

杨式六十七式太极剑

yángshì liùshíqīshì tàijíjiàn

Yang Style 67-Movement Taiji Sword

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| 1. | 预备势 | yùbèi shì | Preparation Posture |
| 2. | 起势 | qǐshì | Commencing Posture |
| 3. | 三环套月 | sānhuán tàoyuè | Three rings circle the moon |
| 4. | 魁星势 | kuíxīng shì | Big Dipper posture |
| 5. | 燕子抄水 | yànzi chāoshuǐ | Swallow skims over water |
| 6. | 右边拦扫 | yòubiān lán sǎo | Block and sweep to the right |
| 7. | 左边拦扫 | zuǒbiān lán sǎo | Block and sweep to the left |
| 8. | 小魁星 | xiǎo kuíxīng | Little Dipper posture |
| 9. | 燕子入巢 | yànzi rùcháo | Swallow returns to nest |
| 10. | 灵猫捕鼠 | língmāo bǔshǔ | Agile cat catches mouse |
| 11. | 凤凰抬头 | fènghuang táitóu | Phoenix lifts its head |
| 12. | 黄蜂入洞 | huángfēng rùdòng | Wasp enters cave |

13. 凤凰右展翅 fènghuáng yòu zhǎnchì Phoenix spreads its right wing
14. 小魁星 xiǎo kuíxīng Little Dipper posture
15. 凤凰左展翅 fènghuáng zuǒ zhǎnchì Phoenix spreads its left wing
16. 等鱼势 děngyú shì Cast fishing rod
17. 右龙行势 yòu lóngxíng shì Dragon walks to the right
- (拨草寻蛇) (bōcǎo xúnshé) (Poke grass to seek snake)
18. 左龙行势 zuǒ lóngxíng shì Dragon walks to the left
- (拨草寻蛇) (bōcǎo xúnshé) (Poke grass to seek snake)
19. 右龙行势 yòu lóngxíng shì Dragon walks to the right
- (拨草寻蛇) (bōcǎo xúnshé) (Poke grass to seek snake)
20. 怀中抱月 huāizhōng bàoyuè Embrace the moon
21. 宿鸟投林 sùniǎo tóulín Birds fly to the woods
22. 乌龙摆尾 wūlóng bǎiwěi Black dragon swings its tail
23. 青龙出水 qīnglóng chūshuǐ Blue dragon emerges from water

24. **风卷荷叶** fēngjuǎn héyè Wind sweeps over lotus leaves
25. **左狮子摇头** zuǒ shīzi yáotóu Lion shakes its head (left)
26. **右狮子摇头** yòu shīzi yáotóu Lion shakes its head (right)
27. **虎抱头** hǔ bàotóu Tiger covers its head
28. **野马跳涧** yěmǎ tiàojiàn Wild horse leaps over ravine
29. **勒马势** lēimǎ shì Reining horse posture
30. **指南针** zhǐnánzhēn Compass points to the south
31. **左迎风掸尘** zuǒ yíngfēng dǎnchén Wind flicks dust (left)
32. **右迎风掸尘** yòu yíngfēng dǎnchén Wind flicks dust (right)
33. **左迎风掸尘** zuǒ yíngfēng dǎnchén Wind flicks dust (left)
34. **顺水推舟** shùnsuǐ tuīzhōu Push boat along with the current
35. **流星赶月** liúxīng gǎnyuè Meteor chases the moon
36. **天马飞瀑** tiānmǎ fēipù Celestial steed flies over waterfall
37. **挑帘势** tiǎolián shì Lift up curtain

38.	左车轮	zuǒ chēlún	Wheel sword to the left
39.	右车轮	yòu chēlún	Wheel sword to the right
40.	燕子衔泥	yànzi xiánní	Swallow carries earth in its bill
41.	大鹏展翅	dàpéng zhǎnchì	Roc spreads its wings
42.	海底捞月	hǎidǐ lāoyuè	Dredge up the moon from sea bottom
43.	哪吒探海	nézhā tànǎi	Nezha probes sea bottom
44.	犀牛望月	xīniú wàngyuè	Rhinoceros looks at the moon
45.	射雁势	shèyàn shì	Shoot at wild goose
46.	青龙现爪	qīngóng xiànzhuǎ	Blue dragon shows its claws
47.	凤凰双展翅	fènghuáng shuāng zhǎnchì	Phoenix spreads both wings
48.	左跨拦	zuǒ kuàlán	Step over to the left and block upward
49.	右跨拦	yòu kuàlán	Step over to the right and block upward
50.	射雁势	shè yàn shì	Shoot at wild goose
51.	白猿献果	báiyuán xiànguǒ	White ape offers fruit

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| 52. | 右落花势 | yòu luòhuā shì | Falling flower posture (right) |
| 53. | 左落花势 | zuǒ luòhuā shì | Falling flower posture (left) |
| 54. | 右落花势 | yòu luòhuā shì | Falling flower posture (right) |
| 55. | 左落花势 | zuǒ luòhuā shì | Falling flower posture (left) |
| 56. | 右落花势 | yòu luòhuā shì | Falling flower posture (right) |
| 57. | 玉女穿梭 | yùnnǚ chuānsuō | Fair lady moves shuttles |
| 58. | 白虎摇尾 | bǎihǔ yáowěi | White tiger swings its tail |
| 59. | 虎抱头 | hǔ bàotóu | Tiger covers its head |
| 60. | 鱼跳龙门 | yútiào lóngmén | Fish leaps over dragon gate |
| 61. | 左乌龙搅柱 | zuǒ wūlóng jiǎozhù | Black dragon curls around pole (left) |
| 62. | 右乌龙搅柱 | yòu wūlóng jiǎozhù | Black dragon curls around pole (right) |
| 63. | 仙人指路 | xiānrén zhǐlù | Fairy points the way |
| 64. | 朝天一柱香 | cháotiān yízhùxiāng | An incense for heaven |
| 65. | 风扫梅花 | fēngsǎo méihuā | Wind sweeps over plum flowers |

66. 牙笏势

yáhù shì

Present tablet

67. 抱剑归原

bàojiàn guīyuán

Return sword to its original position