

Yang Sword Form

Yang Taijiquan Style Sword (*Jian*) Form

- 1. Opening to Awaken the Vital Energies;
Unite with the Sword;
Awaken The Ch'i at the Beginning;
Taiji Sword Beginning Posture (*Taijijian Qi Shi*);
Enclose the Sword; Step Up and Circle Hands**
- 2. Three Rings Circle the Moon (*San Huan Tao Yue*);
Three Rings Envelop the Moon; Three Arcs Encircle the Moon;
Three Bracelets Embrace the Moon; Circling the Moon Three Times**
- 3. The Major Star of the Big Dipper;
Great Star of the Big Dipper;
Great Star of the Literary God (*Da Kui Xing*);
Big Dipper; Indicate the Major Luminary**
- 4. The Swallow Skims the Water;
The Swallow Takes Water;
Swallow Searches the Water (*Yanzi Chao Shui*);
Swallow Brushes the Water; Swallow Brushes Still Water**
- 5. Obstruct and Sweep Left and Right;
Detain and Come Forward, Left and Right;
Left Block and Sweep (*Zuo Lan Sao*),
Right Block and Sweep (*You Lan Sao*);
Left, Right Block and Sweep; Intercept and Sweep Across**
- 6. The Small Star of the Big Dipper;
Minor Star of the Dipper;
Small Star of the Literary God (*Xiao Kui Xing*);
Little Dipper; Indicate the Minor Luminary**
- 7. The Swallow Enters the Nest (*Yanzi Ru Chao*);
Swallow Enters the Nest; Swallow Returns to the Nest;
Swallow Entering the Nest; The Swallow Flies Into the Nest**
- 8. The Spirited Cat Catches the Rat;
The Clever Cat Catches the Mouse;
Agile Cat Catches the Rat (*Ling Mao Bu Shu*)**

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9. **The Dragonfly Sips Water;**
The Dragonfly Touches the Water (*Qingting Dian Shui*);
Dragonfly Slaps the Water

10. **The Wasp Enters the Hive;**
The Bee Flies Into the Hive;
The Wasp Enters the Cave (*Huangfeng Ru Dong*);
Yellow Bee Enters Cave

11. **The Phoenix Spreads Both Wings;**
The Phoenix Spreads Its Wings (*Feng Huang Shuang Zhan Chi*)

12. **Whirlwind to the Left;**
Left Cyclone (*Zuo Xuanfeng*);
Whirlwind Left

13. **The Small Star of the Big Dipper;**
Minor Star of the Dipper;
Small Star of the Literary God (*Xiao Kui Xing*);
Little Dipper; Indicate the Minor Luminary

14. **Whirlwind to the Right;**
Right Cyclone (*You Xuanfeng*);
Whirlwind Right;
Advancing Whirling Winds; Whirling Wind Swings Sword

15. **Waiting for the Fish;**
Waiting for Fish (*Deng Yu Shi*);
Archduke Goes Fishing; Relax and Wait for Fish

16. **Parting the Grass Looking for Snakes (*Bo Cao Xun She*);**
Part the Grass, Search for Snake;
Looking for the Snake in the Grass;
Part the Grass to Look for Snake; Part the Grass to Reveal Snakes

17. **Embrace the Moon**
Clasping the Moon to the Bosom (*Huai Zhong Bao Yue*)

18. **The Bird Flies Into the Forest to Rest;**
Bird Goes to Roost in the Forest (*Su Niao Tou Lin*);
Send the Bird Up Into the Tree;
Chase the Birds From the Tree: Return the Bird Into the Branches

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19. **The Black Dragon Wags Its Tail (*Wulong Bai Wei*);
Black Dragon Wags His Tail; The Black Dragon Hits With His Tail;
Purple Swallow Inclines Wings**

20. **The Wind Rolls Up the Lotus Leaves;
The Wind Moves the Lotus;
The Wind Curls the Lotus Leaves (*Feng Juan Heye*)**

21. **The Lion Shakes Its Head (*Shizi Yao Tou*);
Lion Shakes His Head; The Lion Shakes His Mane;
Lion Nods Head**

