



# Practice Pages



**Prepare**

Feet point straight, shoulder width apart. Holding the sword with the left hand, it touches the left forearm, lightly. The right hand, palm open, is set by the side of the body. Body posture follows the Principles from the Hand Form.



**Opening**

Rotate and lift up your arms. Turn your palms facing out and form the sword fingers with right hand.



Lift up your arms to shoulder level.



Close arms to shoulder width apart at shoulder level. Sword touches left forearm.



Push down your arms "almost to the bottom". Right sword fingers, palm facing down follow the push down. Keep the sword touching left forearm.



Shift your weight slightly to the left and turn the body, setting the right foot at 45°.

# 太極劍



Draw the arms back, leading with the elbows.



When the elbows are to the side of the body, open them sideways.



Both forearms circle down and rotate open to the side. The sword rotates as well, so it is under your arm during the movement.



Shifting to the right, sit your center down. At the same time, rotate both arms: right arm sword fingers turn up and left arm rotates to the side.



Left arm circles up then pushes down to the front of your body. Right arm circles down to the right at 45°. At the same time, step out with left foot forming the bow stance.



Shift your weight forward, turning body to the left. Left arm makes a big circle from right to front while right arm follows the body rotation and draws in. Sit your sword fingers in front of your right shoulder.

# Practice Pages



As you move forward, turn the body square. At the same time, right arm and sword fingers point straight ahead. Left arm sits beside your hip. Keep sword in the vertical position.



Shift weight back slightly, bringing your left arm slightly up.



With the body turning, open your left foot to 45°. At the same time, rotate and circle your right arm to the right side diagonal position (less than corner) with palm diagonally facing up. The left arm bends in, sitting the left palm. Left and right palms face each other. Keep sword touching the left forearm.



Left foot steps out to form the bow stance. At the same time, rotate your right arm and open your sword fingers. Left arm bends in.



## Circle the Moon with Three Rings

Moving forward, bend your left knee while the left arm closes in with forearm straight. Right palm circles in while closing and touches sword handle. Keep sword in contact with left forearm.





Move forward and take a narrow step with the right foot (center line/two sides) open at 45°. At the same time, right arm circles to the left, in the front, while the left arm circles to the right, in the back. The arms cross in front of the body.



Continue moving forward, circle the left arm out - pommel pointing outward at the center line of the body. Right arm sits to the side of the right hip with weight on the right leg.



Right hand grabs sword handle and then sets the sword straight up in front of the right shoulder. Change the left hand to the sword fingers, pointing to the right forearm. At the same time, the left foot turns in 45°.



Right foot steps in with toes facing the right corner. Shifting back, circle the sword down toward the right side of the body with left sword fingers following, keep the palm facing down.



The sword continues circling back.

# Practice Pages



Keep circling back and turn the wrist, rotating the sword.



The right arm sinks down, the sword cuts up until it is vertical. Bring your left foot in slightly and touch with the ball of your foot. The coordination needs to be clear: when the sword becomes vertical, left arm arrives at the front of the body and the left foot steps in.



Sword chops to the right back corner, in line with the right arm, slightly lower than the shoulder. Left arm follows right arm with sword fingers sitting in front of the body.



Sink the right arm and bring the sword vertical.



Rise up on the right leg. The sword and left arm circles up and to the left while lifting up the left leg.

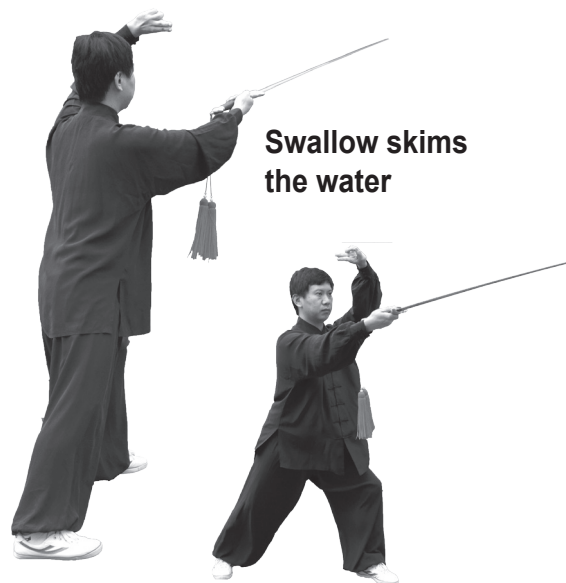


**The Big Dipper**

Continue to rise up until the right leg is naturally straight. The sword pokes out to the front. The right arm is naturally straight, keeping the sword horizontal. Left sword fingers point up at shoulder level. At the same time, pick up the left leg with knee pointing forward, toes pointing down.



Sinking down, the left foot steps out to the left side corner forming a bow stance. At the same time, gradually change the sword from vertical to horizontal as the left arm circles out to "ward-off" upward.



**Swallow skims the water**

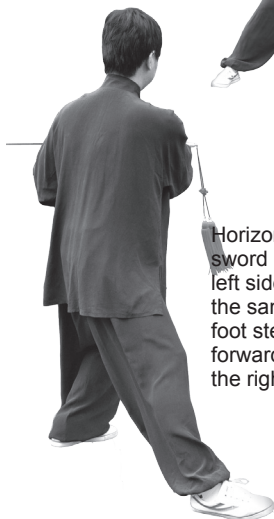
Following the waist rotation, lead the sword from down to up towards the left corner and complete the "ward-off" with the left arm above the head. At the same time, turn your right foot straight to finish the bow stance. The sword is in line with the right arm, with the tip about head level.

# Practice Pages

Transition from  
**Swallow skims the water.**

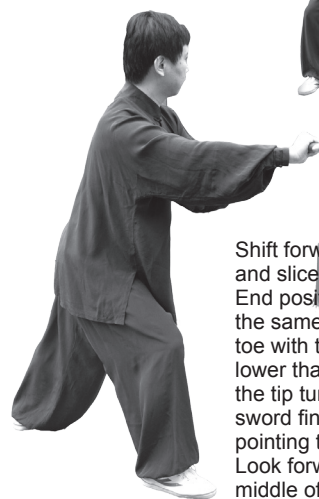


Shift forward turning the body to the left. Bring the right foot in and at the same time use the waist to circle the sword to the left.



