

太極刀

Tai Chi Straight Sword Form

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| 1. Starting position | 起勢 | 15. The phoenix spreads its wings | 鳳凰双展翅 |
| 2. The divinity points the way | 仙人指路 | 16. Attitude of awaiting the fish | 等魚式 |
| 3. Three rings around the moon | 三环套月 | 17. The walking dragon – right and left styles | 龍行二式 |
| 4. The major “literary star” | 大魁星 | 18. Embracing the moon | 懷中抱月 |
| 5. The swallow beats the water with his wings | 燕子抄水 | 19. The birds return to the forest | 宿鳥投林 |
| 6. Block and sweep-right | 右攔掃 | 20. The black dragon wags his tail | 黑龍擺尾 |
| 7. Block and sweep-left | 左攔掃 | 21. The green dragon stretches his claws | 青龍探爪 |
| 8. The minor “literary star” | 小魁星 | 22. The wind rolls the lotus leaves | 風捲荷葉 |
| 9. The swallow returns to the nest | 燕子入巢 | 23. The lion shakes his head | 獅子搖頭 |
| 10. The alert cat catches the mouse | 靈貓捕鼠 | 24. The tiger holds his head | 虎抱頭 |
| 11. The phoenix nods its head | 鳳凰點頭 | 25. The wild horse leaps over the stream | 野馬跳澗 |
| 12. The wasp enters the cave | 黃蜂入洞 | 26. Turn your body to stop the horse (turn and rein in) | 轉身勒馬 |
| 13. Stretching wings to the right | 右展翅 | 27. The compass | 指南針 |
| 14. The minor “literary star” | 小魁星 | 28. Wave the whisk-broom against the wind | 迎風拂塵 |

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| 29. Pushing the boat with the current | 順水推舟 | 45. Shooting the flying goose | 射雁式 |
| 30. The shooting star chases the moon | 流星趕月 | 46. The white ape offers fruit | 白猿獻果 |
| 31. The heavenly horse flies in the sky | 天馬行空 | 47. The falling flowers – left & right (5 times) | 左右落花五式 |
| 32. Roll up the screen | 挑簾式 | 48. The fair lady (Goddess) weaves at the shuttle | 玉女穿梭 |
| 33. Wheels – right and left form | 左右車輪 | 49. The white tiger wags his tail | 白虎攪尾 |
| 34. The swallow holds mud in his beak | 燕子啣泥 | 50. Embracing the moon | 懷中抱月 |
| 35. The roc spreads its wings | 大鵬展翅 | 51. The fish leaps over the gate of the dragon | 鯉魚跳龍門 |
| 36. Pick up the moon from the bottom of the sea | 海底撈月 | 52. The golden dragon coils around the pillar | 金龍繞柱 |
| 37. Embracing the moon | 懷中抱月 | 53. The phoenix nods its head | 鳳凰點頭 |
| 38. The dragon-spirit (sea monster) searches the sea | 夜叉探海 | 54. Offering heaven a stick of incense | 朝天一柱香 |
| 39. The rhinoceros gazing at the moon | 犀牛望月 | 55. The wind sweeps the fallen flowers | 風掃梅花 |
| 40. Shooting the flying goose | 射雁式 | 56. Holding the tablet before your bosom | 手捧牙笏 |
| 41. The green dragon stretches its claws | 青龍探爪 | 57. Embrace the sword | 抱劍合太極 |
| 42. The phoenix spreads both wings | 鳳凰雙展翅 | | |
| 43. | 左跨盤(摺) | | |
| 44. | 右跨盤(摺) | | |