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Yang Style Tai Chi Sword Form

1. Beginning position

2. Step up and embrace the sword

3. The sword fairy points out the way

4. Three rings around the moon

5. The Major Literary Star of the Dipper

6. The swallow skims the water

7. Right and left block and sweep

8. The Minor Literary Star of the Dipper

9. Honey bee enters the hive

10. The spirit cat catches the rat

11. The dragonfly strikes the water

12. The swallow enters the nest

13. The Phoenix spreads its wings

14. Counter-clockwise whirling wind

15. The Minor Literary Star of the Dipper

16. Clockwise whirling wind

17. The attitude of awaiting the fish

18. Parting the grass in search of the snake

19. Embrace the moon in your arms

20. The birds return to the forest in the evening

21. The black dragon swings its tail

22. The wind rolls the lotus leaves

23. The lion shakes his head, left and right

24. The tiger holds its head

25. The wild horse jumps over the mountain stream

26. Turn around and rein in the horse

27. The compass points in one direction
28. Brushing the dust in the wind
29. Push the boat with the current
30. Shooting star chases the moon
31. Heavenly horse flies over the waterfall
32. Rolling up the screen
33. Spinning wheel left, spinning wheel right
34. The swallow holds mud in its beak
35. The Great Peng spreads its wings
36. Scoop up the moon from the sea bottom
37. Embrace the moon in your arms
38. The spirit of the night dragon searches the sea
39. The rhinoceros gazes at the full moon
40. Shoot the flying goose
41. The green dragon stretches out its claws
42. The Phoenix spreads both wings
43. Left and right straddle the cross-block
44. Shoot the flying goose
45. The white ape offers fruit
46. Left and right falling flowers
47. The fair lady weaves at the shuttle
48. The white tiger whips its tail
49. The fish jumps over the dragon gate
50. The black dragon winds around the pillar
51. The sword fairy points out the way
52. The wind sweeps the plum blossoms
53. Holding up an ivory tablet
54. Embrace the sword and return to the original position