

# Yang Style Taijijian 54/57 Sword

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| Taijijian Commencement                                    | (Taijijian Qi Shi)       |
| 1) Step Up and Enclose With Sword                         | (Shang Bu He Jian)       |
| 2) Immortal Deity Points the Way                          | (Xianren Zhi aLu)        |
| 3) Three Rings Envelope the Moon                          | (San Huan Tao Yue)       |
| 4) Major Polestar                                         | (Da Kuixing)             |
| 5) Swallow Skims the Water                                | (Yanzi Chao Shui)        |
| 6) Right and Left Block and Sweep                         | (You Zou Lan Sao)        |
| 7) Minor Polestar                                         | (Xiao Kuixing)           |
| 8) Swallow Enters the Nest                                | (Yanzi Ru Chao)          |
| 9) Clever Cat Catches a Rat                               | (Ling Mao Bu Shu)        |
| 10) Dragonfly Touches the Water                           | (Qingting Dian Shui)     |
| 11) Yellow Wasp Enters the Hive                           | (Huangfeng Ru Dong)      |
| 12) Phoenix Spreads Double Wings<br>(Chi)                 | (Feng Huang Shuang Zhan) |
| 13) Left Whirlwind                                        | (Zhou Xuanfeng)          |
| 14) Minor Polestar                                        | (Xiao Kui Xing)          |
| 15) Right Whirlwind                                       | (You Xuanfeng)           |
| 16) Waiting for the Fish                                  | (Deng Yu Shi)            |
| 17) Parting the Grass to Search for the Snake             | (Bo Cao Xun She)         |
| 18) Embrace Moon to Bosom's Centre                        | (Huai Zhong Bao Yue)     |
| 19) Send the Bird to the Woods                            | (Song Niao Shang Lin)    |
| 20) Black Dragon Waves Its Tail                           | (Wulong Bai Wei)         |
| 21) Green Dragon Comes Out of the Water                   | (Qing Long Chu Shui)     |
| 22) Wind Swirls the Lotus Leaves                          | (Feng Juan Heye)         |
| 23) Lion Shakes Its Head                                  | (Shizi Yao Tou)          |
| 24) Tiger Holds Its Head                                  | (Hu Bao Tou)             |
| 25) Wild Horse Leaps Over the Stream                      | (Yema Tiao Jian)         |
| 26) Turn the Body and Rein in the Horse                   | (Fan Shen Le Ma)         |
| 27) The Compass                                           | (Zhinanzhen)             |
| 28) Wind Flicks the Dust                                  | (Yingfeng Fu Chen)       |
| 29) Follow the Water's Current to Push the Boat<br>(Zhou) | (Shun Shui Tui)          |
| 30) Shooting Star Reaches the Moon                        | (Liuxing Gan Yue)        |

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- 31) Celestial Bird Flies Over the Waterfall (Tian Niao Fei Pu)
- 32) Lift the Curtain (Tiao Lan Shi)
- 33) Left and Right Whirling Sword (Zou You Chelun Jian)
- 34) Swallow Pecks the Mud (Yanzi Shen Ni)
- 35) Great Peng<sup>1</sup> Spreads One Wing (Da Peng Dan Zhan Chi)
- 36) Fish for the Moon at Sea Bottom (Hai Di Lao Yue)
- 37) Embrace Moon to Bosom's Centre (Huai Zhong Bao Yue)
- 38) Night Demon Explores the Sea (Yecha Tan Hai)
- 39) Rhinoceros Looks at the Moon (Xiniu Wang Yue)
- 40) Shoot the Wild Geese (She Yan Shi)
- 41) Green Dragon Explores With Claws (Qing Long Tan Zhao)
- 42) Phoenix Spreads Double Wings (Feng Huang Shuang Zhan Chi)
- 43) Left and Right Straddle and Block (Zou You Kua Lan)
- 44) Shoot the Wild Geese (She Yan Shi)
- 45) White Ape Presents Fruit (Baiyuan Xian Guo)
- 46) Left and Right Falling Flowers (Zou You Luo Hua)
- 47) Jade Maiden Weaves at Shuttles (Yunü Chuan Suo)
- 48) White Tiger Wags Its Tail (Baihu Jiaowei)
- 49) Carp Jumps Over the Dragon's Gate (Liyu Tiao Longmen)
- 50) Black Dragon Twists Around the Column (Wulong Jiao Zhu)
- 51) Immortal Points Out the Road (Xianren Zhi Lu)
- 52) Wind Sweeps the Plum Blossoms (Feng Sao Meihua)
- 53) Hands Exalt the Ivory Scroll (Shou Peng Ya Fu)
- 54) Embrace Sword Return to the Beginning (Bao Jian Gui Yuan)