

Yang Taiji Sword (*Jian*) Form

1. Opening to Awaken the Vital Energies
2. Three Rings Circle the Moon
3. Major Star of the Big Dipper
4. Swallow Skims the Water
5. Obstruct and Sweep Left and Right
6. Small Star of the Big Dipper
7. Swallow Enters the Nest
8. Spirited Cat Catches the Rat
9. Dragonfly Sips Water
10. Wasp Enters the Hive
11. Phoenix Spreads Both Wings
12. Whirlwind to the Left
13. Small Star of the Big Dipper
14. Whirlwind to the Right
15. Waiting for the Fish
16. Parting the Grass Looking for Snakes
17. Embrace the Moon
18. Bird Flies Into the Forest to Rest
19. Black Dragon Hits with His Tail
20. Wind Rolls Up the Lotus Leaves
21. Lion Shakes His Head
22. Tiger Holds Her Head
23. Wild Horse Leaps Over a Stream
24. Turn Around and Rein in the Horse
25. Step Forward – Compass
26. Shake Off the Dust in the Wind
27. Follow the Current, Push the Boat
28. Comet Chases the Moon
29. Heavenly Horse Travels the Void
30. Roll Up the Screen
31. Sword Circling Like a Cartwheel
32. Great Peng Spreads Its Wings
33. Scoop the Moon From the Ocean
34. Embrace the Moon
35. Night Demons Explore the Sea
36. Rhino Gazes at the Moon
37. Shoot the Wild Goose
38. White Ape Presents Fruit
39. Phoenix Spreads Its Wings
40. Straddle and Cross Block
41. Shoot the Wild Goose
42. White Ape Presents the Fruit
43. Scatter Flowers
44. Jade Maiden Weaves Her Shuttle
45. White Tiger Plays with Tail
46. Tiger Holds Her Head
47. Fish Leaps Over the Dragon Gate
48. Black Dragon Twines Around Pillar
49. Immortal Points the Way
50. Wind Sweeps the Plum Blossoms
51. Tiger Holds Her Head
52. Step Forward, Compass
53. Rest the Sword, Close to Wu Ji