

Yang Style Taijijian (54) 楊式太極劍¹

Taijijian Commencement²

- 1) Step Up and Enclose With Sword
- 2) Immortal Deity Points the Way³
- 3) Three Rings Envelope the Moon⁴
- 4) Major Polestar⁵
- 5) Swallow Skims the Water⁶
- 6) Right and Left Hinder and Sweep⁷
- 7) Minor Polestar⁸
- 8) Swallow Enters the Nest⁹
- 9) Clever Cat Catches a Rat¹⁰
- 10) Dragonfly Touches the Water¹¹
- 11) Yellow Wasp Enters the Hive¹²
- 12) Phoenix Spreads Double Wings¹³
- 13) Left Whirlwind¹⁴
- 14) Minor Polestar
- 15) Right Whirlwind
- 16) Waiting for the Fish
- 17) Poke the Grass to Search for the Snake
- 18) Embrace Moon to Bosom's Centre
- 19) Send the Bird to the Woods¹⁵
- 20) Black Dragon Waves Its Tail
- 21) Green Dragon Comes Out of the Water¹⁶
- 22) Wind Swirls the Lotus Leaves
- 23) Lion Shakes Its Head
- 24) Tiger Holds Its Head
- 25) Wild Horse Leaps Over the Ravine
- 26) Turn the Body and Rein in the Horse
- 27) The Compass¹⁷
- 28) Welcome Wind Flicks the Dust¹⁸
- 29) Follow the Water's Current to Push the Boat
- 30) Shooting Star Reaches the Moon¹⁹
- 31) Celestial Bird Flies Over the Waterfall²⁰
- 32) Poke the Curtain
- 33) Left and Right Whirling Sword
- 34) Swallow Pecks the Mud
- 35) Great 'Peng' Spreads One Wing
- 36) Fish for the Moon at Sea Bottom
- 37) Embrace Moon to Bosom's Centre
- 38) Night Demon Explores the Sea²¹
- 39) Rhinoceros Looks at the Moon
- 40) Shoot the Wild Geese
- 41) Green Dragon Explores With Claws²²
- 42) Phoenix Spreads Double Wings
- 43) Left and Right Straddle and Block
- 44) Shoot the Wild Geese
- 45) White Ape Presents Fruit
- 46) Left and Right Falling Flowers
- 47) Jade Maiden Weaves at Shuttles
- 48) White Tiger Wags Its Tail²³
- 49) Carp Jumps Over the Dragon's Gate
- 50) Black Dragon Twists Around the Column
- 51) Immortal Points Out the Road²⁴
- 52) Wind Sweeps the Plum Blossoms
- 53) Hands Present the Ivory Talisman²⁵
- 54) Embrace Sword Return to the Beginning

Taijijian Qi Shi

- Shang Bu He Jian
Xianren Zhi Lu
San Huan Tao Yue
Da Kuixing
Yanzi Chao Shui
You Zou Lan Sao
Xiao Kuixing
Yanzi Ru Chao
Ling Mao Bu Shu
Qingting Dian Shui
Huangfeng Ru Dong
Feng Huang Shuang Zhan Chi
Zhou Xuanfeng
Xiao Kui Xing
You Xuanfeng
Deng Yu Shi
Bo Cao Xun She
Huai Zhong Bao Yue
Song Niao Shang Lin
Wulong Bai Wei
Qing Long Chu Shui
Feng Juan Heye
Shizi Yao Tou
Hu Bao Tou
Yema Tiao Jian
Fan Shen Le Ma
Zhinanzhen
Yingfeng Fu Chen
Shun Shui Tui Zhou
Liuxing Gan Yue
Tian Niao Fei Pu
Tiao Lian Shi
Zou You Chelun Jian
Yanzi Shen Ni
Da Peng Dan Zhan Chi
Hai Di Lao Yue
Huai Zhong Bao Yue
Yecha Tan Hai
Xiniu Wang Yue
She Yan Shi
Qing Long Tan Zhao
Feng Huang Shuang Zhan Chi
Zou You Kua Lan
She Yan Shi
Baiyuan Xian Guo
Zou You Luo Hua Shi
Yunü Chuan Suo
Baihu Jiaowei
Liyu Tiao Longmen
Wulong Jiao Zhu
Xianren Zhi Lu
Feng Sao Meihua
Shou Peng Ya Fu
Bao Jian Gui Yuan

太極劍起式

- 上步合劍
仙人指路
三環套月
大魁星
燕子抄水
右左攔掃
小魁星
燕子入巢
靈貓捕鼠
蜻蜓點水
黃蜂入洞
鳳凰雙展翅
左旋風
小流星
右旋風
等魚式
撥草尋蛇
懷中抱月
送鳥上林
烏龍擺尾
青鳥出水
風捲荷葉
獅子搖頭
虎抱頭
野馬跳澗
翻身勒馬
指南針
迎風拂塵
循水推舟
流星趕月
天鳥飛瀑
挑簾勢
左右車輪劍
燕子啄泥
大鵬單展翅
海提撈月
懷中抱月
夜叉探海
犀牛望月
射雁勢
青鳥探爪
鳳凰雙展翅
左右跨攔
射雁勢
白猿獻果
左右落花勢
玉姪穿梭
白虎擺尾
鯉魚跳龍門
烏龍絞柱
仙人指路
風掃梅花
手捧牙符
抱劍歸原

¹ As taught by Sam Masich (馬希奇). *Chen Yenlin* (Chen Kung) counts as '54', *Chen Weiming* as '55', *Fu Zhongwen* as '51', *Yang Zhenduo* as '67', *Yang Jwing Ming* as '54'. This 54 is not identical to the others as it composites various technical, naming and numbering features of the various Yang sword styles.

