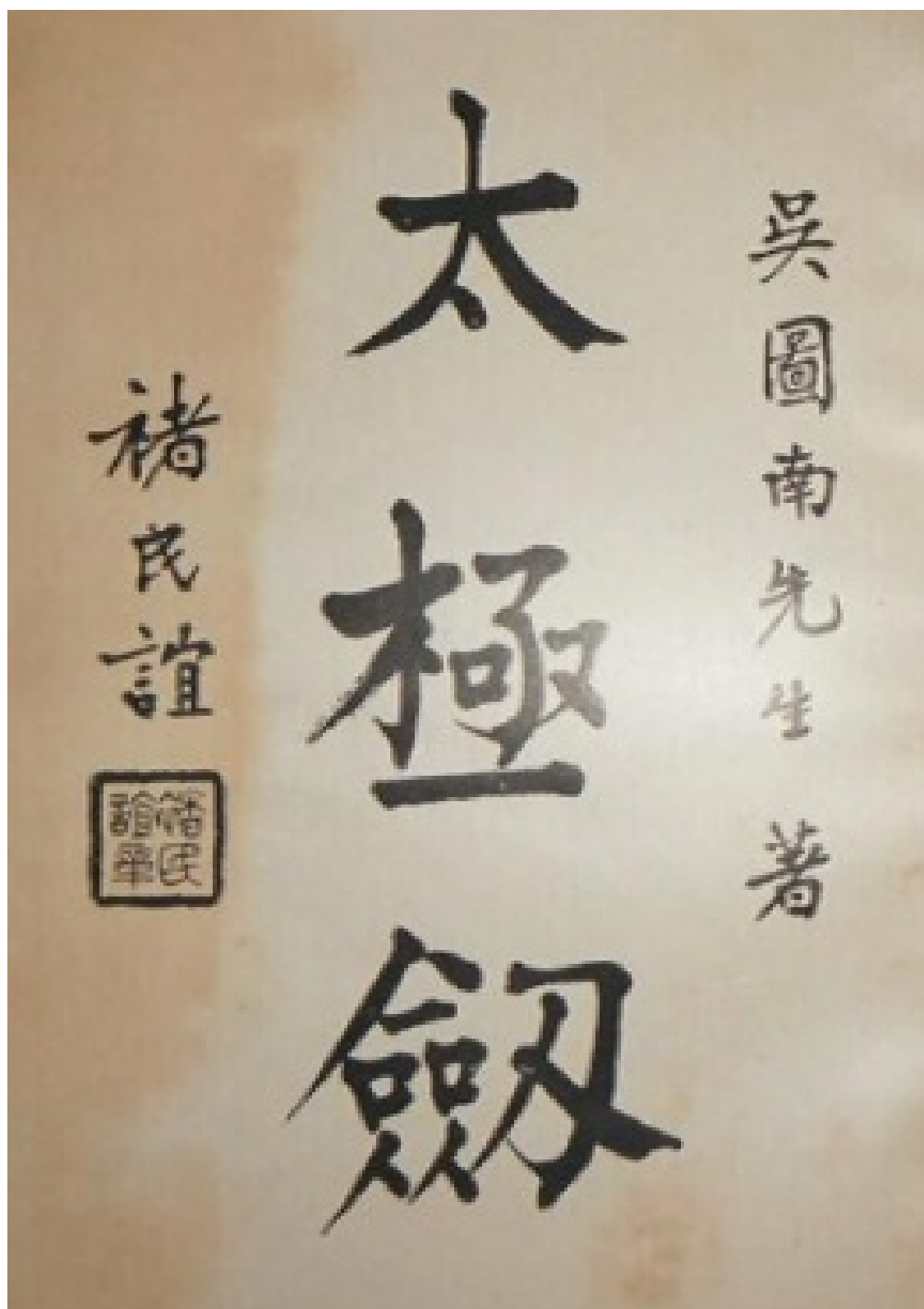


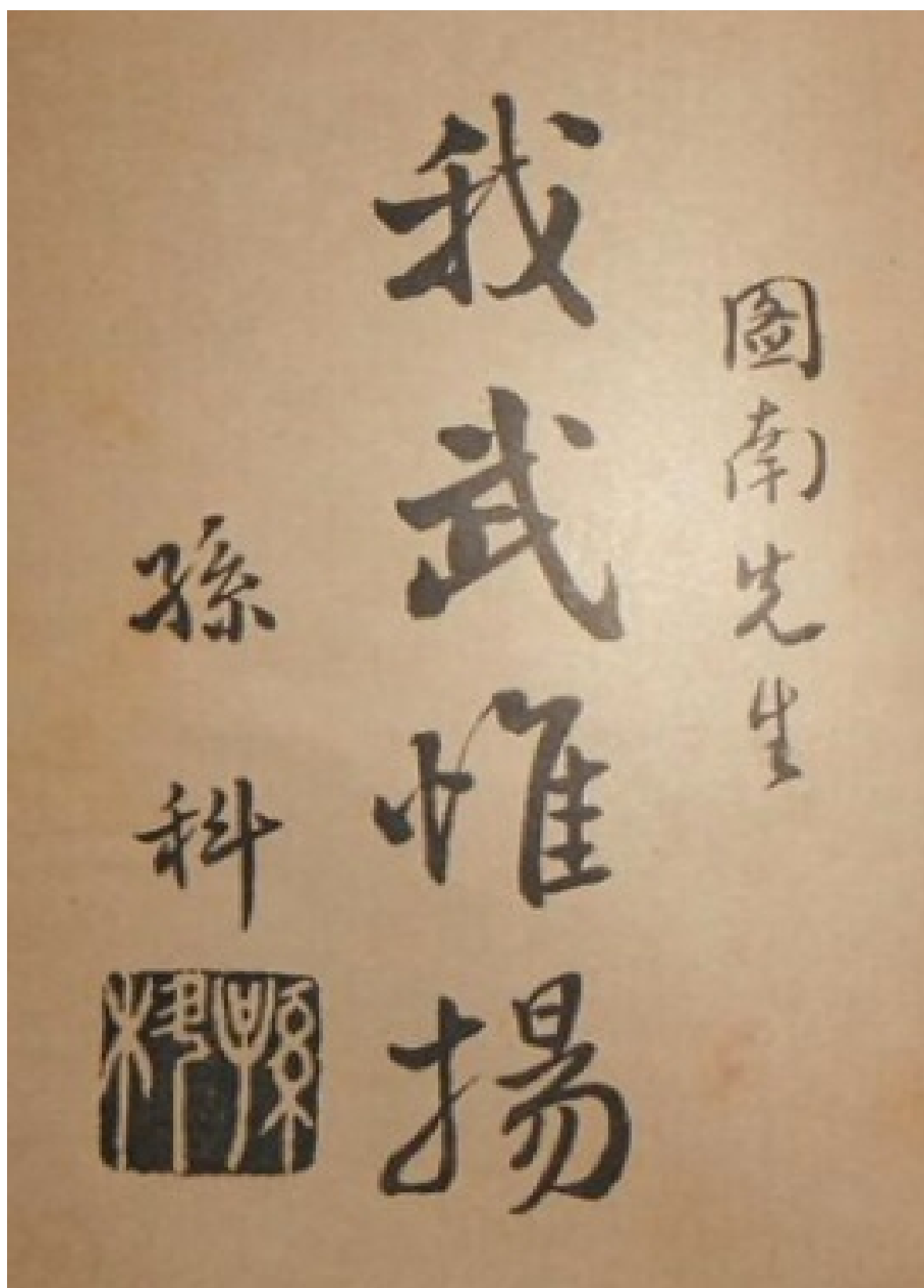
太極劍 TAIJI SWORD 吳圖南先生著 by Wu Tunan



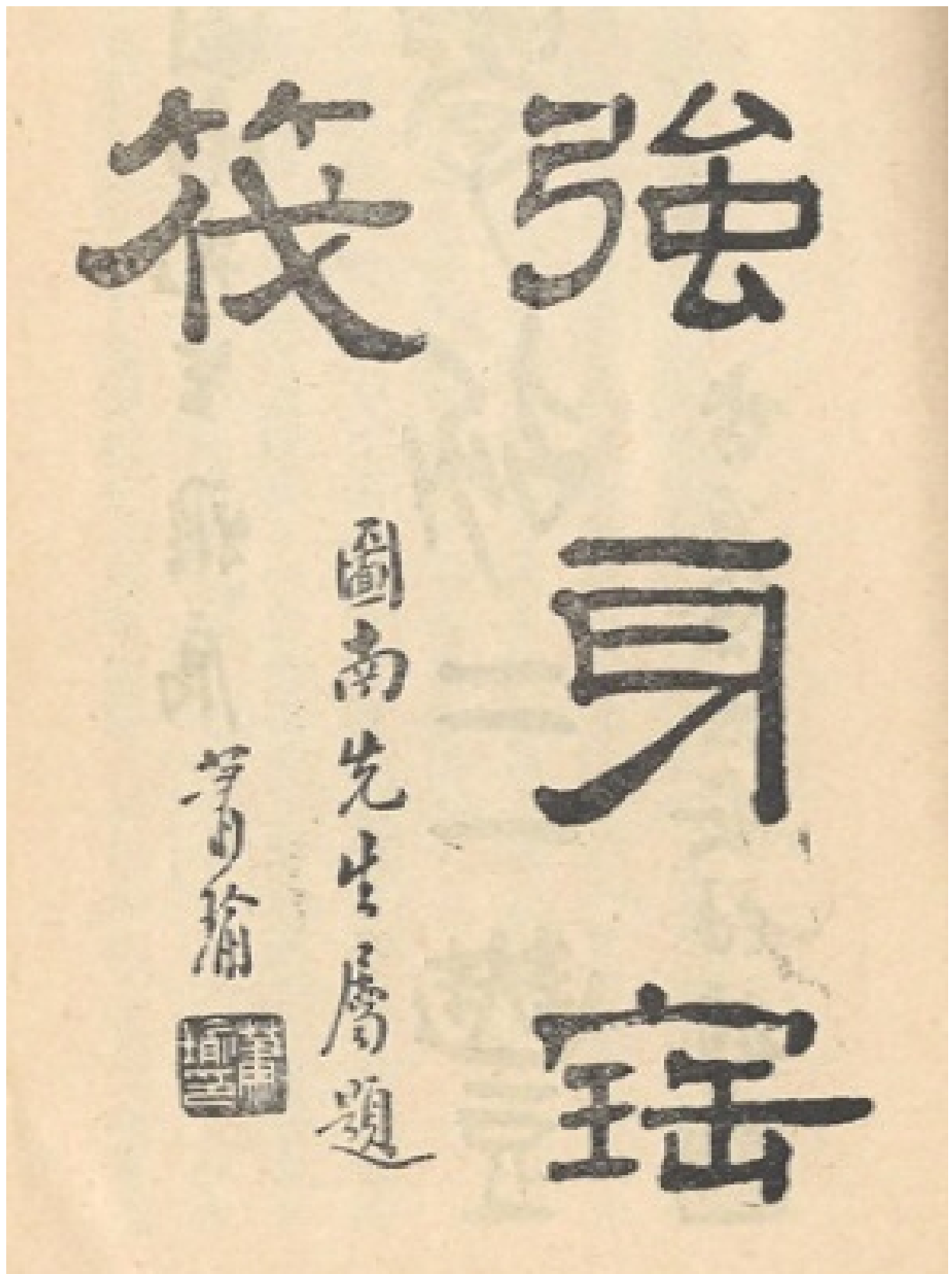
褚民誼 [calligraphy by] Chu Minyi