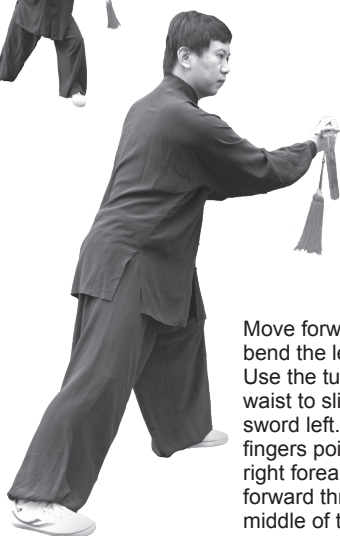
Horizontally rotate the sword and set it by the left side of the body. At the same time, the right foot steps diagonally forward about 20-30° to the right.

**Block and Sweep, Right**



Shift forward, turn the waist and slice the sword to the right. End position: right arm about the same direction as the right toe with the sword slightly lower than the shoulder with the tip turned in slightly. The sword fingers follow the sword, pointing to the right forearm. Look forward through the middle of the blade.

**Block and Sweep, Left**



Move forward and bend the left knee. Use the turn of the waist to slice the sword left. The sword fingers point to the right forearm. Look forward through the middle of the blade.



Shift forward turning the body to the left. The arms circle open at the same time the right foot is drawn in.



As the body turns to the left, the arms circle up with the sword direction to the front left corner, sword fingers pointing to the right forearm.

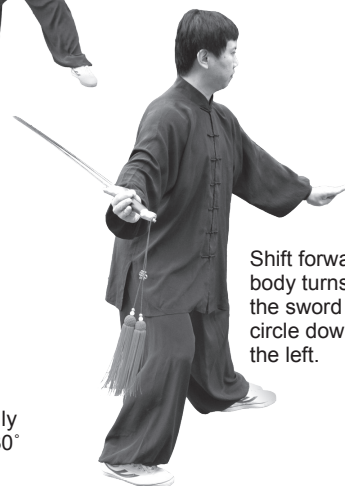




As the weight moves to the right leg, bring the left foot in and turn the body right. Horizontally circle sword to the right with the sword fingers following.

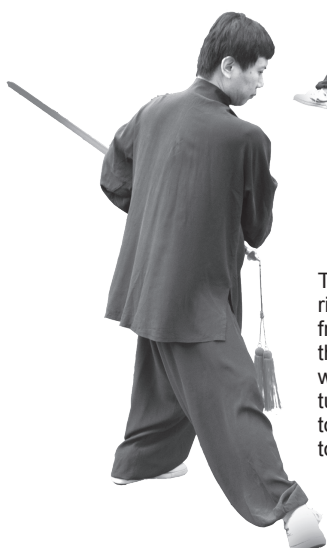


Horizontally rotate the sword. At the same time, the left foot steps diagonally forward about 20-30° to the left.

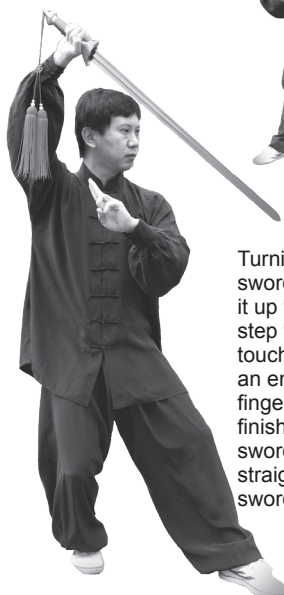


Shift forward. As the body turns to the left, the sword fingers circle down and out to the left.

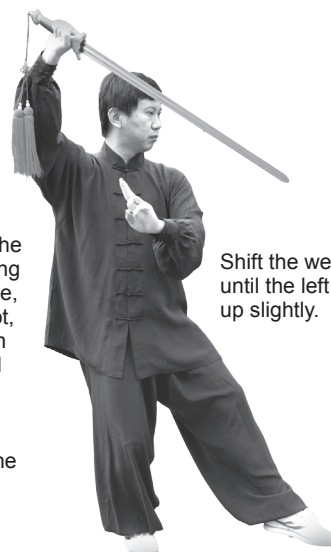
## Little Dipper



Turn and shift to the right, the sword circles from up to down. At the same time, step with the right foot turned out to 45°, toes pointing straight to the front.



Turning to the right, sweep the sword across the body circling it up to 45°. At the same time, step through with the left foot, touching with the ball to form an empty stance. The sword fingers follow the sword and finish sitting between the sword and right arm. Look straight ahead, in line with the sword.



Shift the weight back until the left foot picks up slightly.



# Practice Pages



Turn the body to the left, swinging the left leg and picking up the knee. The arms open, extended on the side of your body, slightly lower than the shoulders. The sword sits horizontally with the tip turned in slightly. At this time you are facing to the back right corner.

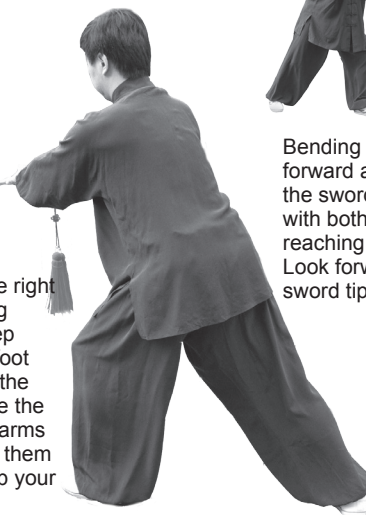


## Swallow Returns to its Nest

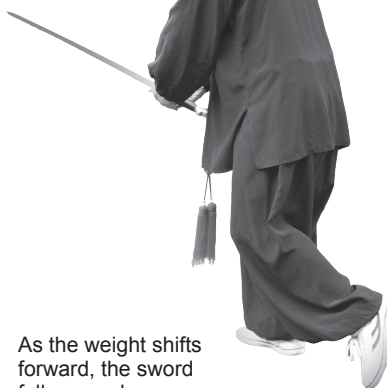


Bending the knee, shift forward and thrust out the sword to the corner with both hands, tip reaching to knee level. Look forward to the sword tip.

Sink down on the right leg while keeping centered and step out with the left foot to the corner. At the same time, rotate the palms with both arms rounded and set them by the hips. Keep your sword tip up.



