**Chen’s Tai Chi Single Straight Sword (Dan Jian)**

**陈氏太极单剑套路名称**

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| **No.** | **Chinese Names**  **(中文名称)** | **Pinyin**  **(拼音)** | **English Explanation**  **(英文名称)** |
|  | **太极剑初势** | Tàijí Jiàn Chū Shì | Starting Pose |
|  | **朝阳剑** | Cháo Yáng Jiàn | Face the Sun |
|  | **仙人指路** | Xiān Rén Zhǐ Lù | Immortal Pointing the Way |
|  | **青龙出水** | Qīng Lóng Chū Shǔi | Black Dragon Flies Out of Water |
|  | **护膝剑** | Hù Xī Jiàn | Knee-protecting Sword |
|  | **闭门式** | Bì Mén Shì | Closing the Gate Form |
|  | **青龙出水** | Qīng Lóng Chū Shǔi | Black Dragon Flies Out of Water |
|  | **翻身下劈剑** | Fān Sheēn Xià Pī Jiàn | Turn Body And Chop with Sword |
|  | **青龙转身** | Qīng Lóng Zhuǎn Shēn | Black Dragon Turns Its Body |
|  | **斜飞式** | Xíe Fēi Shì | Diagonal Flying Form |
| **Section 1** | | | |
|  | **展翅点头** | Zhǎn Chì Diǎn Tóu | Spread Wings and Bow Head |
|  | **拨草寻蛇** | Bō Cǎo Xún Shé | Beat Grass and Find the Snake |
|  | **金鸡独立** | Jīn Jī Dú Lì | Gold Rooster Stand on One Leg |
|  | **仙人指路** | Xiān Rén Zhǐ Lù | Immortal Pointing the Way |
|  | **盖拦式** | Gài Lán Shì | Cover and Pull Back |
|  | **古树盘根** | Gǔ Shù Pán Gēn | Ancient Tree Twisted Roots |
|  | **饿虎扑食** | è Hǔ Pū Shí | Hungry Tiger Pounces on Prey |
|  | **青龙摆尾** | Qīng Lóng Bǎi Wěi | Black Dragon Swings Its Tail |
|  | **倒卷肱** | Dào Juǎn Gōng | Backward Arm Circling |
|  | **野马跳涧** | Yě Mǎ Tiào Jiàn | Wild Horse Leaping Ravine |
|  | **白蛇吐信** | Bái Shé Tù Xìn | White Snake Spits Out |
| **Section 2** | | | |
|  | **乌龙摆尾** | Wū Lóng Bǎi Wěi | Black Dragon Swings Tail |
|  | **钟魁仗剑** | Zhōng Kúi Zhàng Jiàn | Zhongkui's Sword |
|  | **罗汉降龙** | Lúo Hàn Xiáng Lóng | Luohan Subduing Dragon |
|  | **黑熊翻背** | Hēi Xióng Fān Bèi | Black Bear Turns Backward |
|  | **燕子啄泥** | Yàn Zǐ Zhúo Ní | Swallow Pecks the Mud |
|  | **白蛇吐信** | Bái Shé Tù Xìn | White Snake Spits Out |
|  | **斜飞式** | Xíe Fēi Shì | Diagonal Flying Form |
| **Section 3** | | | |
|  | **鹰熊斗智** | Yīng Xióng Dòu Zhì | Hawk & Bear's Battle of Wits |
|  | **燕子啄泥** | Yàn Zǐ Zhúo Ní | Swallow Pecks the Mud |
|  | **摘星换斗** | Zhái Xīng Huàn Dǒu | Pluck Star and Return It |
|  | **海底捞月** | Hǎi Dǐ Lāo Yùe | Scoop Moon from Under Sea |
|  | **仙人指路** | Xiān Rén Zhǐ Lù | Immortal Pointing the Way |
|  | **凤凰点头** | Fèng Huáng Diǎn Tóu | Phoenix Dips Its Head |
|  | **燕子啄泥** | Yàn Zǐ Zhúo Ní | Swallow Pecks the Mud |
|  | **白蛇吐信** | Bái Shé Tù Xìn | White Snake Spits Out |
|  | **斜飞式** | Xíe Fēi Shì | Diagonal Flying Form |
| **Section 4** | | | |
|  | **左托千斤** | Zǔo Tūo Qiān Jīn | Push Leftward |
|  | **右托千斤** | Yòu Tūo Qiān Jīn | Push Rightward |
|  | **燕子啄泥** | Yàn Zǐ Zhúo Ní | Swallow Pecks the Mud |
|  | **白猿献果** | Bái Yuán Xiàn Gǔo | White Ape Presents Fruits |
|  | **落花式** | Lùo Hūa Shì | Flowers Falling Form |
|  | **上下斜刺** | Shàng Xià Xíe Cì | Jab Upward then Downward |
|  | **斜飞式** | Xíe Fēi Shì | Diagonal Flying Form |
| **Section 5** | | | |
|  | **哪吒探海** | Né Zhā Tàn Hǎi | Nezha Searches the Sea |
|  | **怪蟒翻身** | Guài Mǎng Fān Shēn | Boa Turns Itself Around |
|  | **韦驼献杵** | Wěi Túo Xiàn Chǔ | Weituo Presents Pounder |
|  | **磨盘剑** | Mò Pán Jiàn | Mill Stone Turning Sword |
|  | **太极剑还原** | Tàií Jiàn Huán Yuán | Return to Starting Pose |
| **Section 6** | | | |