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[Modified for printability and slightly modified for personal use, changes marked like this. Updated to latest version 2026-07-30 /Mattias Nyrell]



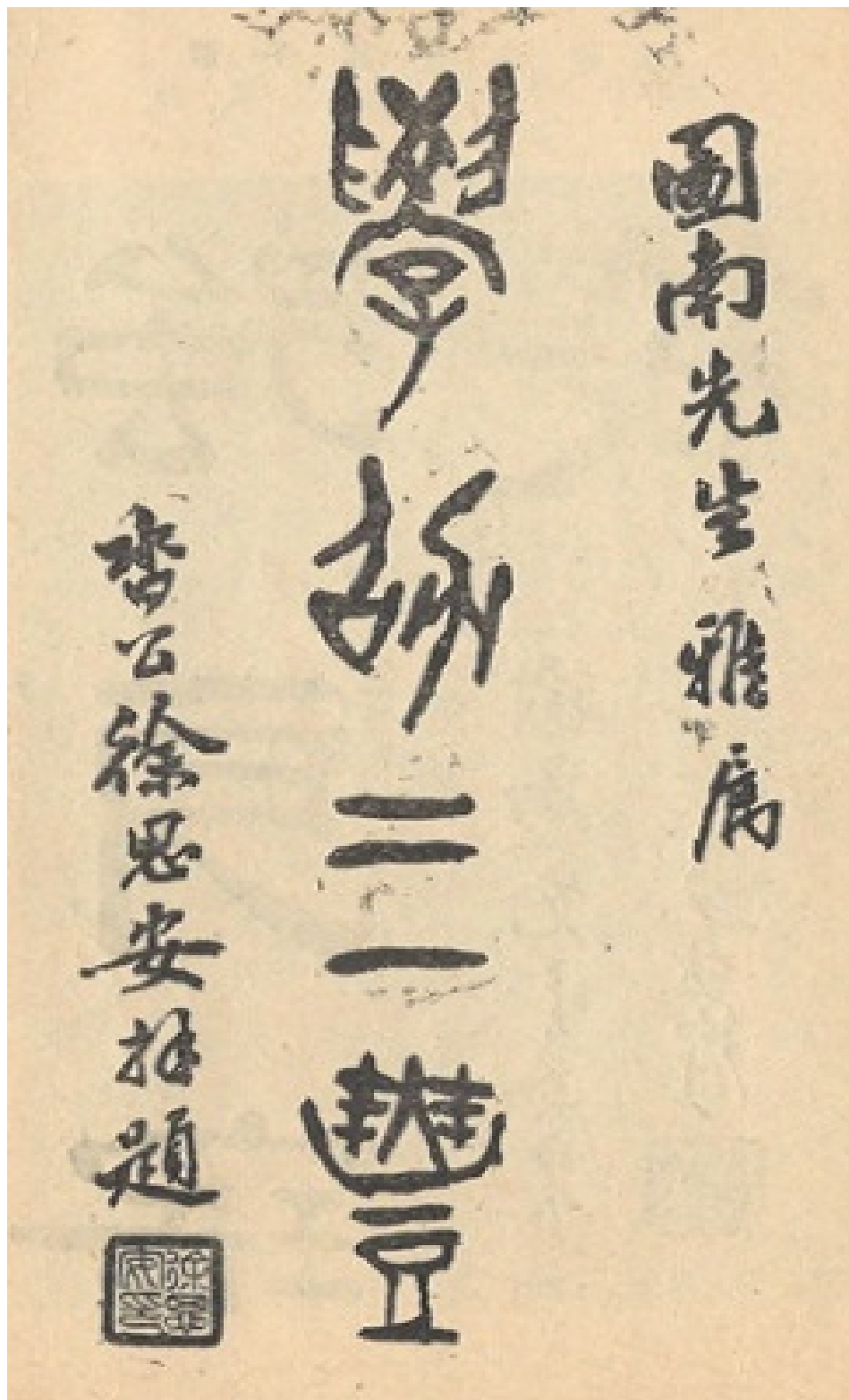
孫哲生先生題詞 INSCRIPTION BY SUN ZHESHENG [SUN KE]:
圖南先生 For Wu Tunan: 我武惟揚 "Our martial arts are on the rise."
孫科 [calligraphy by] Sun Ke