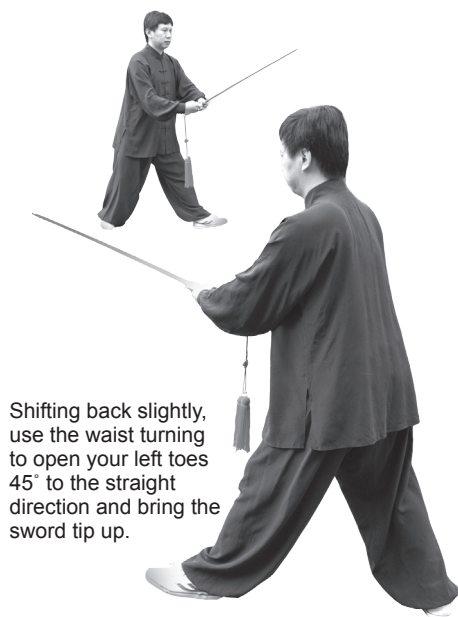
Keep centered on the left leg while sinking down until your right foot touches the ground.



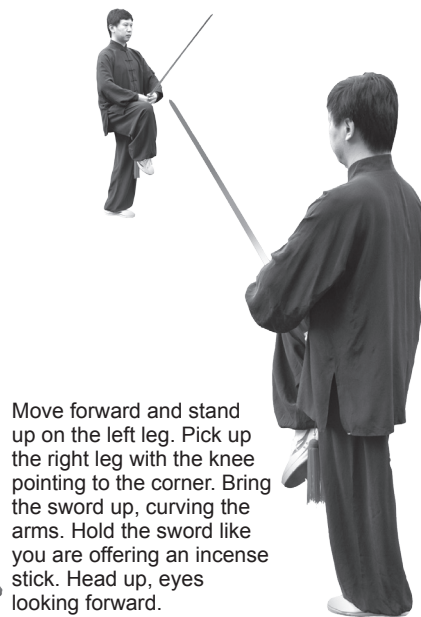
As the weight shifts forward, the sword follows and goes down.



Jumping up with the right leg, keep the body centered. Bring the sword up.



Shifting back slightly, use the waist turning to open your left toes 45° to the straight direction and bring the sword tip up.



Move forward and stand up on the left leg. Pick up the right leg with the knee pointing to the corner. Bring the sword up, curving the arms. Hold the sword like you are offering an incense stick. Head up, eyes looking forward.



The right foot goes straight down and then the leg swings out to the front.



Landing on the left foot, step out with the right foot to the corner. At the same time the left arm circles forward and up as the sword is drawn back to the hip. The left arm is in front of the body, above the shoulder. The right arm is set by the side of the hip. Keep your sword tip up.



Moving forward, bend the knee and thrust the sword downward to knee level. The left arm continues to ward-off up over the head. Keep the body square to the corner, eyes focused on sword tip.

## Agile Cat Seizes Mouse



# Practice Pages

## Phoenix Lifts its Head



Press down the sword handle and bring the sword tip up to throat level, head up, eyes following the tip looking straight forward.



Shift back and level the sword.



The left foot steps out to the corner. Keep the feet on two sides of the center line.



Moving to the left, open the arms and turn the body to the back right corner direction. Keep the weight centered on the left leg.

# 太極劍



Use the turning waist to circle the sword from right to left. At the same time turn the right toe in 135° to the straight direction.



Rotate the sword horizontally with the palm facing down. Then shift the weight back to the right and sit the sword on the right side with the tip turned in.



Shifting the weight back, rotate the arms, sitting the sword at the side of the hip. Keep the sword tip up and at the same time bring the left foot in.



The left foot steps to the corner in a bow stance. Shift forward and thrust the sword out with both arms while looking at the direction of the sword tip.



# Practice Pages



Shift the weight back with the left arm circling down.



Follow the body turning to the right, circle the left arm to the right and turn the left toe in.



Move the weight back to the left leg, closing the arms in front of the body. At the same time, the right foot steps out to the diagonal direction (less than 45°).



Continue to shift back, circle the sword up to the back right corner direction and close the arms to the left. At the same time bring the right foot in.



Continue circling the sword from back to down. At the same time, step out with the right foot and open the toe to the straight direction. Make sure your feet do not cross the center line in the corner direction.

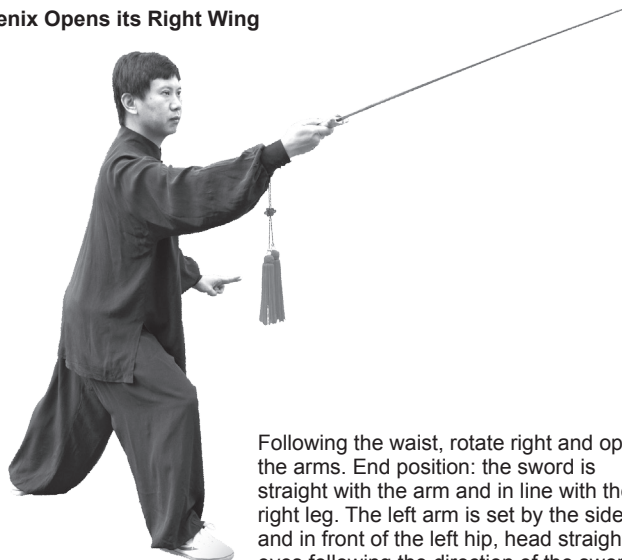


**Little Dipper**

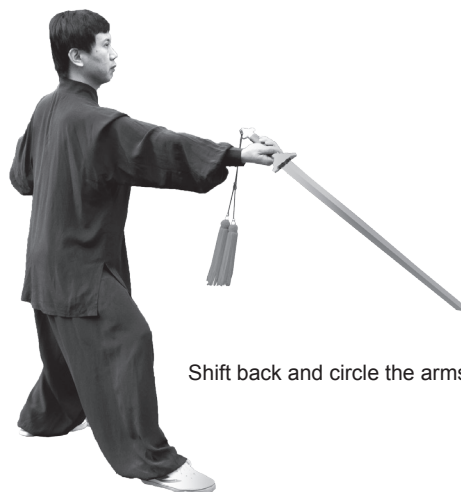
Follow the body turning to the right, the sword circles from down to up at 45°. At the same time, the left foot steps out, touching with the ball as a standard empty stance. The sword fingers circle, following the sword to sit between the sword and the right arm. Head straight, eyes looking in the direction of the sword.



