**Chen’s Tai Chi Double Baton (Shuang Jian)**

**陈氏太极双锏套路名称**

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| **No.** | **Chinese Names**  **(中文名称)** | **Pinyin**  **(拼音)** | **English Names**  **(英文名称)** |
|  | 双锏起势 | shuāng jiǎn qǐ shì | Double Baton Starting Posture |
|  | 兽头势 | shòu tóu shì | Beast Head Posture |
|  | 左右搅项 | zuǒ yòu jiǎo xiàng | Left and Right Coil Around the Neck |
|  | 全舞花 | quán wǔ huā | Full Circle Waves |
|  | 朝阳锏 | cháo yáng jiǎn | Present Baton to the Sun |
|  | 急三锏 | jí sān jiǎn | Three Quick Strikes |
|  | 退三锏 | tuì sān jiǎn | Three Strikes on Backward Steps |
|  | 四门锏 | sì mén jiǎn | Strikes to Four Directions |
|  | 霸王举鼎 | bà wáng jǔ dǐng | Overlord Uplifts Cauldron |
|  | 罗汉降龙 | luó hàn jiàng lóng | Ahrat Tames Tiger |
|  | 左旋滴水翻花打 | zuǒ xuán dī shuǐ fān huā dǎ | Rotate Left and Strike |
|  | 右旋滴水翻花打 | yòu xuán dī shuǐ fān huā dǎ | Rotate Right and Strike |
|  | 左掤右挡 | zuǒ bīng yòu dǎng | Push Left and Block Right |
|  | 护心锏 | hù xīn jiǎn | Protecting the Heart Posture |
|  | 美女认针 | měi nǚ rèn zhēn | Fair Lady Threads Needle |
|  | 护膝锏 | hù xī jiǎn | Protecting the Knee Posture |
|  | 上掤下势 | shàng bīng xià shì | Uplift the Baton on Falling Stance |
|  | 转身一锏 | zhuǎn shēn yī jiǎn | Turn Around and Down Strike |
|  | 收势 | shōu shì | Closing Posture |