

杨式五十六式太极剑

Yáng Shì Wǔ Shí Liù Shì tàijí jiàn

1	起势	Qǐshì	Opening form
2	三环套月	Sān huán tào yuè	Three rings around the moon
3	大魁星势	Dà Kuíxīng shì	Major Literary Star
4	蜻蜓点水	Qīngtíng diǎn shuǐ	Dragonfly touches water
5	燕子抄水	Yànzi chāo shuǐ	Swallow touches water
6	左右拦扫	Zuǒyòu lán sǎo	Block and sweep
7	小魁星势	Xiǎo Kuíxīng shì	Minor Literary Star
8	燕子入巢	Yànzi rù cháo	Swallow returns to the nest
9	虎抬头	Hǔ taitóu	Tiger looks up
10	灵猫捕鼠	Língmāo bǔ shǔ	Civet catches rat
11	黄蜂入洞	Huángfēng rù dòng	Bee enters cave
12	凤凰双展翅	Fènghuáng shuāng zhǎn chì	Phoenix spreads both wings
13	小魁星势	Xiǎo Kuíxīng shì	Minor Literary Star
14	太公等鱼	Tàigōng děng yú	Awaiting a fish
15	拨草寻蛇	Bō cǎo xún shé	Part the grass in search of snakes
16	哪吒探海	Nézhā tàn hǎi	Necha searches the ocean
17	怀中抱月	Huái zhōng bào yuè	Embrace the moon
18	宿鸟投林	Sù niǎo tóu lín	Bird Returns to the Forest
19	乌龙摆尾	Wūlóng bǎi wěi	Black Dragon Whips his Tail
20	青龙出水	Qīnglóng chūshuǐ	Bluegreen dragon emerges from the water
21	风卷荷叶	Fēng juǎn hé yè	Wind Curls the Lotus Leaf
22	狮子摇头	Shīzi yáotóu	Lion shakes his head
23	虎抬头	Hǔ taitóu	Tiger looks up
24	野马跳涧	Yé mǎ tiào jiàn	Wild horse leaps the stream
25	悬崖勒马	Xuán yá lè mǎ	Rein in the horse
26	转身指南	Zhuǎn shēn zhǐnán	The compass
27	迎风掸尘	Yíng fēng dǎn chén	Face the wind and brush off the dust
28	顺水推舟	Shùn shuǐ tuī zhōu	Push boat with current
29	流星赶月	Liú xīng gǎn yuè	Shooting star chases the moon
30	天马行空	Tiān mǎ xíng kōng	Heavenly horse crosses the sky
31	燕子衔泥	Yànzi xián ní	Swallow holds mud in its beak
32	挑帘势	Tiāo lián shì	Roll up the screen
33	左车轮剑	Zuǒ chē lún jiàn	Left cartwheel sword

34	右车轮剑	Yòu chē lún jiàn	Right cartwheel
35	大鹏展翅	Dà péng zhǎn chì	Roc spreads wings
36	怀中捞月	Shuǐ zhōng lāo yuè	Scoop the moon from the bottom of the sea
37	懷中抱月	Huái zhōng bào yuè	Holding the moon (in my arms)
38	夜叉探海	Yèchā tàn hǎi	Yaksha exploring the sea
39	犀牛望月	Xīniú wàng yuè	Rhinoceros gazes at the moon
40	射雁势	Shè yàn shì	Shoot the wild goose
41	青龙探爪	Qīng lóng tàn zhǎo	Bluegreen dragon stretches its claws
42	鳳凰单展翅	Fèng huáng zhǎn chì	Phoenix spreads one wing
43	左右跨拦	Zuǒ yòu kuà lán	Left/right block and straddle
44	射雁势	Shè yàn shì	Shoot the wild goose
45	白猿献果	Bái yuán xiàn guǒ	White ape offers fruit
46	左右落花	Zuǒ yòu luò huā	left and right falling flowers
47	玉女穿梭	Yù nǚ chuān suō	Fair lady works shuttles
48	斜飞势	Xié fēi shì	Slant Flying
49	白虎搅尾	Bái hǔ jiǎo wěi	The white tiger wags its tail
50	鱼跳龙门	Yú tiào lóng mén	The fish leaps over the dragon's gate
51	乌龙搅柱	Wū lóng jiǎo zhù	The black dragon coils around the pillar
52	水中捞月	Shuǐ zhōng lāo yuè	Fetch the Moon from the Bottom of the Sea
53	仙人指路	Xiān rén zhǐ lù	Immortal points the way
54	凤扫梅花	Fèng sǎo méi huā	The wind sweeps the falling flowers
55	并步指南	Bìng bù zhǐ nán	Feet together, point the way
56	收势	Shōu shì	Closing Form