22. **The Tiger Embraces His Head;
The Tiger Puts His Head Between His Paws;
The Tiger Holds Its Head (*Hu Bao Tou*);
Tiger Covers Head; Standing Tiger Holds Its Head**

23. **The Wild Horse Jumps the Mountain Stream (*Yema Tiao Jian*);
White Horse Leaps the Crevasse;
The Wild Horse Springs Over the Mountain Stream;
Wild Horse Leaps Over a Stream;
Wild Horse Jumps the Alpine Stream**

24. **Turn Around and Rein in the Horse;
Turn Body and Rein the Horse (*Fan Shen Le Ma*);
Overturning Body, Rein in the Horse;
Turn the Body, Check the Horse**

25. **Step Forward - The Compass Needle Points South;
Step Up (*Shang Bu*); The Compass (*Zhinanzhen*);
Step Up and Point; Step Up to Compass Needle**

26. **Shake Off the Dust in the Wind;
Shaking the Duster in the Wind (*Yingfeng Fu Chen*);
Wind Flicks the Dust; Waving the Tassel Against the Wind;
Face the Wind, Brush Away the Dust**

27. **Follow the Current, Push the Boat;
Send the Boat Downstream;
Following the Current Pushing the Boat (*Shun Shui Tui Zhou*);
Water Current Pushes the Boat; Drifting With the Current**

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28. **The Shooting Star Catches Up with the Moon (*Liuxing Gan Yue*);
Comet Chases the Moon; The Shooting Star Follows the Moon;
Shooting Star Chases the Moon**

29. **The Heavenly Horse Flies Through the Air;
Heavenly Horse Travels the Void (*Tianma Xing Kong*);
Celestial Horse Transverses the Void; Sky Horse Tramples the Void**

30. **Roll Up the Screen (*Tiao Lian Shi*);
Lift the Curtain; Move the Curtain;
Raise the Body and Lift the Curtain;
Read Down and Pull Up the Screen**

31. **The Sword Circles Like a Cartwheel, Left and Right;
Left and Right Cart Wheels Sword (*Zuo You Chelun Jian*);
Left and Right Cart Wheels; Roll Sword Arms Like a Cartwheel
Left and Right Cart Wheel Jian**

32. **The Mythical Bird Spreads Its Wings;
Great Peng Spreads Wings (*Da Peng Dan Zhan Chi*);
Great Peng Spreads Its Wings;
Fabulous Bird Spreads Wings; Great Roc Spreads One Wing**

33. **Fishing the Moon Out from the Bottom of the Sea (*Hai Di Lao Yue*);
Scoop the Moon from the Sea Bottom;
Lifting the Moon From the Bottom of the Sea;
The Moon Forges the Sea Bottom;
Scoop Up the Moon From the Seabed**

34. **Embrace the Moon;
Clasping the Moon to the Bosom (*Huai Zhong Bao Yue*)**

35. **Night Demons Explore the Sea (*Yecha Tan Hai*);
Night Demon Explores the Sea; Knight Demon Probes the Ocean;
Yaksha (*Yecha*) Searches the Sea; The Demon Looks Into the Water**

36. **The Rhinoceros Looks at the Moon;
Rhino Gazes at the Moon;
Rhinoceros Gazes at the Moon (*Xiniu Wang Yue*);
Rhino Watches the Moon**

37. **Shoot the Wild Goose;
Shooting the Wild Goose (*She Yan Shi*); Turn Body, Shoot the Hawk;
Shoot the Goose; Shoot the Swallow**

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38. **The White Ape Presents the Fruit (*Baiyuan Xian Guo*)**
The White Monkey Offers Fruit;
The White Ape Offers Fruit;

39. **The Phoenix Spreads Its Wings;**
The Phoenix Spreads Its Wings (*Fenghuang Shuang Zhan Chi*);
Great Roc Spreads Wings

40. **Left and Right Straddle and Block (*Zuo You Kua Lan*);**
Left and Right Step Over Obstacle; Halt - Left and Right With Step;
Straddle and Cross Block

