

Chen's Taichi Straight Sword (Jian) Essential 18 Forms

陈氏太极剑精要十八式

No.	Chinese Names (中文名称)	Pinyin (拼音)	English Explanation (英文名称)
1.	太极剑起势	T ài j i Ji àn Chū Sh ì	Taichi Sword Opening Posture
2.	朝阳剑	Ch áo Y áng Ji àn	Presenting the Sword to the Sun
3.	仙人指路	Xi ān R én Zhǐ L ù	Immortal Points the Way
4.	青龙出水	Q īng L óng Chū Shuǐ	Black Dragon Emerges from Water
5.	护膝剑	H ù Xī Ji àn	Protecting the Knee
6.	前刺后劈	Q i án C ì H òu Pī	Forward Pierce and Backward Chop
7.	青龙转身	Q īng L óng Zhuǎn Shēn	Black Dragon Turns Around
8.	斜飞式	X é fēi Sh ì	Diagonal Flying Posture
9.	展翅点头	Zhǎn Ch ì Diǎn T óu	Spreading the Wings and Pecking the Head
10.	拔草寻蛇	Bō Cǎo X ún Sh é	Brushing the Grass to Search for Snakes
11.	金鸡独立	Jīn Jī D ú L ì	Golden Rooster Stands on One Leg
12.	下刺盖拦式	Xi à C ì G ài L án Sh ì	Downward Pierce & Covering Block
13.	古树盘根	Gǔ Sh ù P án Gēn	Coiling Roots of Ancient Trees
14.	饿虎扑食	è Hǔ P ū Sh í	Hungry Tiger Jumps to Its Prey
15.	青龙摆尾	Q īng L óng Bǎi Wěi	Black Dragon Sweeps Its Tail
16.	野马跳涧	Yě Mǎ Ti ào Ji àn	Wild Horse Leaps over the Gorge
17.	磨盘剑	M ò P án Ji àn	Grinding Mill Sword
18.	太极剑还原	T ài j i Ji àn Hu án Yu án	Taichi Sword Closing Posture