

太极八卦刀

tàijí bāguàdāo

Taiji Bagua Saber Form

1. 无极势气定神闲

wújíshì qìdìng shénxián

Wuji posture, with undisturbed qi and spirits

2. 太极生乾坤旋转

tàijíshēng qiánkūn xuánzhuàn

Taiji originates, heaven and earth rotate

3. 跨一步跃马揽缰

Kuàiyíbù yuè mǎ lǎnjiāng

Step forward to straddle horse and take its reins

4. 双合手怀中抱月

shuānghéshǒu huāizhōng bào yuè

Embrace the moon with both hands

5. 交刀势玉女穿梭

jiāodāoshì yù nǚ chuānsuō

Hand the saber to the other hand, jade lady moves shuttles

6. 环一周蛟龙入水

huányìzhōu jiāolóng rùshuǐ

Move saber in a vertical circle, rampant dragon plunges into the water

7. 立挫刀青龙出水

lìcuòdāo qīnglóng chūshuǐ

Rotate the saber horizontally, green dragon emerges from the water

8. 撤一步哪吒探海

chèyíbù nézha tàn hǎi

Step with left foot behind the right, Nezha probes the sea

9. 翻转身力劈华山

fānzhuǎnshēn lìpī huàshān

Turn back and split Huashan Mountain

10. 魁星势

kuíxīngshì

Bigger Dipper posture

11. 行步左右拦扫

xíngbù zuǒyòu lǎnsǎo

Block and sweep to the left and right in walking steps

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| 12. | 天马飞涧 | tiānmǎ fēijiàn
Heavenly steed flies over ravine |
| 13. | 青龙探爪 | qīnglóng tànzhǎo
Green dragon stretches out its claws |
| 14. | 右赶月势 | yòu gǎnyuèshì
Chase the moon (right) |
| 15. | 回马刀 | huímǎdāo
Draw reins to turn the horse |
| 16. | 青龙探爪 | qīnglóng tànzhǎo
Green dragon stretches out its claws |
| 17. | 左赶月势 | zuǒ gǎnyuèshì
Chase the moon (left) |
| 18. | 千斤坠(小童捉鸡) | qiānjīnzhùi (xiǎotóng zhuōjī)
A thousand- <i>jīn</i> weight plummets (Young boy catches a chicken) |
| 19. | 霸王举鼎 | bàwáng jǔdǐng
Lord pushes up a tripod |
| 20. | 仙女献桃 | xiānnǚ xiàntāo
Fairy offers peaches |
| 21. | 左弓步拦扫 | zuǒ gōngbù lán sǎo
Block and sweep in left bow stance |
| 22. | 甩鞭势 | shuǎibiānshì
Cracking whip posture |
| 23. | 狮子滚球 | shīzi gǔnqiú
Lion rolls ball |
| 24. | 左铺地锦 | zuǒpū dìjīn
Cover ground with brocade (left) |

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| 25. | 右铺地锦 | yòupū dìjǐn
Cover ground with brocade (right) |
| 26. | 风卷荷叶 | fēngjuǎn héyè
Wind sweeps over lotus leaves |
| 27. | 乌龙缠腰 | wūlóng chányāo
Black dragon winds around the waist |
| 28. | 三五步连环 | sānwǔbù liánhuán
Move forward with three to five linked steps |
| 29. | 怀抱琵琶擦脚 | huáibào pípa cājiǎo
Hold <i>Pipa</i> in hand and slap foot |
| 30. | 掩手肱拳 | yǎnshǒu hóngquán
Hide hand and punch with fist |
| 31. | 伏虎 | fúhǔ
Tame tiger |
| 32. | 虎抱头 | hǔbàtóu
Tiger covers its head |
| 33. | 清风过顶 | qīngfēng guòdǐng
Spring wind blows over head |
| 34. | 左振脚撞钟 | zuǒ zhènjiǎo zhuàngzhōng
Stamp the left foot and strike bell |
| 35. | 金童献印 | jīntóng xiànyìn
Golden boy offers seal |
| 36. | 推窗望月(五行掌) | tuīchuāng wàngyuè (wǔxíngzhǎng)
Push open window to see the moon (Five-element palm) |
| 37. | 苏秦背剑 | sūqín bēijiàn
Suqin bears sword on his back |

