

Chen's Tai Chi Double Broadsword (Shuang Dao)

陈氏太极双刀套路名称

No.	Chinese Names (中文名称)	Pinyin (拼音)	English Explanation (英文名称)
1.	双刀起势	shuāng dāo qǐ shì	Double Saber Starting Position
2.	全舞花朝阳刀	quán wǔ huā cháo yáng dāo	Full Circle Waves and Present Saber to the Sun
3.	切三刀朝阳	qiē sān dāo cháo yáng	Slice the Sabers Three times and Present Saber to the Sun
4.	一刀跃步	yī dāo yuè bù	Jump and Chop
5.	上三刀	shàng sān dāo	Step Forward with Three Chops
6.	雁别金翅	yàn bié jīn chì	Wild Goose Tucks in the Wings
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7.	孤雁出群	gū yàn chū qún	Lone Wild Goose Dashes Out of the Crowd
8.	一刀朝阳	yī dāo cháo yáng	Chop and Present Saber to the Sun
9.	左插花	zuǒ chā huā	Arrange Flowers (left)
10.	右插花	yòu chā huā	Arrange Flowers (right)
11.	二刀朝阳	èr dāo cháo yáng	Two Chops and Present Saber to the Sun
12.	二刀蝴蝶吸水	èr dāo hú dié xī shuǐ	Two Chops with Butterfly Draws Water
13.	一刀朝阳	yī dāo cháo yáng	Chop and Present Saber to the Sun
14.	左插花	zuǒ chā huā	Arrange Flowers (left)
15.	右插花	yòu chā huā	Arrange Flowers (right)
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16.	二刀朝阳	èr dāo cháo yáng	Two Chops and Present Saber to the Sun
17.	二刀伏虎	èr dāo fú hǔ	Two Chops and Tame Tiger Posture
18.	一刀朝阳	yī dāo cháo yáng	Chop and Present Saber to the Sun
19.	钟魁仗剑	zhōng kuí zhàng jiàn	Zhongkui Holds Up the Sword
20.	古树盘根	gǔ shù pán gēn	Ancient Tree Coils its Roots
21.	翻身砍	fān shēn kǎn	Wheel Over and Chop

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22.	一刀朝阳	yī dāo cháo yáng	Chop and Present Saber to the Sun
23.	左右搅项	zuǒ yòu jiǎo xiàng	Left and Right Coil
24.	二刀朝阳	èr dāo cháo yáng	Two Chops and Present Saber to the Sun
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25.	二刀转向	èr dāo zhuǎn xiàng	Two Chops and Turn Around
26.	霸王举鼎	bà wáng jǔ dǐng	Overlord Lifts Cauldron
27.	罗汉降龙	lu ó h àn j i àng l óng	Arhat Tames Dragon
28.	左右片马刀	zuǒ yòu piàn mǎ dāo	Left and Right Chops On Horse
29.	二刀朝阳	èr dāo cháo yáng	Two Chops and Present Saber to the Sun
30.	白蛇吐信	bái shé tǔ xìn	White Snake Spits Tongue
31.	左扑右扑	zuǒ pū yòu pū	Dash Left and Dash Right
32.	上步七星	shàng bù qī xīng	Step up with Seven Stars
33.	下步跨肱	xià bù kuà gōng	Step Back and Hook with Forearms
34.	一刀下势	yī dāo xià shì	Chop and Lower the Posture
35.	收势	Shōu Shì	Closing Pose
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