## Phoenix Opens its Right Wing



Following the waist, rotate right and open the arms. End position: the sword is straight with the arm and in line with the right leg. The left arm is set by the side and in front of the left hip, head straight, eyes following the direction of the sword.



Shift back and circle the arms open.



The left foot steps back. Make sure the footwork position is on two sides of the center line in the straight direction.



Shift the weight back. The sword follows the turning waist, pressing down. Circle down and open the left arm. Pivot on the right heel, turning the toe straight.

## Phoenix Opens its Left Wing



Change the right foot from heel to ball touch empty stance. Keep sinking the chest and open the arms evenly on each side. Head up, eyes looking straight forward.

# Practice Pages

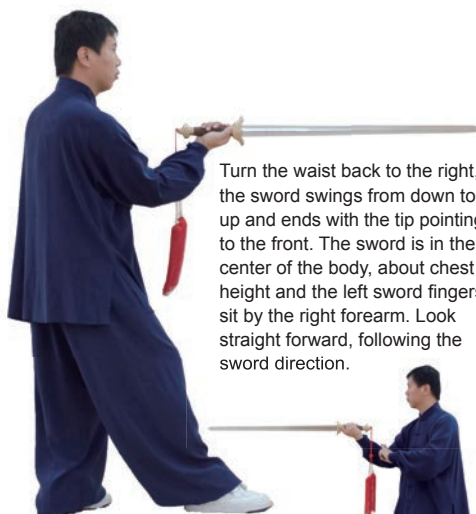
Transition from Phoenix  
Opens its Left Wing



Shifting back slightly, turn body to the left. The sword circles downward to the left and the arms cross with the left arm on the inside. Sword direction points to the back, slightly open to the left. Look to the sword direction. At the same time, shift slightly forward, lifting the right foot off the floor and reset it in a ball of the foot empty stance.



Casting the Fishing Rod



Turn the waist back to the right, the sword swings from down to up and ends with the tip pointing to the front. The sword is in the center of the body, about chest height and the left sword fingers sit by the right forearm. Look straight forward, following the sword direction.



With the weight shifting back, turn body to the right. Follow the body rotation, pulling the sword to the right side, palm facing down. At the same time, pick up the right foot. Sword tip points to the torso centerline.



Left foot steps out to the diagonal direction, less than 45°. At the same time, the left arm circles downward and leads to the left. Rotate the right arm, turning the palm up and keeping the sword level. Sword tip points to the left, diagonally.



Shift the weight forward from heel to ball to toe. At the same time, the sword circles and sits at the left side of the body with the tip pointing to the body center. Left arm goes from left and circles to the right. Look forward.



Poking the Grass to Seek the Snake, Two



Continue shifting forward and bend the knee into a bow stance. At the same time, thrust the sword to the body center with the left sword fingers returning to the side of the right forearm.

# 太極劍

Right foot steps out to the diagonal direction: toe direction less than 45°. At the same time, open the arms with the sword fingers leading to the front of the body while looking forward.



Poking the Grass to Seek the Snake, One



Shift forward and bend the right knee into a bow stance. While the body turns left, at the same time thrust the sword with the tip position ending at the body center. The sword fingers return to the side of the right forearm.

Shifting forward, rotate the body to the right. Pull the sword back to the right and bring your left foot close to the right foot. The sword fingers follow sword, sitting to the right.



Shifting forward, bring the right foot close to the left foot. The sword pulls back and sits to the left side of the body.



The right foot steps out to the diagonal: toe direction less than 45°. At the same time, turn the body to the right and pull the sword to the right sitting the sword with the palm facing down. Left arm opens, sword fingers pointing diagonally.



Poking the Grass to Seek the Snake, Three



Shift forward and bend the right knee into a bow stance. At the same time, while the body turns left thrust the sword with the tip position ending at the body center. The sword fingers return to the side of the right forearm.



# Practice Pages

Shift forward and pick up the left foot while circling back the left arm.

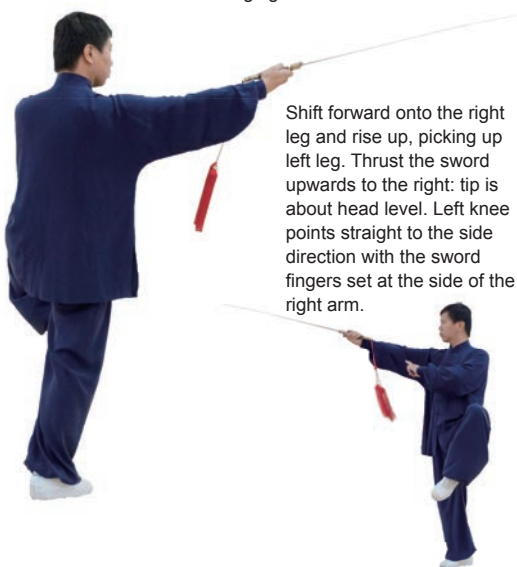


Left foot steps back (center line, two sides) with the left toe set diagonally, pointing close to 90° while rotating the sword. Left arm circles from back to forward to meet the sword handle. Right hand grips the handle and left hand supports the right hand.



Birds Lodging in the Forest

Shift forward onto the right leg and rise up, picking up left leg. Thrust the sword upwards to the right: tip is about head level. Left knee points straight to the side direction with the sword fingers set at the side of the right arm.



Step down with the left foot and turn the toe direction in, pointing straight to the right.



# 太極劍

Embracing the Moon



Shifting back, pull the sword back. At the same time, the right foot steps in. The arm shape is rounded with the armpits open. Toe direction points diagonally, touching with the ball of the foot. Sword sits on the left side of the body, tip points straight. Look straight, following the sword direction.



Step out with the right foot: toe pointing at 45°.



Black Dragon Swings its Tail



Shift back and rotate the body to the left. The sword circles up to the left.



Turn waist to the right and step out with the ball of the right foot into a standard empty stance: toe direction pointing 45° to the right. At the same time, open both arms and circle the sword from up to down and left to right. It stops when it's in line with the right leg. The left arm is open to the left side at 45°, slightly above the left shoulder.



