

Traditional Yang Style Tai Chi Chuan 67 Movement Sword Form

- | | | |
|-----------|-------------------------|---|
| 1. 预备势 | Yu bei shi | Prepare |
| 2. 起势 | Qi shi | Opening |
| 3. 三环套月 | San huan tao yue | Circle the Moon with Three Rings |
| 4. 魁星势 | Kui xing shi | Big Dipper |
| 5. 燕子抄水 | Yan zi chao shui | Swallow Skims the Water |
| 6. 右边拦扫 | You bian lan sao | Block and Sweep, Right |
| 7. 左边拦扫 | Zuo bian lan sao | Block and Sweep, Left |
| 8. 小魁星 | Xiao kui xing | Little Dipper |
| 9. 燕子入巢 | Yan zi ru cao | Swallow Returns to its Nest |
| 10. 灵猫捕鼠 | Ling mao bu shu | Agile Cat Seizes the Mouse |
| 11. 凤凰抬头 | Feng huang tai tou | Phoenix Lifts its Head |
| 12. 黄蜂入洞 | Huang feng ru dong | Wasp Enters the Cave |
| 13. 凤凰右展翅 | Feng huang you zhan chi | Phoenix Opens its Right Wing |
| 14. 小魁星 | Xiao kui xing | Little Dipper |
| 15. 凤凰左展翅 | Feng huang zuo zhan chi | Phoenix Opens its Left Wing |
| 16. 等鱼势 | Deng yu shi | Casting the Fishing Rod |
| 17. 右龙行势 | You long xing shi | Poking the Grass to Seek the Snake, One |
| 18. 左龙行势 | Zuo long xing shi | Poking the Grass to Seek the Snake, Two |
| 19. 右龙行势 | You long xing shi | Poking the Grass to Seek the Snake, Three |
| 20. 怀中抱月 | Huai zhong bao yue | Embracing the Moon |
| 21. 宿鸟投林 | Su niao tou lin | Birds Lodging in the Forest |
| 22. 乌龙摆尾 | Wu long bai wei | Black Dragon Swings its Tail |
| 23. 青龙出水 | Qing long chu shui | Green Dragon comes out of the Water |
| 24. 风卷荷叶 | Feng juan he ye | Lotus Swirls Around in the Wind |
| 25. 左狮子摇头 | Zuo shi zi yao tou | Lion Shakes its Head, Left |
| 26. 右狮子摇头 | You shi zi yao tou | Lion Shakes its Head, Right |

27. 虎抱头	Hu bao tou	Tiger Covers its Head
28. 野马跳涧	Ye ma tiao jian	Mustang Jumps the Ravine
29. 勒马势	Le ma shi	Reining in the Stallion
30. 指南针	Zhi nan zhen	Compass
31. 左迎风掸尘	Zuo ying feng dan chen	Dusting in the Wind, One
32. 右迎风掸尘	You ying feng dan chen	Dusting in the Wind, Two
33. 左迎风掸尘	Zuo ying feng dan chen	Dusting in the Wind, Three
34. 顺水推舟	Shun shui tui zhou	Pushing the Canoe with the Current
35. 流星赶月	Liu xing gan yue	Shooting Star Chases the Moon
36. 天马飞瀑	Tian ma fei pu	Heavenly Steed Flies Over the Waterfall
37. 挑帘势	Tiao lian shi	Lifting up the Curtain
38. 左车轮	Zuo che lun	Left Cart Wheel
39. 右车轮	You che lun	Right Cart Wheel
40. 燕子衔泥	Yan zi xian ni	Swallow Carries Pieces of Earth in its Beak
41. 大鹏展翅	Da peng zhan chi	Roc Extends its Wings
42. 海底捞月	Hai di lao yue	Fishing for the Moon at the Sea Bottom
43. 哪吒探海	Ne zha tan hai	Naza Explores the Sea Bottom
44. 犀牛望月	Xi niu wang yue	Rhinoceros Looks at the Moon
45. 射雁势	She yan shi	Shooting the Wild Goose
46. 青龙现爪	Qing long xian zhua	Green Dragon Shows its Claws
47. 凤凰双展翅	Feng huang shuang zhan chi	Phoenix Opens Both its Wings
48. 左跨拦	Zuo kua lan	Step Over and Block Up, Left
49. 右跨拦	You kua lan	Step Over and Block Up, Right
50. 射雁势	She yan shi	Shooting the Wild Goose
51. 白猿献果	Bai yuan xian guo	White Ape Presents the Fruit
52. 右落花势	You luo hua shi	Falling Flowers, One
53. 左落花势	Zuo luo hua shi	Falling Flowers, Two
54. 右落花势	You luo hua shi	Falling Flowers, Three

55. 左落花势	Zuo luo hua shi	Falling Flowers, Four
56. 右落花势	You luo hua shi	Falling Flowers, Five
57. 玉女穿梭	Yu nu chuan suo	Fair Lady Works at Shuttles
58. 白虎搅尾	Bai hu jiao wei	White Tiger Swings its Tail
59. 虎抱头	Hu bao tou	Tiger Covers its Head
60. 鱼跳龙门	Yu tiao long men	Fish Jumps Over the Dragon Gate
61. 左乌龙搅柱	Zuo wu long jiao zhu	Black Dragon Twists Around the Pole, Left
62. 右乌龙搅柱	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. 凤扫梅花	Feng sao mei hua	Plum Flowers Being Swept by the Wind
66. 牙笏势	Ya hu shi	Presenting the Tablet
67. 抱剑归原	Bao jian gui yuan	Return the Sword to its Original Position