38. 虾米跳(小猫捕鼠) xiāmǐtiào (xiǎomāo bǔshǔ)
Shrimp jumps (Small cat catches the mouse)
39. 左右迎风滚闭 zuǒyòu yíngfēng gǔnbì
Turn saber to the left and right in the wind to block
40. 青龙出水 qīnglóng chūshuǐ
Green dragon emerges from water
41. 苍龙调尾 cānglóng diàowěi
Ferocious dragon turns its tail
42. 夜叉探海 yèchā tànǎi
Yecha probes sea
43. 左右横扫千军 zuǒyòu héngsǎo qiānjūn
Sweep away thousands of enemies to the left and right
44. 连环玉女穿梭 liánhuán yùǚ chuānsuō
Linked jade lady moves shuttles
45. 拨草寻蛇 bōcǎo xúnshé
Poke grass to seek snakes
46. 雄鹰展翅捕食 xióngyīng zhǎnchì bǔshí
Hawk spreads its wings to prey
47. 凤凰三点头 fènghuáng sān diǎntóu
Phoenix nods three times
48. 卧虎势 wòhǔshì
Crouching tiger posture
49. 藏龙势 cánglóngshì
Hidden dragon posture
50. 风摆杨柳 fēngbǎi yángliǔ
Wind swings the willow
51. 泰山盖顶 tàishān gàidǐng

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| 52. | 龙飞势 一 | lóngfēishì, yī | Dragon flying posture (one) |
| 53. | 小童击鼓 一 | xiǎotóng jīgǔ, yī | Young boy strikes the drum (one) |
| 54. | 龙飞势 二 | lóngfēishì, èr | Dragon flying posture (two) |
| 55. | 小童击鼓 二 | xiǎotóng jīgǔ, èr | Young boy strikes the drum (two) |
| 56. | 龙飞势 三 | lóngfēishì, sān | Dragon flying posture (three) |
| 57. | 拦腰刀 | lán yāo dāo | Saber slashes the waist |
| 58. | 小童击鼓 三 | xiǎotóng jīgǔ, sān | Young boy strikes the drum (three) |
| 59. | 乌龙甩尾 | wūlóng shuǎi wěi | Black dragon swings its tail |
| 60. | 侧身靠 | cè shēn kào | Shake saber off the left shoulder |
| 61. | 叶底采桃 | yè dǐ cǎi táo | Pluck peaches from below the leaves |
| 62. | 李逵仗剑 | lǐ kuí zhàng jiàn | Likui draws out his sword |
| 63. | 左顾右盼 | zuǒ gù yòu pàn | Look to the left and right |
| 64. | 左踢二起 | zuǒ tī èr qǐ | Kick twice in the air and slap the left foot |

65. 白蛇吐信
báishé tǔxìn
White snake spits out its tongue
66. 玉环步
yùhuánbù
Yuhuan strolls
67. 十字鸳鸯脚
shízì yuānyangjiǎo
Cross mandarin duck kick
68. 海底捞月
hǎidǐ lāoyuè
Dredge up the moon from sea bottom
69. 怪蟒翻身
guàimǎng fānshēn
Giant python turns its body
70. 坐虎推山
zuòhǔ tuīshān
Sit on tiger to push mountain
71. 二郎担山
èrláng dānshān
Erlang carries the mountain on his shoulders
72. 三环套日
sānhuán tàorì
Three rings circle the sun
73. 小鬼推磨
xiǎoguǐ tuīmò
Little ghost pushes mill
74. 仙女托盘
xiānnǚ tuōpán
Fairy holds up plate
75. 顺水推舟
shùنشuǐ tuīzhōu
Push boat along with current
76. 清风过顶
qīngfēng guòdǐng
Spring wind blows over head
77. 张飞敬酒
zhāngfēi jìngjiǔ
Zhangfei proposes a toast
78. 金童捧印
jīntóng pěngyìn

79. 三换手交刀

Golden boy hands out the seal

sānhuànshǒu jiāodāo

Hand the saber to the other hand for the third time

80. 敲山震虎

qiāoshān zhènǔ

Strike mountain to scare tiger

81. 合太极

hétàijí

Closing posture