41. **Shoot the Wild Goose;**
Shooting the Wild Goose (*She Yan Shi*); Turn Body, Shoot the Hawk;
Shoot the Goose; Shoot the Swallow

42. **The White Ape Presents the Fruit (*Baiyuan Xian Guo*)**
White Ape Offers Fruit; The White Monkey Offers Fruit

43. **Scatter Flowers to the Left and Right;**
Left and Right Flowers Fall (*Zuo You Lou Hua*);
Left and Right Falling Flowers; Flowers Fall to the Left and Right;
Falling Flowers

44. **Fair Lady Threads the Shuttle;**
Jade Girl Weaves Her Shuttle;
Maiden Threads the Shuttle (*Yunti Chuan Suo*);
Fair Lady Works at Shuttles; Jade Maiden Throws the Shuttle

45. **The White Tiger Wags Its Tail (*Baihu Jiao Wei*);**
White Tiger Wags Tail; The White Tiger Hits with His Tail;
White Tiger Plays With Tail; White Tiger Cocks Its Tail

46. **The Tiger Holds Its Head (*Hu Bao Tou*);**
The Tiger Puts His Head Between His Paws;
Tiger Embraces His Head;
Tiger Covers Head; Standing Tiger Holds Its Head

47. **The Carp Jumps the Dragon Gate (*Liyu Tiao Longmen*);**
Fish Leaps the Dragon Gate;
The Carp Jumps Through the Dragon Gate;
Carp Leaps Over the Dragon Gate

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48. **The Black Dragon Twines Around a Pillar;
The Black Dragon Twists Up Pillar;
Black Dragon Twines Around the Pillar (*Wulong Jiao Zhu*);
Straight and Firm Jade Pillar; Black Dragon Coils Around the Pillar**

49. **The Immortal Points the Way;
The Holy Man Points Out the Way;
The Immortal Points Out the Road (*Xianren Shi Lu*);
Lift Sword, Dot and Stab; The Immortal Points to the Path**

50. **The Wind Sweeps the Plum Blossoms (*Peng Sao Meihua*);
The Wind Sweeps Away the Plum Blossoms;
A Whirlwind Blows the Flowering Plum**

51. **The Tiger Holds Its Head (*Hu Bao Tou*);
The Tiger Puts His Head Between His Paws;
Tiger Embraces His Head;
Tiger Covers Head; Standing Tiger Holds Its Head**

52. **Step Forward - The Compass Needle Points South;
Step Up (*Shang bu*); The Compass (*Zhinanzhen*);
Step Up and Point; Step Up to Compass Needle**

53. **Turn the Sword Over and Return to the Beginning Position;
Enfolding the Sword, Returning to the Beginning (*Bao Jian Gui Yuan*);
Embrace the Jian, Return to Origin;
Embrace and Return Sword; Enfold the Sword, Return to Beginning
Rest the Sword, Close, Return to *Wu Ji***

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References Sources for the Sequence and Names of the Yang Taijiquan Sword 53 Form Movements:

The sequence and names of the movements in the sword form listed above are identical to those described in the books by Toyo and Petra Kobayashi (2003) and Chen Wei-Ming (1928). This was the sword form, with some variations, that was practiced and taught by the senior students of Yang Cheng-Fu such as Cheng Man-Ching, Chen Wei-Ming, Fu Zhong-Wen, and T.T. Liang.

1. Classical Tai Chi Sword. By Petra Kobayashi, Toyo Kobayashi, and Chiang Tao Chi. Charles E. Tuttle, 2003. Glossary, 174 pages. Refer to page 46 for a comparison of Yang style sword forms.
2. Taiji Sword and Other Writings . By Chen, Wei-Ming. Translated by Barbara Davis. Berkeley, California, North Atlantic Books, 2000. Bibliography, 93 pages. Originally published in 1928.
3. Chinese Swordsmanship: The Yang Family Taiji Jian Traditions. By Scott M. Rodell. Annandale, Virginia, Seven Stars Books and Video, 2003. Bibliography, 290 pages. The Public Yang Taiji Sword form described on pages 185-257 of this book is similar to the form listed above.

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