# Practice Pages

Shifting back, draw in the right foot and the sword. The sword sits horizontally in front of the stomach with the sword fingers at the side of the right forearm.



Stepping forward with the right foot to the same position as before: toe direction pointing straight. At the same time, circle the sword to the right while keeping it horizontal. Continue to move the weight and the sword to the right while drawing in the left foot.



Shift back and lower the left arm. Sword fingers sit at the side of the right forearm.



Rotate the body to the right about 135°. The left toe turns with the body, facing straight.



# 太極劍

The left foot steps to the corner. Circle the left arm from down to up as a Ward-Off, while the right arm circles and rotates palm facing up. Keep the sword tip up pointing at 45°.



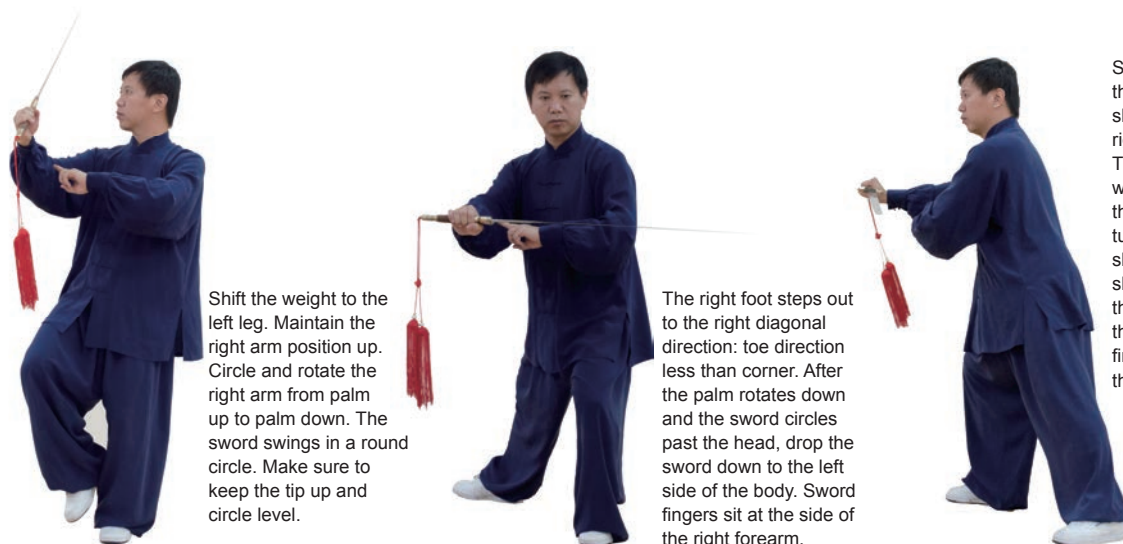
Green Dragon Comes out of the Water

Shifting forward, turn body to the left. The left arm Wards-Off upward and the sword thrusts to the corner. The left arm is rounded, over the head, and the sword is in line with the right arm pointing diagonally with the tip at head level.



Lotus Swirls Around in the Wind

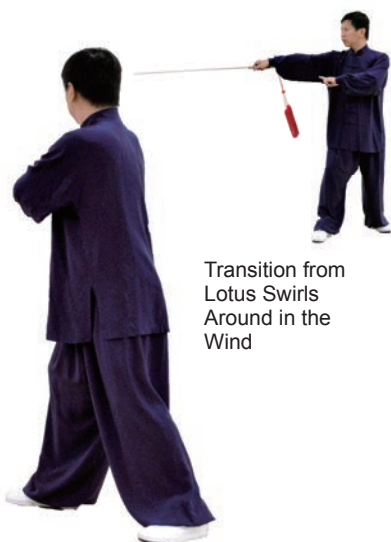
Shifting forward, follow the body turning and slice the sword to the right, turn in left foot. The right arm is in line with the right leg, with the sword tip slightly turned in and the sword slightly lower than the shoulder. Look forward through the middle of the blade with the sword fingers set at the side of the right forearm.



Shift the weight to the left leg. Maintain the right arm position up. Circle and rotate the right arm from palm up to palm down. The sword swings in a round circle. Make sure to keep the tip up and circle level.

The right foot steps out to the right diagonal direction: toe direction less than corner. After the palm rotates down and the sword circles past the head, drop the sword down to the left side of the body. Sword fingers sit at the side of the right forearm.

# Practice Pages



Transition from  
Lotus Swirls  
Around in the  
Wind

As the weight shifts back, the sword opens horizontally to the right side.

Continue to move back, sitting on the left leg. Rotate the sword horizontally and open it to the right. The left arm circles down to the left side.



Turning to the right, circle and rotate the sword horizontally until it is sitting on the right side of the body.



Lion Shakes its  
Head, Left



Bring the right foot in, forming an empty stance with the ball of the foot and the centerline to the side of the left foot. At the same time, the sword follows the waist rotation left and slices from right to left in front of the body. Sword fingers circle close in and sit by the right forearm. The body direction is open to the left corner, head up. Look forward through the middle of the sword.



The body follows the sword fingers, turning to the left. Open the left toe to the corner.



# 太極劍



Shifting back, circle the sword horizontally to the left side of the body.



Stepping back with the right foot, toe open to corner. At the same time, rotate the sword horizontally and place it on the left side of the body.



Lion Shakes its Head, Right



Shifting back, turn the upper body to the right and slice the sword to the right side of the body. At the same time, pivot on the heel, turning the left toe to point forward. In the end position, the body is facing to the right corner. The sword is slightly lower than the shoulder, tip turned in and sitting in front of the body.



Tiger Covers its Head



Move forward and stand up, picking up the right leg. At the same time, the arms circle from the side to the front and close in front of the body. The sword position is at the center of the body.



The right leg drops down and then swings forward.

# Practice Pages



Take a long step forward and keep the toe direction straight. Move the weight into the right leg.



Jump high and far.



Mustang Jumps the Ravine



Shift forward, using both arms to thrust downwards, target knee-high.



Move back and rotate the body to the left, turning the right toe in 135°. Pull the sword from down to up, the sword edge is vertical. Keep the sword horizontal. The head turns to look back at the sword tip.

Reining in the Stallion



Pick up the right foot and step to the right side of left foot.



