

Chen's Tai Chi Single Straight Sword (Dan Jian)

陈氏太极单剑套路名称

No.	Chinese Names (中文名称)	Pinyin (拼音)	English Explanation (英文名称)
1.	太极剑初势	T ài jí àn Chū Sh ì	Starting Pose
2.	朝阳剑	Ch áo Y áng Ji àn	Face the Sun
3.	仙人指路	Xi ān R én Zhǐ L ù	Immortal Pointing the Way
4.	青龙出水	Q īng L óng Chū Shuǐ	Black Dragon Flies Out of Water
5.	护膝剑	H ù Xī Ji àn	Knee-protecting Sword
6.	闭门式	B ì M én Sh ì	Closing the Gate Form
7.	青龙出水	Q īng L óng Chū Shuǐ	Black Dragon Flies Out of Water
8.	翻身下劈剑	F ān Shēn Xi à Pī Ji àn	Turn Body And Chop with Sword
9.	青龙转身	Q īng L óng Zhuǎn Shēn	Black Dragon Turns Its Body
10.	斜飞式	X é Fēi Sh ì	Diagonal Flying Form
Section 1			
11.	展翅点头	Zhǎn Ch ì Diǎn T óu	Spread Wings and Bow Head
12.	拨草寻蛇	Bō Cǎo X ún Sh é	Beat Grass and Find the Snake
13.	金鸡独立	Jīn Jī D ú L ì	Gold Rooster Stand on One Leg
14.	仙人指路	Xi ān R én Zhǐ L ù	Immortal Pointing the Way
15.	盖拦式	G ài L án Sh ì	Cover and Pull Back
16.	古树盘根	Gǔ Shù P án Gēn	Ancient Tree Twisted Roots
17.	饿虎扑食	è Hǔ P ū Sh í	Hungry Tiger Pounces on Prey
18.	青龙摆尾	Q īng L óng Bǎi Wěi	Black Dragon Swings Its Tail
19.	倒卷肱	D ào Juǎn Gōng	Backward Arm Circling
20.	野马跳涧	Yě Mǎ Ti ào Ji àn	Wild Horse Leaping Ravine
21.	白蛇吐信	B á Sh é T ù X ùn	White Snake Spits Out
Section 2			
22.	乌龙摆尾	Wū L óng Bǎi Wěi	Black Dragon Swings Tail
23.	钟魁仗剑	Zhōng Kuí Zh àng Ji àn	Zhongkui's Sword
24.	罗汉降龙	L úo H àn Xi áng L óng	Luohan Subduing Dragon
25.	黑熊翻背	Hēi Xióng F ān B ǎi	Black Bear Turns Backward

26.	燕子啄泥	Y àn Zǐ Zhúo N í	Swallow Pecks the Mud
27.	白蛇吐信	B á Sh é T ù X ò n	White Snake Spits Out
28.	斜飞式	X é F ēi Shì	Diagonal Flying Form
Section 3			
29.	鷹熊斗智	Yīng Xi óng Dòu Zh ì	Hawk & Bear's Battle of Wits
30.	燕子啄泥	Y àn Zǐ Zhúo N í	Swallow Pecks the Mud
31.	摘星换斗	Zh á Xīng Hu àn Dǒu	Pluck Star and Return It
32.	海底捞月	Hǎi Dǐ Lāo Y è	Scoop Moon from Under Sea
33.	仙人指路	Xiān Rén Zhǐ Lù	Immortal Pointing the Way
34.	凤凰点头	F èng Hu áng Diǎn T óu	Phoenix Dips Its Head
35.	燕子啄泥	Y àn Zǐ Zhúo N í	Swallow Pecks the Mud
36.	白蛇吐信	B á Sh é T ù X ò n	White Snake Spits Out
37.	斜飞式	X é F ēi Shì	Diagonal Flying Form
Section 4			
38.	左托千斤	Zǔo Tūo Qiān Jīn	Push Leftward
39.	右托千斤	Y òu Tūo Qiān Jīn	Push Rightward
40.	燕子啄泥	Y àn Zǐ Zhúo N í	Swallow Pecks the Mud
41.	白猿献果	B á Yu án Xi àn Guǒ	White Ape Presents Fruits
42.	落花式	L ò H u ā Sh ì	Flowers Falling Form
43.	上下斜刺	Sh àng Xi à X é C ì	Jab Upward then Downward
44.	斜飞式	X é F ēi Sh ì	Diagonal Flying Form
Section 5			
45.	哪吒探海	N é Zh ā T àn Hǎi	Nezha Searches the Sea
46.	怪蟒翻身	Gu à Mǎng Fān Shēn	Boa Turns Itself Around
47.	韦驮献杵	W èi T u ó Xi àn Chǔ	Weituo Presents Pounder
48.	磨盘剑	M ò P án Ji àn	Mill Stone Turning Sword
49.	太极剑还原	T ài Jì àn Hu àn Yu án	Return to Starting Pose
Section 6			