蕭子昇先生題詞 INSCRIPTION BY XIAO ZISHENG:

強身寤筏 "Strengthening the body leads to enlightenment."

圖南先生屬題 蕭瑜 Inscription for Wu Tunan by Xiao Su [Zisheng]



徐杏公先生題詞 INSCRIPTION BY XU TAGONG:

圖南先生雅屬 For scholarly Wu Tunan:

學故三豐 "Let us study the theories of Zhang Sanfeng."

杏公徐思安按題 Calligraphy by Xu Si'an (Tagong)



著作者吳圖南肖像 Portrait of the author, Wu Tunan

譚序

PREFACE BY TAN MENGXIAN

吾友吳圖南君，係太極拳名家吳先生鑑泉之高足。北大之高材生也。學問文章，為世欽仰。因鑒於吾國積弱，民風怯懦。以文學家兼教育家之態度，作太極劍一書。書成，問序於余。余曰：『吾國劍術，代有傳人。約言之有三：一曰：「劍仙。」如呂純陽、許淨明、張三丰之侶。養元陽，修性命，其劍術專以降魔為務者。二曰：「劍俠。」如荆柯、聶政、專諸之流。仗義氣，除姦逆，其劍術專以服仇為務者。三曰：「劍客。」如紅線、聶隱娘、公孫大娘之輩。結彩帛，調音節，其劍術專以娛樂為務者。』至於兩軍對壘，仗劍殺敵，又即古之戰士矣！然而劍仙之劍術，近於虛誕。劍俠之劍術，勇於私鬥。劍客之劍術，趨於游戲。此三者，其適合於吾國現今之環境否耶？此識時務者，所盡知也。國難當前，外侮日急。凡為國人，應勇於公戰！好劍術而喜讀吳君之太極劍專書者，其亦聞雞起舞乎？然則吳君所著之書，非但發揮先師之真傳，藝術之絕技，健身之方法，是乃救國禦侮之導師矣！

余不文，對於劍術，好學而未鑽研。聊書數語，弁諸篇首。希海內方家，有以正之！是為序。

中華民國，二十四年，八月，譚孟賢序於金陵。

My colleague Wu Tunan is a top disciple of the famous Taiji Boxing teacher Wu Jianquan and an outstanding student of Beijing University. His knowledgeable articles are admired by all. Having considered the enduring weakness of our nation and the timidity of our population, he has responded like a scholar and an educator by writing a book about Taiji Sword. When the book was completed, he requested a preface of me. In my opinion, our nation's sword arts have been passed down through the generations by basically three kinds of people:

1. "Sword immortals" **【劍仙 jiàn xiān】** – associated with the likes of Lü Chunyang, Xu Jingming, and Zhang Sanfeng. They nourish their active aspect to cultivate their life essence. Their sword art focuses on the task of exorcising demons.
2. "Sword heroes" **【劍俠 jiànxiá】** – associated with the likes of Jing Ke, Nie Zheng, and other experts. They act with an air of righteousness and practice celibacy. Their sword art focuses on the task of taking vengeance.
3. "Sword dancers" **【劍客 jiànkè】** – associated with the likes of Hong Xian, Nie the Hermit Woman, and Lady Gongsun. The dress in colorful silks and perform to music. Their sword art focuses on the task of giving amusement.

When armies faced each other, they used swords used to kill their enemy, and so the sword was a part of ancient battle. But as for the art of the immortals, which borders on the fantastic, the art of the heroes, which is obsessed with vendetta, and the art of the dancers, which is simply for entertainment, are these three at all suitable for the modern circumstances that our nation is in?

For those who recognize the situation, they know the answer. There is a national crisis upon us, a threat of foreign aggression that becomes more urgent each day, and so our countrymen should have the courage to do battle. Those who love the sword art and enjoy this special book should

therefore get up at dawn to practice. This book not only presents the genuine teachings of past masters, the unique skills of the art, and a method of invigorating the body, it is also a means of rescuing the nation.