# 太極劍



Land on the ball of the left foot. The sword handle follows the center, moving up and down. When the handle is up, the tip will go down, when the handle is down the tip will go up. When the left foot lands, both arms are rounded and in front of the body. Keep the sword pointing forward with the tip up.



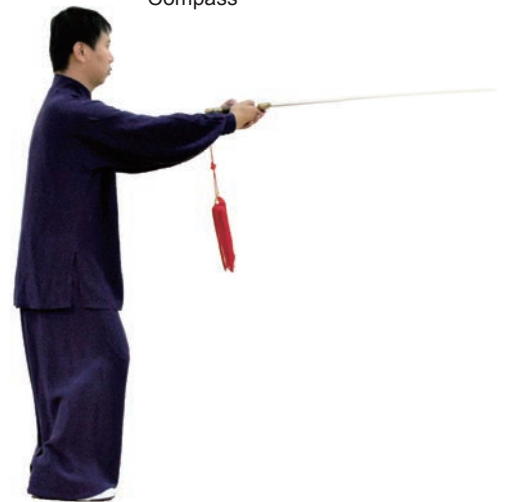
Step out with the right foot, toe forward to begin forming a bow stance.



Moving back onto the right leg, the sword circles forward first. Continue to shift back, circling both arms back and down towards the hip level. Keep the sword tip up.



Step out with the left foot, toe direction straight.



Compass

While shifting forward, bring the right foot alongside the left foot. Keep the toe direction straight and feet shoulder width apart. The sword thrust follows the weight shift, tip at throat level, the sword and the arms in one straight line.

# Practice Pages



Shift to the right and turn the body to right. Following this rotation, sit the sword to the right, vertically. The sword fingers follow the sword and sits on the right side of the body, left armpit open.



The left foot steps out; the toe direction is less than the corner. The left arm follows the step and body turning, circling down to the left side of the body. The sword rotates and sets up on the right side.



The sword strikes to the left side following the weight shift and body turning, in line with the left toe direction. Sword fingers circle up, then down, and sit by the side of your right forearm.

## Dusting in the Wind, Two



Shift forward and turn the body, the sword striking to the right, in line with the right toe. Sword fingers sit by the side of the right forearm.



Sink the right arm and bring the sword back to vertical, tip up.



Shift to the right and turn the body to right. Following this rotation, sit the sword to the right, vertically. Bring the left foot in, close to the right. The sword fingers follow the sword and sit on the right side of the body, left armpit open.

# 太極劍

## Dusting in the Wind, One



Sink the right arm and bring the sword back to vertical, tip up.



Turning to the left, shift forward. Bring the right foot in close to the left. The sword keeps pointing up and sitting on the left side.



The right foot steps out to the corner, toe pointing slightly less than 45°. At the same time, rotate the sword, setting your sword up at the left side of your body.



The left foot steps out to the corner, toe pointing slightly less than 45°. At the same time, rotate the sword, setting the sword up at the right side of your body.



Shift forward and turn the body, the sword striking to the left, in line with the left toe. Sword fingers circle up, then down, and sit by the side of your right forearm.

## Dusting in the Wind, Three



Sink the right arm and bring the sword back to vertical, tip up.



***Transition from Dusting  
in the Wind, Three***



Shifting back slightly, lower the right arm and bring the sword back to the vertical with the tip up.



Turn the body to the right. The left foot follows and points to the corner direction.



Shifting to the left, pick up the right leg. Draw the right foot in, close to the left foot.

***Pushing the Canoe with the  
Current***



Shift forward, and bend the knee to form a bow stance. Coordinate the weight shift with pushing the sword forward. The arms are crossed above the chest. Keep the tip of the sword pointing down at a 45° angle.

**FRONT VIEW**



**(Front view)**  
Keep the edge of the sword standing vertically and parallel to the body. The tip of the sword points down at a 45° angle.



Shift back, the left foot following the body rotation turning 135° until it becomes straight. While the body is turning, do not move the sword; keep it pointing towards the corner.





Step back with the right foot. Keep the left foot to the corner and make sure the right foot is straight.



Shift back while at the same time circling the sword back. Draw the left foot in and touch the ground with the ball of the foot. Place the sword fingers by the right hip. The left arm's shape is rounded.



Step out with the left foot pointing to the corner, and shift into a bow stance. At the same time, bring up the right arm and circle the sword so the tip points down at a 45° angle. The right hand is about face level. The left arm circles down in front of the body.



Shifting back, pick up the right leg and step out to the corner forming a bow stance.



### *Shooting Star Chases the Moon*

Move the sword by shifting forward. It goes up and then splits down, pointing to the corner at shoulder level. At the same time, the left arm circles down and then goes up, pointing towards the back. Sit the sword fingers. The footwork is a standard bow stance.



Moving slightly forward, pick up the left foot.



### *Heavenly Steed Flies Over the Waterfall*



### SIDE VIEW



Turning to the left, step out with the left foot. The foot is open towards the corner, so that both feet are on either side of the centerline.

At the same time, circle the right arm up, and set the sword with the hilt up and the tip down.

Shift onto the left leg and step with the right foot into an empty stance, the ball of the foot touching the ground.

At the same time, from the upper position, the sword splits down, powered by the turning of the waist. The left arm circles up and then pushes down, with the sword fingers pointing to the right forearm.

#### (Side view)

The sword is in line with the right arm, pointing down at a 45° angle.



### *Lifting the Curtain*

### REVERSE VIEW



Shift to the right and lift the left leg. The sword continues moving in a circle: from the left and down, to the right and up.

In the end position the body is open to the corner, with the left knee pointing straight forward. The lower leg is curved in, and the toe points down. The right arm is naturally straight, in line with the shoulder. The sword is level and points straight forward.

#### (Reverse view)

The left arm is rounded with the sword fingers pointing to the right forearm.







Shifting to the left, pick up the right foot and draw it in.  
Open the sword to the right, edge vertical and circle the tip up.



The right foot steps out, aligned to the corner. The feet are on either side of the centerline. With the step, the sword continues to circle up and both arms meet high, above the head. Then both arms circle down to the left.



Sink down and step out with the left foot aligned to the corner, both feet on either side of the centerline.  
At the same time, the sword starts to circle down from above.



Shift onto the left leg while the sword swings to the left. The arms cross, with the left arm on the inside.