² counts as '0'; *shi* (式) means form or pattern.

³ *Xianren* (仙人), lit. 'mountain person' is a self-cultivated immortal deity who will assist in the progress of others on 'the path'. *Lu* (路), lit. road.

⁴ Movements 2 and 3 are not named in Chen Weiming's form but are in Chen Yenlin. Some teachers feel that the actions in the sequence from 2 through 4 are what is meant by the 'three rings' while others believe that the clasping of the handle (aka. the 'moon') with the three right hand fingers is what is meant by the term.

⁵ *Da* (大), lit. big, but also major. *Kui* (魁), means 'chief' and here refers to the chief star of the big dipper and its associated *Wudang Mountain* deity *Zhenwu*, or in more ancient times *Taiyi* (太一). *Fu Zhongwen* and *Yang Zhenduo* call it simply 'Big Dipper Form' (*Kuixing Shi*)

⁶ *Chao* (抄), lit. 'seize' or 'go by a more direct way'; 1) the swallow 'skims' to seize the insects on the surface; 2) the swallow skims the water, matching its surface (*chao* also means to copy).

⁷ These are sometimes numbered as two separate forms although this is uncharacteristic of numbering procedures for similar repetitions in the rest form. Here I have numbered them together.

⁸ *Xiao* (小), lit. 'small', but also 'minor'. Secondary star associated with the literary god *Wen Di* (文帝).

⁹ 'The name order for movements 8 and 11 'Swallow Enters the Nest', and 'Yellow Wasp Enters the Hive', are reversed in Chen Weiming and Chen Yenlin's variations, although they represent very similar movements.

¹⁰ *Ling* (靈), lit. 'clever' but also 'quick' (as in 'alert').

¹¹ *Dian* (點) lit. 'dot', 'drop' (let) or 'speck'; here as a verb, the dragonfly 'dots' the water as it touches it. *Fu Zhongwen* and *Yang Zhenduo* call it *Fenghuang Tai Tou*, 'Phoenix Lifts its Head'.

¹² *Huangfeng* (黃蜂), lit. 'yellow wasp' or 'bee'; *Dong*, lit. 'hole' or 'cave'.

¹³ Both *Feng* (鳳) and *Huang* (凰) are words for phoenix, although *Huang* is specified as a female phoenix.

¹⁴ The 'Left Whirlwind' and 'Right Whirlwind' forms are not found in the *Taijijian* routines of *Fu Zhongwen* and *Yang Zhenduo* (who put instead 'Phoenix Spreads Right (and) Left Wing' before and after the 'Minor Polestar'), but both 'Whirlwinds' are in Chen Weiming and Chen Yenlin's versions. Given Chen Weiming's association with the origin of this form, the movements almost certainly belong in the set.

¹⁵ Chen Weiming calls this *Su Niao Tou Lin* (宿鳥投林); *Su* literally means 'put up for the night' (for a bird, 'roost'). *Tou* means 'throw', 'fling' or 'hurl', either implying the bird goes rapidly winging into its roosting place in the woods, or perhaps that a sudden start sends it flying from its roost.

¹⁶ This is not named or numbered in either Chen Yenlin/Chen Weiming but is in *Fu Zhongwen/Yang Zhenduo*.

¹⁷ Chen Weiming adds as a named movement, 'Step Up' (*Shang Bu*; 上步) before 'Compass'. *Yang Zhenduo* names the direction the compass points 'South', implying starting the form facing west; Chen Yenlin is 'West', assuming a nothern commencement.

¹⁸ *Yingfeng* (迎風), lit. 'flutter', 'with the wind'. *Fu* (拂) means to 'flick' or 'whisk'. *Chen* (塵), lit. 'dust'.

¹⁹ *Liuxing* (流星), lit. 'flowing star' which means meteor or comet. *Gan* (趕), lit. 'catches up with'. Here the opponent's blade (meteor star) 'catches up with' the guard/handle (moon) of our intercepting blade. This movement is usually translated 'Shooting Star Follows the Moon', giving a slightly different sense of the application.

²⁰ In Chen Weiming this movement is called, 'Celestial Horse Travels the Void/Sky' (*Tianma Xing Kong*, 天馬行空). In *Yang Zhenduo* it's called, 'Celestial Horse Brings Good News' (*Tianma Fei Bao*, 天馬飛報). This latter might also be translated as 'Celestial Horse Flies with Message'

²¹ 'Night Demon', or 'Yecha' (夜叉), comes as a wordplay from the Sanskrit 'Yaksha', a legendary monster/demon, also frequently called 'Naza' referring to the same creature.

²² In Chen Weiming this is 'White Ape Presents Fruit' (*Baiyuan Xian Guo*, 白猿獻果), the same as #45.

²³ Chen Weiming adds, 'Tiger Embraces Its Head' (*Hu Bao Tou*, 虎抱頭), as #49

²⁴ In Chen Yenlin considered to be a second variation of *Xianren Zhi Lu* (仙人指路), though the postures are very different.

²⁵ Chen Weiming again repeats 'Tiger Embraces Its Head' (*Hu Bao Tou*, 虎抱頭), and uses 'The Compass' (*Zhinanzhen*, 指南針) as 'Ivory Talisman'.