



JING YING

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Chen Style TaiJi Essential 18 Movement Sword Form

1. 太极剑起势 (TaiJi Jian Qi Shi) Tai Chi Sword Opening Posture
2. 朝阳剑 (Chao Yang Jian) Presenting the Sword to the Sun
3. 仙人指路 (Xian Ren Zhi Lu) Immortal Points the Way
4. 青龙出水 (Qing Long Chu Shui) Green Dragon Exits the Water
5. 护膝剑 (Hu Xi Jian) Protecting the Knee Sword
6. 前刺后劈 (Qian Ci Hou Pi) Forward Pierce and Backward Chop
7. 青龙转身 (Qing Long Zhuan Shen) Green Dragon Turns Its Body
8. 斜飞式 (Xie Fei Shi) Slant Flying Posture
9. 展翅点头 (Zhan Ci Dian Tou) Spread the Wings and Nod the Head
10. 拔草寻蛇 (Bo Cao Xun She) Search the Grass for Snakes
11. 金鸡独立 (Jin Ji Du Li) Golden Rooster Stands on One Leg
12. 下刺盖拦式 (Xia Ci Gai Lan Shi) Downward Pierce & Covering Block
13. 古树盘根 (Gu Shu Ban Gen) Twisted Roots of the Ancient Tree
14. 饿虎扑食 (Er Hu Pu Shi) Hungry Tiger Pounces on Its Prey
15. 青龙摆尾 (Qing Long Bai Wei) Green Dragon Swings Its Tail
16. 野马跳涧 (Ye Ma Tiao Jian) Wild Horse Leaps the Gully
17. 磨盘剑 (Mo Pan Jian) Mill Stone Sword
18. 太极剑还原 (TaiJi Jian Huan Yuan) Tai Chi Sword Closing Posture