I am not highly literate, and as for the sword art, I enjoy learning it but have not studied it intensively. I have written here just a few words of introduction. I hope that experts throughout the nation will correct them.

- written by Tan Mengxian in Jinling [Nanjing], Aug, 1935

自序

AUTHOR'S PREFACE

吾國劍術，發源最古，遠自黃帝採首山之銅以鑄劍，其後善斯術者，代有傳人。殷周之際，桃氏為劍，臘廣莖圍，各有等第，以定上中下之制，即以為上中下士之服。蓋古者自天子以至於庶人，有事皆得佩劍，觀其劍，即品級之所由分也。惟其方法甚古，後世迄未沿用。遂使有志之士，推敲無從耳。

著者不敏，幼喜劍術。先大父亦樂為延師教之。念餘年來，稍得底蘊。惟每以從事教育，無暇宣傳為憂！自國難發生之後，痛民族之衰弱，國將不國！於是舍其生平所學，專事於國術之提倡。前曾著有『科學化的國術太極拳，』及『內家拳太極功玄玄刀，』……等書行世，以期喚起國人，同樹尚武之風；共挽狂瀾之局。所幸出版以來，風行海內，備受歡迎。往昔萎靡不振之氣，大有漸趨於當仁不讓之風。國術之能轉移習俗，於斯可見一斑也。

去冬，更本發揚光大之旨，繼緒成此『太極劍』一書。用贈國人，供諸同好！尤望舉國民衆，聞風興起，大聲疾呼，加緊鍛鍊。十年之後，若與世界列強，戰於疆場，雖我科學落後，火器不精，然而橫磨成師，大刀有隊，或可為救國雪恥之一助。倘能恢復吾國民族固有之精神；達到國際自由平等之地位；亦著者二十餘年提倡國術之志願成功矣夫！聊誌數語，以作序言。

中華民國二十三年，元旦，北平、吳圖南，序於南京、全國國術統一委員會。

Our nation's sword art originated a very long time ago. Ever since the Yellow Emperor began mining Mt. Shou for copper to make swords, experts in the art thereafter passed their knowledge down through the generations. During the Yin and Zhou Dynasties, a Master Tao made swords. The width of the blade was the same as the circumference of the handle, and these swords each had a classification: an "above model", "middle model", or "below model", to be worn by those of above-average build, those of average build, or those of below-average build. In ancient times, from emperor to commoner, all wore a sword at the waist, and the sword worn could denote a person's rank. But the methods in the art are so old that later generations have not maintained their use, thus causing determined people to try and figure them out without having a path to follow.

I am not very clever, but when I was young I delighted in the sword art. My grandfather took pleasure in hiring an instructor for me, and after a year of learning it in my spare time after my school studies, I obtained something of the subtle details of the art. But always I was engaged in my own educational duties, and so alas had no time to share it. Since our moment of crisis [referring to the Shanghai Incident in early 1932], our people have been weakening and our nation is in peril. Therefore I have abandoned all my studies and devoted myself fully to promoting Chinese martial arts.

I have produced the books *A Scientific Martial Art: Taiji Boxing*, and *The Taiji Unfathomable Saber of the Internal School* [內家拳太極功玄玄刀 **Nei Jia Quan Tai Ji Gong Xuan Xuan Dao**]. I hope they will stir my countrymen into a like-minded mood of valuing martial arts and into a situation of common enthusiasm. Since being published, they fortunately have become fashionable and well-received throughout the nation. Although

the people used to have a listless and depressed spirit, there has recently very much been a gradual tendency toward an attitude of doing what is right instead of simply giving in. The capacity for martial arts to transform our habits can thus be seen in that single example.

Last winter, my ambition increased and so I produced this book on Taiji Sword, a gift to my countrymen, for all those who have interest. I especially hope the nation and the people will be inspired when hearing about it, encourage its use, and intensify their training. Ten years from now, we might be fighting on some battlefield with the great powers of the world. Though we have lagged behind scientifically and our weapons are not as refined, with a little more polishing we can succeed, our sabers filling the ranks to help save the nation from humiliation. If we can restore our national spirit, we will achieve a status of liberty equal to other nations, and my aspirations in promoting martial arts for more than twenty years would also be fulfilled. I make these few words as a preface to that.

- written by Wu Tunan of Beijing in Nanjing at the Society for the Unification of Chinese Martial Arts, New Year's Day, 1934

