**Tamo Sword**

1. Tamo Beginning Posture
2. Step Forward and Unite Sword
3. Point at South Mountain
4. Phoenix Encircling Nest
5. Lighting a Fire to Illuminate the Sky
6. Spring Breeze Swinging the Willow Tree
7. Setting up a Separate Flag
8. Planting Lotus Flowers Upside Down
9. Venerable Monk Offering Incense
10. Drift with Current
11. Embrace the Moon
12. Point Out Path of Error
13. Flowers Hidden in Leaves
14. Horizontally Sweeping a Thousand Catties
15. Golden Rooster Standing on One Leg
16. Wei-To Holding up a Pestle
17. Founder of Han Dynasty Cutting Snake in Two
18. Triple Bracelets Encircling Moon
19. With All Ones Might Splitting Mt. Hua
20. Slanting Beams of Sun Illuminating Flowers
21. Immortal Taking Off Robe
22. Moving Heaven and Earth
23. Dragon Entering Sea
24. Black Dragon Playing in Water
25. Manifesting Oneself from Clouds
26. Inserting Flowers Behind Back
27. Turning and Piercing Tiger
28. Both Sleeves Filled with Clear Breeze
29. Facing Wall for Ten Years
30. Returning to Mt. Sung and Retreating