

陈氏太极剑十八初式
Chen Style - Single Sword 18

1. 太极剑初势 Tai Chi Sword Opening Posture
2. 朝阳剑 Present the Sword to the Sun
3. 仙人指路 Immortal Points the Way
4. 青龙出水 Black Dragon Emerges from Water
5. 护膝剑 Protecting the Knee
6. 前刺后劈 Forward Pierce and Backward Chop
7. 青龙转身 Black Dragon Turns Around
8. 斜飞式 Diagonal Flying Posture
9. 展翅点头 Spreading the Wings and Pecking the Head
10. 拔草寻蛇 Brushing the Grass to Search for Snakes
11. 金鸡独立 Golden Rooster Stands on One Leg
12. 下刺盖拦式 Downward Pierce & Covering Block
13. 古树盘根 Coiling Roots of Ancient Trees
14. 饿虎扑食 Hungry Tiger Jumps to Its Prey
15. 青龙摆尾 Black Dragon Sweeps Its Tail
16. 野马跳涧 Wild Horse Leaps over the Gorge
17. 磨盘剑 Grinding Mill Sword
18. 太极剑还原 Taichi Sword Closing Posture