**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 |