Step straight forward with the right foot. Continue circling the sword from down to up while it remains on the left side of the body.

### *Left Cart Wheel*



Move the knee forward to finish the bow stance. The right arm splits down from an upper circle until the sword and the arm are pointing forward at shoulder level. The left arm circles from down to up, sword fingers pointing back in a diagonal direction.



Shifting forward, draw the left foot in close to the right, with the foot pointing straight. At the same time, lower the right arm and bring the sword to vertical, in front of the right shoulder. The left arm circles forward, with the sword fingers pointing to the right forearm.

### *Right Cart Wheel*



Moving forward, step out with the right foot forming an empty stance with the ball of the foot. As the body turns to the left, the sword splits down from above, and the left arm circles up and then down, sword fingers finishing by the right forearm. The sword is in line with the right arm. The tip of the sword points down at a 45° angle. The body is open 45° to the left.

### *Swallow Carries Pieces of Earth in its Beak*



Lower your right arm and bring the tip of the sword up to chest level.





Step back with the right foot aligned the corner.



Shifting back, circle the sword back and sit it vertically. At the same time, draw the left foot in and set the ball of the foot. The left arm follows the sword's circling and the sword fingers sit by the side of the body. Keep the arms rounded.



The left foot steps out aligned to the corner, and both feet are on either side of the centerline. At the same time, the left arm circles down to the left and the right arm circles up and back.



Shift back and at the same time circle open the arms, with the left arm opening to the left and the right arm opening to the right.



The right foot steps out aligned to the back corner direction. At the same time, the arms circle and close on the left side of the body. Keep the sword in line with the right arm.



### *Roc Extends its Wings*

Shift forward rotating the body to the right and open the arms. In the end position, the sword is in line with the arm, and points to the direction of the right foot. The sword fingers sit by the left hip, in front of the body.

***Transition from # 41  
Roc Extends its Wings***



Shifting onto the right leg, pick up the left leg. Bring the sword into the horizontal and circle the sword fingers to the middle of the right forearm.



Step out with the left foot, toes straight, feet on either side of the centerline.



Shift left and then rotate the body sweeping the right leg around. Touch the floor with the heel. The sword sweeps forward: keep the tip up, sword fingers are open on the left.

***Naza Explores the  
Sea Bottom***



Shifting onto the right leg, pick up the left leg and circle the left arm overhead. At the same time, the sword points forward and then thrusts down. The torso leans slightly to the right.



Straighten the torso, drop the left elbow and rotate the left arm so the palm is facing in.



Sinking down, the left foot steps toward the corner. At the same time, the left arm circles down and is open to the left.





*Fishing for the Moon at the Sea Bottom*



Shifting forward, circle the left arm, palm touching the sword. Then step back with the left foot.

Shifting back, Pull the sword back and bring the right foot close in. The sword sits on the left side and points up at 45°.

Right foot steps out, pointed to the corner.

*Rhinoceros Looks at the Moon*



Shifting left, hold the sword tip to the right. The left arm circles back and sword fingers close to the right forearm. Turn the right foot straight and look back at the sword tip.

Shifting forward, pick up the right foot and circle the left arm out.

Bring the right foot in, shifting back to the right leg. The left arm circles in, and the sword circles up.

### *Shooting the Wild Goose*



Turn the body and slice the sword down, sword fingers pointing out. At the same time, the left foot steps out, touching the ground with the ball of the foot.



Shifting back, pick up the left leg. Open the left palm and turn it up.



Step out with the left foot to the corner.

### *Phoenix Opens Both its Wings*



Rotating to the right, shift forward. At the same time, open and separate the arms: right arm up, left arm down.



Follow the weight shift forward and pick up the left leg. At the same time, bring the sword to vertical on the right side of the body.

### **FRONT VIEW**





**Green Dragon Shows  
its Claws**



The right foot steps out, thrust the sword forward. The feet should be shoulder-width apart, parallel and pointing to the corner.



Shifting slightly to the right, rotate the body to the right turning the left toe in. The left arm circles down and open to the side.



Shift back to the left, stepping out with the right foot to the corner. Sword tip points down at 45° while the sword fingers point up across the body



Stepping out diagonally with the left foot, circle the left arm from down to up, moving the sword in a circle down from the right.

**Step Over and Block Up,  
Left**



Bend the left knee to form a bow stance. The sword blocks up from the low position, and the left arm moves down to set the sword fingers at the right forearm.

**FRONT VIEW**





Shifting forward, pick up the right leg and sit the sword vertically on the left side of the body.



Stepping out diagonally with the right foot, the sword circles down.



*Step Over and Block Up, Right*

Bend the right knee to form a bow stance. The sword blocks up from the low position



*White Ape Presents the Fruit*

Rotating to the left, the right foot steps out and touches the ball of the foot to the ground. The sword also follows the rotation of the body and strikes forward to the centerline with both hands close together.



Shift back and pick up the right leg. Turning to the left, the sword follows the rotation of the torso.



Step back with the right foot pointing to the corner. At the same time, rotate the sword.





Shift slightly back; open the right foot by 45°.



*Shooting the Wild Goose*

Turn the body and slash the sword down with the left arm pointing out. At the same time, the left foot touches the ground with the ball of the foot.



Shift back and pick up the left leg. Step forward with the foot turned out to the corner. At the same time, circle the left arm with the palm open and facing up. Open the right arm, setting the sword on the right side of the body.



*Falling Flowers, One*

Shift back, rotating the body to the right, slice the sword to the right. Turn the left foot straight.



Shifting back, turn the body to the right and pick up the left leg. Circle the sword to the right.



**FRONT VIEW**



FRONT VIEW



*Falling Flowers, Two*



Stepping back with the left foot, down-circle with the left arm and open it to the left. At the same time, rotate the sword.

As the weight shifts back, turn the body to the left. Turn the right foot straight. Slice the sword from right to left. The left arm closes in, sword fingers on the side of the right forearm.



*Falling Flowers, Four*



Shifting back, turn the body to the right and pick up the left leg. Circle the sword to the right.

Stepping back with the left foot, down-circle with the left arm and open it to the left. At the same time, rotate the sword.

As the weight shifts back, turn the body to the left. Turn the right foot straight. Slice the sword from right to left. The left arm closes in, sword fingers on the side of the right forearm.