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太極劍

TAIJI SWORD

第一章 總論

CHAPTER ONE: GENERALITIES

劍為古兵器之一，創始何人，言人人殊。黃帝本行記曰：『帝採首山之銅鑄劍。以天文古字，題銘其上。』管子曰：『昔葛盧之山，發而出金，蚩尤受而制之，以為劍。』自是雖有劍之名，而未言劍之形也。周禮考工記始詳言之，謂：『劍古兵器名，兩刃而有脊，自脊至刃謂之臘，或謂之鏑。刃以下與柄分隔者，謂之首。首以下把握之處，謂之莖。莖端施環，曰鐔。』觀其圖，與近古劍之形式異。蓋以人事演進，劍之形狀，似亦因時為轉移也。閒嘗探討古今圖書。言劍者雖多，而於劍舞製造諸端，未嘗道及。以故四庫全書，無藝不收，獨於劍法，竟屬缺如。誠以年代久遠，無從捉摸矣！而古劍之名，雜見於子史諸書者，層出不窮，如桓公之葱，太公之闕，文王之錄，莊君之胄，闔閭之干將莫邪，越王之大刑小刑，楚王之劍有三，吳帝之劍凡六，周昭之劍有五，梁武之劍十三，此皆古之良劍也。而於其製，迄未言之。即以秦時而論，劍之長短，製法不一。始皇之劍八尺，荆軻之劍尺八，此二人生於同時，劍之尺寸，尚各不同，則古劍之難考，固不待言矣！何況典籍不載哉？此吾國劍術，考證困難之一大原因也。

自黃帝之後，製劍之法，其究竟已不可得而聞。且古人之言，亦不能盡信。或託辭以諷也，或藉物以舒懷。然古時造劍之良，決非今世所可睥睨也。乃如銀鋸之鋼，可以斷玉。魚腸之鋒，利破重鎧。周昭有鎮五嶽之器。梁武有治四方之兵。他如斷馬擊鵠，隨四時而變五色。夕火秋月。躍平津而化雙龍。擊衣殷血，斬影成疾。伏地藏函，穿銅絕鐵。奇聞百出，何勝枚舉。蓋皆由於古人造劍，鍛鍊之精，砥礪之勤，之所致。雖然，古時尊劍之風，亦可想見一斑也。

然古人手持名劍，立奇功者有之，不辱命者有之，雪國恥者有之，建大業者有之，莫不劍以人名，人以劍尊，每觀古史，昭昭在目。昔曹沫執劍，劫齊桓於柯而魯不辱。毛遂按劍，叱楚王於庭，而楚定從。利透堅甲，吳君易位。提三尺劍，漢室興基。太阿一麾，三軍破敗。鐵獅既砍，萬歲皆呼。此皆千古傳為美談者也。

迨及近世，火器發明，攻堅射遠。尊劍之風，一落千丈。四方有志之士，咸以吾國衰弱之原因，皆少尚武任俠之勇氣，以致國難迫切，外侮日急。於是提倡國術之聲乃日高，崇尚劍術之風乃日熾。著者有鑒於斯，因將故有之太極劍，加以整理，使其系統一貫，井然不紊，仍命名為太極劍。亦名乾坤劍。詳考是劍，創自元之張三丰先生。歷代諸賢相繼，頗不乏人惜乎筆之於書者，僅數首殘缺之歌訣而已！著者簡練揣摩，垂二十年，於其精微，始得環中。誠劍法中之中和者也。至於命名之義，蓋太極者，天地未分以前之義也。乾坤者，天地之義也。易曰：『大哉乾元，至哉坤元，萬物資生，乃順承天。』謂天地之德，能始生萬物也。今以劍名太極者，取其為劍法之原始，無法不生，無美不備也。至於太極劍各式之故有名目，或俚而不雅，或名義不合，想係後人所捏造者，殊失原作者之意。於是不揣愚陋，僅就管見所及，重為一一擬訂。使初學者，顧名思義，既省強記之勞，又饒理會之趣，洵一舉兩有裨益也。

雖然，當今科學進步，一日千里，火器日新，勢足嚇人。然而戰鬪之際，運用之者，仍須恃有健全之身體，充足之精神，百折不回之毅力，萬夫不當之勇氣，然後方能上馬擒賊，下馬擒

王。故勇敢善戰心理之建設，當以平素鍛鍊為急務。而鍛鍊之法，最有益於短兵相接者，其為劍法乎？待其鍛鍊既久，豪俠養成天性，忠勇發於至誠，自能當仁不讓，見義勇為，衝鋒破陣，視死如歸。然則劍法之為功，亦顯矣哉！故白刃之戰，格鬪殺賊，十萬橫磨，不無小補，凡我同志，其共勉施！

The sword is one of the ancient weapons. Everyone has a different version of who invented it. It says in "Records of the Yellow Emperor's Deeds":

"The emperor had copper taken from Mt. Shou to be made into a sword, and he had it engraved with astrological text in ancient script."

It says in *Guanzi* [chapter 77]:

"A mountain in Ge Lu burst and [produced flooding which] brought forth gold. Chi You received it and worked with it to make swords."

Although swords from this point are named, it was not yet described what they looked like. Then in the "Record of Artisans" in the *Rites of Zhou*, it says [quoting actually from Huang Yuanxiu's 1931 Wudang Sword manual]:

*"The sword is named as one of the ancient weapons. Swords have two 'edges' [刃 **rèn**] and a 'spine' [脊 **jǐ**]. From the spine to the edge is called the 'sacrificer' [臘 **là**], or the 'blade' [鏑 **è**]. The divider between blade and handle is called the 'hilt' [首 **shǒu**] [**"head" rather?**]. The handle itself is called the 'stalk' [處 **chù**]. At the end of the stalk is a ring called the 'pommel' [鐔 **xín**] [**this character can also mean "guard"**]."*

Considering this image, modern and ancient swords look different. This is because as human affairs progress, the look of swords transforms along with them.

