Sword

1. Tai Chi beginning style
2. Grasping bird's tail
3. Golden needle pointing south
4. Passing the sword style
5. Spreading the sword style
6. Hanging the sword style
7. Intercepting the sword style
8. Rhinoceros watching the moon
9. Step up to protect the knee
10. Swivel and dot
11. Turn back and stab
12. Hanging the golden bell upside down
13. Point to the trousers with the sword
14. Male and female phoenix spreading wings
15. Shooting star chasing the moon
16. Li Gwong shooting an arrow at a tiger
17. The wheel on the left and right
18. Fisherman casting his net
19. Spin around and rein in the horse
20. Step up and move towards the door
21. Step back coiled dragon
22. Face to face sword
23. Yellow dragon turning right

2.

24. Pui Kung cleaving a snake
25. Shooting star chasing the moon
26. Li Gwong shooting an arrow at a tiger
27. Embracing the moon
28. Pierce the heart
29. Step back and tease the genitals
30. Tiger lying in front of the door
31. Steersman rowing the boat
32. Rowing the boat with the current
33. An immortal pointing the way
34. Dot red between the eyebrows
35. Cross the knees and chop
36. Step up to tease the genitals
37. Embracing the moon
38. Pierce the heart
39. Hang the bamboo basket on the left and right
40. Fairy damsel throwing a needle
41. Turn back raising the writing brush
42. Face the door sword
43. Tiger lying in front of the door
44. Catching a giant tortoise from the bottom of the sea

45. God of literature raising the wine vessel
46. Swing the arm back with the sword
47. Turn the body and plant the sword
48. Flick the whip on the left and right
49. White gibbon offering fruit
50. Tiger lying in front of the door
51. Fallen petals waiting for the broom
52. Tiger lying in front of the door
53. Turn back to put on armour
54. Swivel with the sword
55. Encircling the moon style
56. Single whip style
57. Hanging the golden bell upside
58. Sweep a thousand soldiers on the left and right
4.

59. Advance and point to the trousers
60. Scaly dragon hiding and about to fly
61. Green dragonfly touching water
62. Swivel and tease the genitals
63. Cloud signal flag three times
64. Advance with reverse cut
65. Dispel the clouds to see the sun
66. Magic hand picking a star
67. Left and right the horsetail broom is blown by the wind

5.

68. Fierce tiger jumping over the stream
69. Remove the leg and intercept
70. Fish lying down on the left and right
71. Spin and sweep across
72. Yellow dragon turning left
73. Spreading aside the grass looking for a snake
74. The wheel on the left and right
75. White snake spits out its tongue
76. Roc spreading its wings
77. Rein in the horse to watch the tide
78. Encircling the moon style
79. Single whip style

6.

80. Sparrow hawk piercing the forest
81. Roc spreading its wings
82. Peasant digging with a hoe
83. Face the door sword
84. Spin and sweep across
85. Shooting star chasing the moon
86. Spin and sweep across
When practising the Sword, the actions employed are chopping, stirring, stroking and stabbing. The techniques are finely linked together. One drawing forth (of opponents attack) and one strike; one flourish and one presentation.

The body follows the movements of the sword which circles the body and can be seen on every direction. Lithe and graceful, surprising and subtle; body and sword are as one. Like a Spiritual Dragon, speeding like an arrow, or a male phoenix soaring and circling in the air.

Kan- to chop/slice diagonally downwards
Liao- to stir divert and slash in one continuous movement
Mo- to stroke subtle circular diversion
Ci- to stab/pierce
Chou- to draw forth diverting upwards with a whipping action
Ti- to lift an upward diversion
Heng- to sweep across horizontal diversion followed by thrust
Dao- to invert diverting to the side, sword pointed down