings
38.	海底撈月	Dredging the Moon from the Sea Bottom
39.	懷中抱月	Embrace the Moon
40.	夜叉探海	Ye-Cha Stabbing the Sea
41.	犀牛望月	Rhinoceros Gazing at the Moon
42.	射雁式	Shoot the Wild Geese
43.	青龍探爪	Blue Dragon Stretches Out Its Claws
44.	鳳凰雙展翅	Phoenix Spreading Its Wings
45.	左、右跨攔	Cross and Obstruct, Left and Right
46.	射雁式	Shoot the Wild Geese
47.	青龍探爪	Blue Dragon Stretches Out Its Claws
48.	白猿獻果	White Ape Offering Fruits
49.	青龍探爪	Blue Dragon Stretches Out Its Claws
50.	左右落花	Falling Flowers Posture, Left and Right
51.	玉女穿梭	Fair Lady Weaving the Shuttle
52.	青龍探爪	Blue Dragon Stretches Out Its Claws
53.	白虎攪尾	White Tiger Twists Its Tail
54.	青龍探爪	Blue Dragon Stretches Out Its Claws

55.	魚跳龍門	Carp Leaps Over the Dragon Gate
56.	烏龍絞柱	Black Dragon Twisting Around the Pillar
57.	左右退劍	Sweep Swords Backwards, Left and Right
58.	燕子啣泥	Swallow Holds Mud in Its Mouth
59.	仙人指路	Immortal Guiding the Road
60.	風掃梅花	Wind Sweeps Away the Plum Blossom
61.	牙笏式	Holding Up the Ivory Tablet
62.	抱劍歸原	Embrace the Sword, Return to the Beginning Posture
63.	合太極	Conclusion of Tai Chi Sword