Shifting back, turn the body to the left and pick up the right leg. Circle the sword to the left.



Step back with the right foot pointing to the corner. At the same time, rotate the sword.



*Falling Flowers, Three*

Shift back; rotating the body to the right; slice the sword to the right. Turn the left foot straight.



Shifting back, turn the body to the left and pick up the right leg. Circle the sword to the left.



Step back with the right foot pointing to the corner. At the same time, rotate the sword.



*Falling Flowers, Five*

Step back with the right foot pointing to the corner. At the same time, rotate the sword.



### Transition from Falling Flowers, Five

Pick up left leg, stepping out to the left with the toes pointing straight and the left arm forming a down circle forward. At the same time, rotate the sword with the tip pointing straight ahead.



### Fair Lady Works at Shuttles

Shift forward and turn the body, thrusting the sword down. The tip of the sword is at knee level. At the same time, raise the curved left arm to cover the head. The right toes turn in towards the corner.



Shift back slightly, turning the left toes in. At the same time, the sword stands vertically on the left side of the body, sword fingers sitting at the wrist.



Step out with the right foot to the corner.



Shift to the right, turn the body and strike forward: circle the sword from left to right, while the sword fingers sit at the chest. Look in the direction of the sword.



The head turns left and the eyes focus forward.



### White Tiger Swings its Tail

While focusing on the sword fingers, show your spirit and push the fingers straight out.



Open the left toes to the corner and swing the sword fingers open.



### Tiger Covers its Head

Stand up, raising the upper right leg with the toes pointing down. At the same time, the arms close in to the center of the body.



Drop the right leg down and swing it forward.



Sink down and step forward onto the right leg. Center the body over the right foot.



Jump up off the right foot and land on the left foot.





Following the jumping motion, the sword moves up and down.



Drop the right leg down and swing it forward.



Move forward; bending the knee and thrusting the sword; arcing from up to down using both hands. The tip of the sword reaches to knee level.





Shifting back, the left arm circles down and out. Open the body to the left and rotate the sword with the sharp edge facing up.



### Black Dragon Twists Around the Pole, Left

Continue shifting back and pick up the right leg. At the same time, slice with the sword circling up and to the left, and then down.



### Black Dragon Twists Around the Pole, Right

Step out with the right foot to the corner and the sword continues circling. Shift forward, turning the body to the right, keep circling the sword from down to up until the sword is level, tip pointing forward.



Left foot steps to the corner, while at the same time the left arm circles to the front. The right arm, keeping the sword level and the tip straight, drops down to the side of the hip.



Step out with the right foot and rotate the right arm to turn the sword: right palm now facing up.





### Fairy Points the Way

Moving forward, bend the knee and thrust.  
The sword should be at shoulder level, with the knee  
and the toes in one line. The left arm opens to corner.  
The torso opens to the diagonal and leans forward.



Shifting forward, pick up the left leg.



### An Incense for Heaven

Step out with the left foot pointing  
to the corner and bring the sword  
up.



Bend the knee into a bow stance  
towards the corner. At the same  
time, the sword comes down from  
the upper position, on the left side  
of the body. Keep the sword  
vertical, sword fingers at the side  
of your right forearm.



Rotate the right arm and level  
the sword in front of the body.

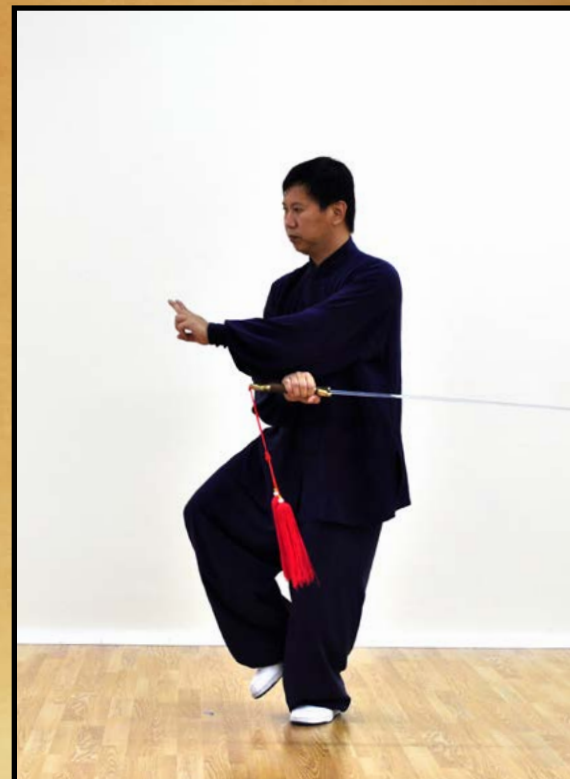


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Shifting to the right, circle the sword to the right. At the same time, turn the left toes in towards the corner.



Shifting back onto the left leg, circle the arms: the right arm continues to the right and then moves back. The left arm circles forward.



Shift all the way back onto the left leg. Continue circling the arms, when you pick up your right leg, the arms should cross.



Step out with the right leg, right toes open to the corner. The arms continue to circle.



Shift to the right and continue to circle and open the arms.



### Plum Flowers Being Swept by the Wind

Keeping the arms open and the weight on the right leg, swing the body clockwise for three quarters of a turn, with the left leg open, until the body faces straight to the front. The left leg stays open and lands behind.





Rotate the arms and swing the sword to the back, keeping it level. Do not flip the sword over from the front to the back.



Step back with the left foot open to the corner, and at the same time, circle the arms to the front of the body.



Shifting back, pick up the right leg, and at the same time bring the arms to the side of the hips.



Step out with the right foot, toes pointing straight.



Step out with the right foot, toes pointing straight.



### Presenting the Tablet

Shifting forward bring the right foot parallel with the left, shoulder-width apart. Keep the knees slightly bent and the body centered. At the same time, thrust the sword out with the arms straight and the tip of the sword at throat level. The arms and the sword are in one line





Stand up gradually while at the same time the arms go down in a circle.



Continue circling down the arms to the open position.



Circle the arms from down to up to open. Change the right palm to shape the sword-fingers, rotate the sword under the left arm.



Push the arms down until they are by the hips.



Open the sword fingers, sitting the right palm by the side of the hip.



**Return the Sword to its Original Position**  
Bring the right foot in next to the left foot.