In my spare time, I have examined books ancient and modern. Many of them have discussed the sword, but they were mostly about sword performances and sword manufacture, hardly anything about the art's principles. In the *Siku Quanshu* encyclopedic collection, all arts were gathered, and only the sword art is surprisingly under-represented. From ages past, there is really nothing to get hold of. But the names of ancient swords are scattered liberally within various books, histories, and philosophical writings, for instance, [from *Xunzi*, chapter 23:]

"there was Duke Huan's Cong, Grand Duke Jiang's Que, King Wen's Lu, Prince Zhuang's Hu, and King Helu's Gan Jiang and Mo Ye."

There was also the King of Yue's two "punishers" for crimes great and small, the three swords of the King of Chu, the six swords of the Emperor of Wu, the five swords of the King Zhao of Zhou, and the thirteen swords of the Emperor Wu of Liang. "These were all superb ancient swords", though the way they were made has still not been explained.

During the Qin Dynasty, the length of swords was not uniform. The Qin emperor's sword was eight feet long, while Jing Ke's [the assassin who tried to kill him] was one foot and eight inches. Both of these men lived at the same time, but their swords were nevertheless of different dimensions. Thus ancient swords are difficult to investigate. We cannot properly discuss what the old records do not even mention. This is why the origin of our nation's sword art is so difficult to verify.

From as early a time as that of the Yellow Emperor, the exact method of making swords is impossible to know. The words of ancient people cannot be fully trusted anyway. Sometimes they made excuses for their own conduct simply to throw blame on others, or slandered others to make themselves look good. And yet the expertise of ancient swordsmiths definitely cannot be seen nowadays. For example:

"The steel of Kunlun could slice jade, and the sharpness of Fish Guts could penetrate heavy armor..."

"King Zhao of Zhou had swords made with which he conquered land, and Emperor Wu of Liang had swords made with which he controlled the kingdom..."

"They halted their horses and struck at their targets, then changed the four seasons into the five colors, then seemed like the autumn moon at its brightest, then leapt over the ferry crossing to transform the twin dragons..."

"They stabbed at their clothes, producing dark blood, slashing at them to make them suffer..."

"Crouching concealed on the ground, they pierced through copper and cut through iron..."

So many fantastic stories have poured forth, they can hardly be counted. Such tales are all due to ancient swordsmithing, swords being skillfully forged and diligently tempered to perfection.

Although there was in ancient times a customary reverence for swords, it can also seem they were very narrowminded about it. This is because those ancient people held famous swords. There were swords that made great achievements, swords that never failed in their duty, swords that avenged kingdoms, swords that established rulers. It was always the case that swords made people famous and people in turn gave swords reverence. Whenever we look into ancient history, this becomes obvious. Long ago, Cao Mo grasped his sword and compelled Duke Huan of Qi at the meeting at Ke, preventing the state of Lu from being humiliated. Mao Sui held up his sword and rebuked the King of Chu into an alliance with the kingdom of Zhao. Sharpness penetrating through heavy armor is what dethroned the King of Wu. [Emperor Gaozu] lifted his three-foot sword and gave the House of Liu its foundation. Tai'e was brandished and three armies perished. Iron Stone cleaved through and "long life to the ruler" was proclaimed. These are timeless stories that people love to repeat.

In our modern times, firearms have been invented which can burst

through fortifications and shoot from a great distance. The customary reverence for swords has suffered a deep decline. Idealists everywhere are usually resorting to the excuse of our national feebleness, rarely championing the valor of martial heroism, with the result that our national crisis is now urgent, the threat of foreign aggression becoming more critical with each day. Consequently with each day, the voices promoting martial arts have to grow louder and the culture of venerating the sword art has to be stoked further.

In view of this, I therefore present this Taiji sword set with its arrangement of continuously united postures, methodical and orderly. Hence it is called Taiji Sword, also known as Heaven & Earth [“qian kun”] Sword. Carefully examining this sword method, it originates from Zhang Sanfeng. There was then a succession of worthy individuals throughout the generations, no lack of practitioners, but alas, the writers of books on the subject had only fragmentary poems to work with. I have examined these texts thoroughly for nearly twenty years, trying to understand their exquisite subtleties, and I have begun to get the general idea. The real sword method is: centered harmoniousness. **[中和 Zhōng hé, Balance and harmony, see Confucian book Zhongyong (The Doctrine of the Mean)]**

As for the meaning of the name, “Taiji” suggests the condition [of wuji] before skyness and groundness become distinguishable, and “Heaven & Earth” indicates the manifested sky and ground [i.e. the universe coming into being]. It says in the *Book of Changes* [hexagrams 1 & 2]:

“The greatness and perfection of Heaven and Earth in the beginning, as they give life to all things, which thereafter accord with Nature.”

