

## Chen's Tai Chi Double Baton (Shuang Jian)

### 陈氏太极双铜套路名称

| No. | Chinese Names<br>(中文名称) | Pinyin<br>(拼音)              | English Names<br>(英文名称)             |
|-----|-------------------------|-----------------------------|-------------------------------------|
| 1.  | 双铜起势                    | shuāng jiǎn qǐ shì          | Double Baton Starting Posture       |
| 2.  | 兽头势                     | shòu tóu shì                | Beast Head Posture                  |
| 3.  | 左右搅项                    | zuǒ yòu jiǎo xiàng          | Left and Right Coil Around the Neck |
| 4.  | 全舞花                     | quán wǔ huā                 | Full Circle Waves                   |
| 5.  | 朝阳铜                     | cháo yáng jiǎn              | Present Baton to the Sun            |
| 6.  | 急三铜                     | jí sān jiǎn                 | Three Quick Strikes                 |
| 7.  | 退三铜                     | tuì sān jiǎn                | Three Strikes on Backward Steps     |
| 8.  | 四门铜                     | sì mén jiǎn                 | Strikes to Four Directions          |
| 9.  | 霸王举鼎                    | bà wáng jǔ dǐng             | Overlord Uplifts Cauldron           |
| 10. | 罗汉降龙                    | luó hàn jiàng lóng          | Ahrat Tames Tiger                   |
| 11. | 左旋滴水翻花打                 | zuǒ xuán dī shuǐ fān huā dǎ | Rotate Left and Strike              |
| 12. | 右旋滴水翻花打                 | yòu xuán dī shuǐ fān huā dǎ | Rotate Right and Strike             |
| 13. | 左棚右挡                    | zuǒ bēng yòu dǎng           | Push Left and Block Right           |
| 14. | 护心铜                     | hù xīn jiǎn                 | Protecting the Heart Posture        |
| 15. | 美女认针                    | měi nǚ rèn zhēn             | Fair Lady Threads Needle            |
| 16. | 护膝铜                     | hù xī jiǎn                  | Protecting the Knee Posture         |
| 17. | 上棚下势                    | shàng bēng xià shì          | Uplift the Baton on Falling Stance  |
| 18. | 转身一铜                    | zhuǎn shēn yī jiǎn          | Turn Around and Down Strike         |
| 19. | 收势                      | shōu shì                    | Closing Posture                     |