**T’ai Chi Sword**

Posture Name Direction of Body Sword Position

Upon Completion

1. Preparation N T’ai Yang
2. Step Forward & Unite the Sword N Chung Yin
3. The Immortal Guiding the Road W Chung Yin
4. Triple Bracelets Encircling the Moon W T’ai Yin
5. Chief Star of the Dipper W Chung Yang
6. Swallow Skimming the Water SW T’ai Yang
7. Intercept & Sweep (right style) NW T’ai Yin
8. Intercept & Sweep (left style) SW T’ai Yang
9. Junior Star of the Dipper S Shao Yin
10. Wasp Entering the Hive SE T’ai Yang
11. Vigilant Cat Catching the Mouse SE T’ai Yang
12. Dragonfly Sipping the Dew SE T’ai Yang (w)

Lao Yin (w/o)

1. Swallow Entering the Next SE T’ai Yang
2. Phoenix Spreading Both Wings NW T’ai Yang
3. Whirlwind (right style) SW T’ai Yang
4. Junior Star of the Dipper S Shao Yin
5. Whirlwind (left style) SE T’ai Yang
6. Fishing Posture NW Shao Yin
7. Poke Grass & Search for Snake (right style) W T’ai Yin
8. Poke Grass & Search for Snake (left style) W T’ai Yang
9. Poke Grass & Search for Snake (right style) W T’ai Yin
10. Embrace the Moon S Chung Yang
11. Send the Bird to the Bush W T’ai Yang
12. Black Dragon Wagging its Tail W T’ai Yin
13. Wind Rolls up the Lotus Leaf W T’ai Yang -

T’ai Yin

1. Lion Shakes its Head (right) E T’ai Yin
2. Lion Shakes its Head (left) E T’ai Yang
3. Lion Shakes its Head (right) E T’ai Yin
4. Tiger Embraces its Head E T’ai Yang
5. Wild Horse Leaps Over the Mountain Torrent E T’ai Yang
6. Turn the Body to Check the Horse W T’ai Yang
7. The Compass W T’ai Yang
8. To Brush Off Dust Against the Wind (right) W T’ai Yin
9. To Brush Off Dust Against the Wind (left) W T’ai Yang
10. To Brush Off Dust Against the Wind (right) W T’ai Yin
11. To Drift with the Current N Shao Yin
12. Meteor Pursues the Moon N Chung Yin
13. Skylark Flies over the Waterfall N Chung Yin
14. Raise the Curtain N Shao Yin
15. Left-Right Cartwheel Sword NE T’ai Yin

Chung Yin

T’ai Yang

1. Swallow Holds Mud NE Chung Yin
2. Roc Spreading its Wings SW T’ai Yang
3. Drag Moon from the Sea Bottom NE Chung Yang
4. Embrace the Moon NE Chung Yang
5. Yak Sha Searches the Sea NE Lao Yin
6. Rhinoceros Peeks at the Moon N Chung Yang
7. Shoot the Goose NW Lao Yin
8. Blue Dragon Stretches its Claw NW T’ai Yang
9. Phoenix Spreading Both Wings SE T’ai Yang
10. Right & Left Cross & Intercept NE Chung Yang
11. Shoot the Goose SE Lao Yin
12. White Ape Offers Fruit E T’ai Yang
13. Falling Flowers Posture E Lao Yang

Lao Yin

1. Fair Lady Weaving at Shuttles N T’ai Yang
2. White Tiger Twists its Tail N Shao Yang
3. Carp Leaps over the Dragon Gate E T’ai Yang
4. Blue Dragon Twists the Pillar E T’ai Yang
5. The Immortal Guiding the Road NE Chung Yang
6. Wind Sweeps the Plum Flowers N T’ai Yin
7. Holding the Tablet N T’ai Yang
8. Embrace the Sword & Return to the Original Position N Chung Yin

**Sword Positions**

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| **Sword Positions** | **Action** | **Examples** |
| T’ai Yang | palm faces up  the edges of the sword are aligned horizontally | Phoenix Spreads its Wings  Intercept and Sweep (Left Style)  Vigilant Cat Catches the Mouse  The Compass |
| T’ai Yin | palm faces down  the edges of the sword are aligned horizontally | Intercept and Sweep (Right Style)  To Brush Off Dust Against the Wind (Right) |
| Shao Yang | palm faces left  the edges of the sword are aligned vertically  the point is directed up at a 45° angle | White Tiger Twists its Tail |
| Shao Yin | palm faces right  the edges of the sword are aligned vertically  the point is directed down at a 45° angle | Junior Star of the Dipper  To Drift with the Current  Raise the Curtain  the second is as in Fishing |
| Chung Yang | palm faces right  the edges of the sword are aligned vertically  the point is directed straight ahead, level with ground | Type 1-Sword on Right Side of Body - Chief Star of the Dipper  Type 2- Sword on Left Side of Body - Embrace the Moon |
| Chung Yin | palm faces left  the edges of the sword are aligned vertically  the point is directed straight ahead, level with ground | Meteor Pursues the Moon  Skylark Flies over the Waterfall |
| Lao Yang | palm faces right  the edges of the sword are aligned vertically  the point is directed up at a 45° angle | This is similar to Chung Yang, except for the angle of the blade. |
| Lao Yin | palm faces left  the edges of the sword are aligned vertically  the point is directed down at a 45° angle | Shoot the Goose |