

Yang Style Double Edged Sword Postures

Start Position

Step Forward Moving Sword & Hand Together

Divinity Points The Way

Three Rings Around The Moon

Major 'Literary Star'

Sallow Beats The Water (With It's Wings)

Block and Sweep, Right & Left

Minor 'Literary Star'

Wasp Enters The Cave

Alert Cat Catches The Mouse

Dragonfly Strikes The Water

Swallow Returns To the Nest

Phoenix Spreads It's Wings

Minor Literary Star

Attitude of Awaiting The Fish

Parting The Grass In Search Of A Snake

Birds Return To The Forest

Black Dragon Wags His Tail

Wind Rolls the Lotus Leaf

Lion Shakes His Head

Tiger Holds His Head

Wild Horse Leaps Over The Stream

Turn Your Body To Stop The Horse (Turn & Rein In)

The Compass

Wave The Whisk-Broom Against The Clouds

Pushing The Boat With The Current

Shooting Star Chases The Moon

Pegasus (Flying Heavenly Horse); The Spraying Waterfall

Roll Up The Screen

Wheels (Left and Right)

Roc Spreads It's Wings

Pick Up The Moon From The Bottom Of The Sea
Embracing The Moon
Dragon-Spirit (Sea Monster) Searches The Sea
White Rhino Gazes At The Moon
Shoot The Flying Goose
Phoenix Spreads Both Wings
Step Toward Right and Left and Block
Green Dragon Stretches His Claws
White Ape Offers Fruit
Falling Flowers, Left And Right
Fair Lady (Goddess) Weaves At The Shuttles
White Tiger Wags It's Tail
Fish Leaps Over The Gate Of The Dragon
Black Dragon Coils Around The Pillar
Divinity Points The Way
Wind Sweeps The Fallen Flower
Holding The Tablet Before Your Bosom
Embracing The Sword And Returning To The Starting Position

Yang Style T'ai Chi Sword Postures

