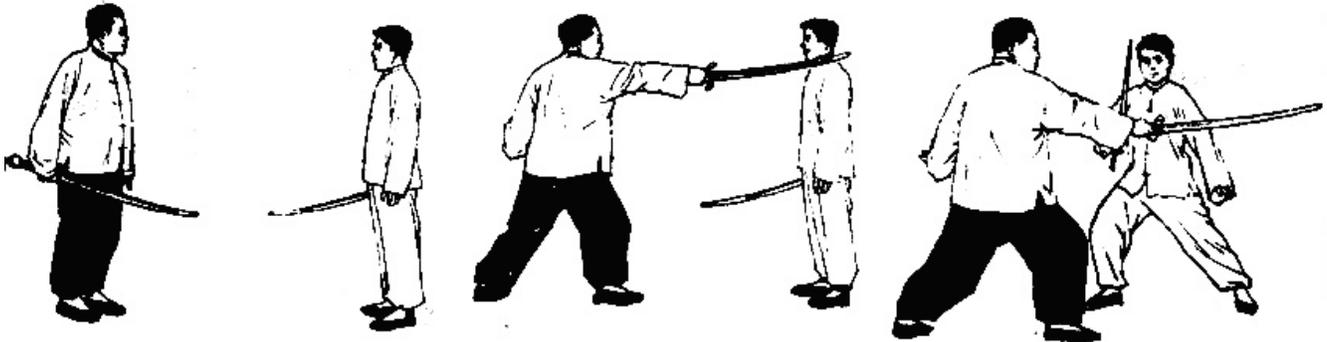


# Yang Style Taijido Applications (in 13 Parts)

## 楊式太極刀法实用假设练习

### 1. (A)/(B) Preparation Posture

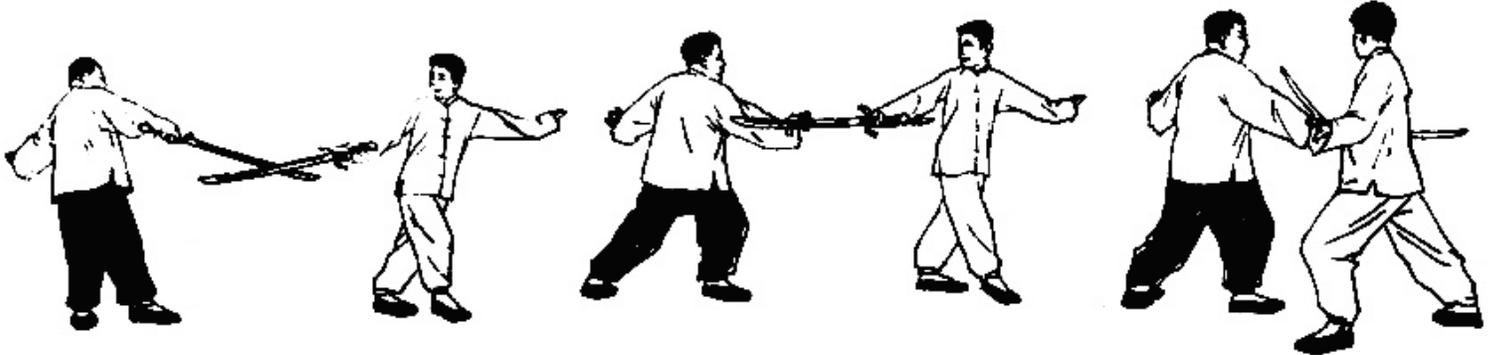
- |                                      |   |                              |
|--------------------------------------|---|------------------------------|
| 2. (A) Split Shoulder                | → | 3. (B) Clip Inner Wrist (㊦)  |
| 5. (A) Intercept Outer Wrist (火)     | ← | 4. (B) Thrust to Belly       |
| 6. (A) Slash Waist                   | → | 7. (B) Clip Outer Wrist (㊧)  |
| 9. (A) Intercept Under Wrist (金)     | ← | 8. (B) Sever Throat          |
| 11. (A) Intercept Over Wrist (水)     | ← | 10. (B) Chop Leg             |
| 12. (A)/(B) Lift Leg, Withdraw Sabre | ↙ | 13. (A)/(B) Return to Origin |



1. (A)/(B) Preparation Posture 预备势 (yùbèishi) 2. (A) Split Shoulder 劈肩 (pī jiān) 3. (B) Clip Inner Wrist 裡剝腕 (lǐ duò wǎn)



(A) Withdraw from attack 撤退 (chètuì) 4. (B) Thrust to Belly 扎腹 (zhā fù) 5. (A) Intercept Outer Wrist 外截腕 (wài jié wǎn)



(B) Withdraw from attack 撤退 (chètuì) 6. (A) Slash Waist 刺腰 (là yāo) 7. (B) Clip Outer Wrist 外剝腕 (wài duò wǎn)



(A) Withdraw from attack 撤退 (chètuì) 8. (B) Sever Throat 割喉 (gē hóu) 9. (A) Intercept Under Wrist 下截腕 (xià jié wǎn)



10. ② Chop Leg 砍腿 (kǎn tuǐ)



11. ① Intercept Over Wrist 上截腕 (shàng jié wǎn)



12. ①/② Lift Leg, Withdraw Sabre 提腿撤刀 (títuǐ chèdāo)



13. ①/② Return to Origin 還原 (huán yuán)

## Structure of the form

This miniature form is the epitome of economy, conveying an extraordinary diversity of technical variation in neat conformity with the taiji thirteen power sabre theory. This is the same ten movement sparring form known as: 'Yang-style Taijidao Applications Theory Practice'. Here the preparation and closing movements are enumerated as is customary in most taijiquan forms. *Fu Zhongwen*—from whose book the illustrations come—counts the form using five wrist cuts (see five *yu* attacks below). A's three wrist attacks are 'interceptions'—*jie*, while B 'clips' the wrist twice—*duo*.

**The drill mostly alternates between the smaller 'diagonal' (*yu*) energies and the larger 'square' (*zheng*) energies:**

'Clip' and 'intercept' (which can be blended with 'shave' and 'rasp') alternate with 'split', 'thrust', 'slash' and 'sever' (the latter two being variations of 'chop' and 'slice'). The larger cuts feature five variations in blade position: blade-edge down ('split'), blade-edge up ('thrust'), blade-flat inside ('slashing'), blade-flat inside ('severing'); blade-flat outside ('chopping').

**The small cuts are used mostly as an ingress to the larger attack.:**

For example: After A 'splits', B 'clips' then immediately follows with 'thrust'. A responds with 'intercept' and then directly with 'slash'. Thus the form is in itself a study of the alternating four square and four diagonal energies of the sabre within a five phase structure.

### The five *zheng* attacks are:

- A. Split Shoulder
- B. Thrust to Belly
- A. Slash Waist
- B. Sever Throat
- B. Chop Leg

### The five *yu* attacks are:

- B. Clip Inner Wrist
- A. Intercept Outer Wrist
- B. Clip Outer Wrist
- A. Intercept Under Wrist
- A. Intercept Over Wrist