

Classical T'ai Chi Ch'uan Sword Taijiquan Jian 55 in the Yang Style List of Movements

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1. Preparation and Opening
2. Three Rings Circle the Moon
3. Big Dipper
4. Swallow Skims Across the Water
5. Block and Sweep to the Right
6. Block and Sweep to the Left
7. Little Star of the Big Dipper
8. Swallow Enters the Nest
9. Agile Cat Catches the Rat
10. Dragonfly Touches the Water
11. Bee Enters the Hive
12. Phoenix Spreads Its Wings
13. Whirlwind Moves to the Left
14. Little Star of the Big Dipper
15. Whirlwind Moves to the Right
16. Waiting for the Fish
17. Parting the Grass Looking for Snakes
18. Holding the Moon
19. Bird Flies into the Forest
20. Black Dragon Whips His Tail
21. Wind Blows the Lotus Leaves
22. Lion Shakes His Head
23. Tigress Holds Her Head
24. Wild Horse Jumps Over the Creek
25. Rein in the Stallion
26. Step Up
27. Compass Needle
28. Shaking the Duster in the Wind
29. Push the Boat with the Current

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30. Comet Flies by the Moon
31. Heavenly Horse Gallops across the Sky
32. Roll Up the Screen
33. Cart-Wheel Sword to the Left and Right
34. Great Peng Spreads Its Wings
35. Scoop Up the Moon from the Bottom of the Sea
36. Holding the Moon
37. Night Demons Explore the Sea
38. Rhinoceros Gazes at the Moon
39. Shoot the Wild Goose
40. White Ape Offers the Fruit
41. Phoenix Spreads Its Wings
42. Straddle and Cross Block to the Left and Right
43. Shoot the Wild Goose
44. White Ape Offers the Fruit
45. Flowers Fall to the Left and Right
46. Fair Lady Weaves with the Shuttle
47. White Tiger Swings Its Tail
48. Tigress Holds Her Head
49. Carp Jumps Through the Dragon Gate
50. Black Dragon Coils Around the Jade Pillar
51. Immortal Points the Way
52. Wind Sweeps the Plum Blossoms
53. Tigress Holds Her Head
54. Presenting the Tablet
55. Transfer the Sword and Return to the Original Stance

Webpage: <http://www.egreenway.com/taichichuan/sword55.htm>

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