

Chen's Tai Chi Jian Essential 18 Forms

陈氏太极剑精要十八式

No.	Chinese Names (中文名称)	Pinyin (拼音)	English Explanation (英文名称)
1.	太极剑起势	Taijijian Chu Shi	Taichi Sword Beginning Posture
2.	朝阳剑	Chao Yang Jian	Face the Sun
3.	仙人指路	Xian Ren Zhi Lu	Immortal Pointing the Way
4.	青龙出水	Qing Long Chu Shui	Black Dragon Flies Out of Water
5.	护膝剑	Hu Xi Jian	Knee-protecting Sword
6.	前刺后劈	Qian Ci Hou Pi	Strike Forward and Chop Back
7.	青龙转身	QingLong ZhuanShen	Black Dragon Turns Its Body
8.	斜飞式	Xie fei Shi	Diagonal Flying Form
9.	展翅点头	Zhan chi Dian Tou	Spread Wings and Bow Head
10.	拔草寻蛇	Bo cao Xun She	Beat Grass and Find the Snake
11.	金鸡独立	Jin ji Du Li	Gold Rooster Stand on One Leg
12.	下刺盖拦式	Xia Ci Gai Lan Shi	Strike Downward, Cover and Pull Back
13.	古树盘根	Gu Shu Pan Gen	Ancient Tree Twisted Roots
14.	饿虎扑食	E Hu Pu Shi	Hungry Tiger Pounces on Prey
15.	青龙摆尾	Qing Long Bai Wei	Black Dragon Swings Its Tail
16.	野马跳涧	Ye Ma Tiao Jian	Wild Horse Leaping Ravine
17.	磨盘剑	Mo Pan Jian	Mill Stone Turning Sword
18.	太极剑还原	Taijijian Huanyuan	Return to Origin Posture