

楊氏太極劍 - Yang Style 55 Taichi Sword Form

1.	太極劍起式	Preparation and Opening
2.	三環套月	Three Rings Circle the Moon
3.	大魁星	Big Dipper
4.	燕子抄水	The Swallow Skims Across the Water
5.6.	左右攔掃	Block and Sweep to the Left and Right
7.	小魁星	Little Star of the Big Dipper
8.	燕子入巢	Swallow Enters Its Nest
9.	靈貓捕鼠	Agile Cat Catches the Mouse
10.	蜻蜓點水	Dragonfly Touches the Water
11.	黃蜂入洞	Bee Enters the Hive
12.	鳳凰雙展翅	Phoenix spreads its Wings
13.	左旋風	Whirlwind Moves to the Left
14.	小魁星	Little Star of the Big Dipper
15.	右旋風	Whirlwind Moves to the Right
16.	等魚式	Waiting for the Fish
17.	撥草尋蛇	Parting the Grass Looking for Snakes
18.	懷中抱月	Holding the Moon
19.	宿鳥投林	Bird Flies into the Forest
20.	烏龍擺尾	Black Dragon Whips Its Tail
21.	風捲荷葉	Wind Blows the Lotus Leaves
22.	獅子搖頭	Lion Shakes Its Head
23.	虎抱頭	Tiger Holds Its Head
24.	野馬跳澗	Wild Horse Jumps Over the Creek
25.	翻身勒馬	Rein in the Stallion
26.27.	上步指南針	Step Forward - Compass Needle Points South
28.	迎風拂	Shaking the Duster in the Wind

29.	順水推舟	Push the Boat with the Current
30.	流星趕月	Shooting Stars Chase the Moon
31.	天馬行空	Heavenly Horse Gallops Across the Sky
32.	挑簾式	Roll Up the Screen
33.	左右車輪劍	Cart-Wheel Sword to the Left and Right
34.	大鵬單展翅	Great Peng Spreads its Wing
35.	海底撈月	Scoop Up the Moon from the Bottom of the Sea
36.	懷中抱月	Holding the Moon
37.	夜叉探海	Night Demons Explore the Sea
38.	犀牛望月	Rhinoceros Gazes at the Moon
39.	射燕式	Shoot the Wild Goose
40.	白猿獻果	White Ape Offers the Fruit
41.	鳳凰雙展翅	Phoenix Spreads Its Wings
42.	左右跨攔	Straddle and Cross Block to the Left and Right
43.	射雁式	Shoot the Wild Goose
44.	白猿獻果	White Ape Offers the Fruit
45.	左右落花	Flowers Fall to the Left and Right
46.	玉女穿梭	Fair Lady Weaves with the Shuttle
47.	白虎搖尾	White Tiger Swings Its Tail
48.	虎抱頭	Tigress Holds Her Head
49.	鯉魚跳龍門	Carp Jumps Through the Dragon Gate
50.	烏龍絞柱	Black Dragon Coils Around the Jade Pillar
51.	仙人指路	Immortal Points the Way
52.	風掃梅花	Wind Sweeps the Plum Blossoms
53.	虎抱頭	Tigress Holds Her Head
54.	指南針	Compass Needle Points South
55.	抱劍歸原	Transfer the Sword and Return to the Original Stance