

Posture List from Shr Jung NYC

太 極 劍

TAI-CHI SWORD

1. 起勢 STARTING POSITION.
2. 上步合劍 STEP FORWARD MOVING SWORD AND HAND TOGETHER.
3. 仙人指路 THE DIVINITY POINTS THE WAY.
4. 三環套月 THREE RINGS AROUND THE MOON.
5. 大魁星 THE MAJOR 'LITERARY STAR'.
6. 燕子抄水 THE SWALLOW BEATS THE WATER (WITH HIS WINGS).
7. 左右攔掃 BLOCK AND SWEEP. RIGHT AND LEFT.
8. 小魁星 THE MINOR 'LITERARY STAR'.
9. 黃蜂入洞 THE WASP ENTERS THE CAVE.
10. 靈貓捕鼠 THE ALERT CAT CATCHES THE MOUSE.
11. 蜻蜓點水 THE DRAGONFLY STRIKES THE WATER.
12. 燕子入巢 THE SWALLOW RETURNS TO THE NEST.
13. 鳳凰展翼 THE PHOENIX SPREADS ITS WINGS.
14. (右旋風) 小魁星 (CLOCKWISE-WHIRLING WIND) MINOR 'LITERARY STAR'.
15. (左旋風) 等魚式 (COUNTER-CLOCKWISE WHIRLING WIND) ATTITUDE OF AWAITING THE FISH.
16. 撥草尋蛇 DIVIDING THE GRASS IN SEARCH OF THE SNAKE.