

Chen's Tai Chi Single Broadsword (Dan Dao)

陈氏太极单刀套路名称

No.	Chinese Names (中文名称)	Pinyin (拼音)	English Explanation (英文名称)
1.	单刀起势	Dān Dāo Qǐ Shì	Starting Pose
2.	护心刀	Hù Xīn Dāo	The Broadsword Protects the Heart
3.	青龙出水	Qīng Lóng Chū Shuǐ	The Green Dragon Emerges from the Water
4.	风卷残花	Fēng Juǎn Chán Huā	The Wind Blows the Withered Flowers
5.	白云盖顶	Bái Yún Gāi Dǐng	The White Clouds Move Overhead
6.	黑虎搜山	Hēi Hǔ Sōu Shān	The Black Tiger Searches the Mountains
7.	苏秦背剑	Sū Qín Bēi Jiàn	Sun Qin Carries the Sword on His Back
8.	金鸡独立	Jīn Jī Dú Lì	The Golden Rooster Stands on One Leg
9.	迎风滚避	Yíng Fēng Gǔn Bì	Rolling Away from the Wind
10.	腰斩白蛇	Yāo Zhǎn Bái Shé	Slice the White Snake in Two
11.	日套三环	Rì Tào Sān Huán	Three Rings Around the Sun
12.	拨云望日	Bō Yún Wàng Rì	The Clouds Scatter and Reveal the Sun
13.	左拨草寻蛇	Zuǒ Bō Cǎo Xún Shé	Beat the Grass to Search for the Snake on the Left
14.	右拨草寻蛇	Yòu Bō Cǎo Xún Shé	Beat the Grass to Search for the Snake on the Right
15.	青龙出水	Qīng Lóng Chū Shuǐ	The Green Dragon Emerges from the Water
16.	风卷残花	Fēng Juǎn Chán Huā	The Wind Blows the Withered Flowers
17.	雁别金翅	Yàn Bié Jīn Chì	The Wild Goose Opens Its Wings
18.	夜叉探海	Yè Chā Tàn Hǎi	The Night Demons Search the Sea
19.	左翻身砍	Zuǒ Fān Shēn Kǎn	Turn Left to Chop
20.	右翻身砍	Yòu Fān Shēn Kǎn	Turn Right to Chop
21.	白蛇吐信	Bái Shé Tǔ Xìn	The White Snake Spits Out Its Tongue
22.	怀中抱月	Huái Zhōng bào Yuè	Embrace the Moon
23.	收势	Shōu Shì	Closing Pose