The power of skyness and groundness is that they are able to spark life in all things. This sword set is nowadays simply known by “Taiji”, in homage to the origin of its methods. There is no technique that is not generated, no beauty that it does not fulfill.

As for the names of the postures in the set, they are sometimes crude and inelegant, sometimes unrepresentative of the posture, and I feel that later generations have simply concocted a bunch of names in violation of the intentions of the person who originally made the set. Therefore despite my limited ability, and relying only on my own limited experience, I have made names for them one after another, so that beginners will have postures and names that fit each other, making them easier to memorize. Due to the delight that comes from such comprehension, with each action you are doubly benefited.

Although scientific progress has made great strides, weaponry is daily improving, and the situation is now sufficient to terrify people. However, to defend oneself in a fight does still depend on a robust body, an abundant spirit, an undaunted willpower, and a bold courage. One is thus [from “Biography of Wang Zhengnan”:]

“able to mount a horse and go kill the enemy and then dismount

to seize their king”.

To build a brave and resourceful mentality, consistent training is the most important thing. The most useful training method is sparring with short weapons – meaning swords. After having trained for a long time, a hero has developed his instincts and built his courage into a complete sincerity. He is thus naturally able to do what is right unyieldingly, be always prepared to act, to charge in and demolish the enemy’s position, and disregard his own death. But once the sword art has been trained, these qualities will be even more apparent. Therefore when fighting against the enemy with naked blades, all of those countless actions of polishing will be of some help. My comrades, let us encourage each other!

第二章 各論

CHAPTER TWO: SPECIFICS

太極劍，本為口授之學，名目久已失傳，故姿勢應用，因人而異。初學者，每以無所適從為憾。予擇其簡而易學者存之，象形取義，參之應用之法，各為擬訂一名。並將姿勢應用，詳為解釋，使初學者，循序摹倣，自有規律之可循也。謹將太極劍分勢作圖立說，以備有志之士，為行遠自邇，登高自卑，之一助云爾。

The Taiji Sword was originally passed down orally, but the names of the postures were lost long ago, therefore the postures and their applications have varied from person to person. Beginners therefore unfortunately never know what to do. I have decided to keep the postures simple to learn and easy to understand, and so there are photos to refer to for the method of performance, I have made a name for each technique, and I present both posture and application explanations. This will enable beginners to proceed step by step through imitation and by following principles. I hereby sincerely present the Taiji Sword, its individual postures with photographs and explanations, in order that those who have an ambition to learn can have a boost in the process of climbing up from the bottom, progressing from easier stages to more difficult ones.

方位圖

POSITIONING CHART:

右後 [Yòu hòu]
Right Rear

後 [Hòu]
Rear

左後 [Zuǒ hòu]
Left Rear

右 [Yòu]
Right

太極勢 [Tàijí shì]
(Beginning Posture)

左 [Zuǒ]
Left

右前 [Yòu qián]
Right Front

前 [Qián]
Front

左前 [Zuǒ qián]
Left Front

太極勢 [Tàijí shì]

[1] TAIJI POSTURE

姿勢說明

Explanation of the posture:

身體直立，面向前方。目平視。頭正，頸直，涵胸，拔背，裹襠，護臀。兩臂從容下垂。左手持劍，反背臂後。劍柄置左胯旁。劍鋒向上，劍脊務與左臂貼緊。右手二指中指伸直，大指小指無名指均屈，掐成劍訣，置右胯旁。兩足平行分開，其距離以肩為度。全體重心，在兩足間之中點。

Your body stands straight, facing forward, and your gaze is level. Your head is upright, neck straight. Contain your chest and pluck up your back. Wrap your crotch and protect your belly. Your arms hang down leisurely.

Your left hand carries the sword behind your arm, the handle placed beside your left hip, the tip pointing upward, the spine of the sword staying close to your left arm.

Your right hand's forefinger and middle finger are extended straight, while your thumb, little finger, and ring finger are all bent in, pinched to make a "swordsman's hex", placed beside your right hip.



Your feet are parallel at shoulder-width apart. The weight is between your feet.



[2] CATCH THE SPARROW BY THE TAIL - Part 1

姿勢說明

Explanation of the posture:

左足前上一步，膝前曲。右足不動，而腿蹬直。全體重心，均在左足。同時左手背劍提至胸前。下刃向下，上刃向上，劍鋒向左，劍柄置右肩前。右手劍訣，直立提起，鬆肩垂肘，向方伸出。面向右方。目注劍訣。

Your left foot takes a step forward and the knee bends forward, your right foot staying where it is, the leg pressing straight, the weight shifting to your left foot.

At the same time, your left arm, with the sword behind it, lifts up [提 tǐ] until in front of your chest. The sword edges are up and down, the tip is pointing to the Left, and the handle is placed in front of your right shoulder, while your right hand's swordsman's hex lifts to stand straight up, and with the shoulder loosening and the elbow dropping, extends to the Right.



You are facing to the Right, your gaze to your swordsman's hex.



[3] CATCH THE SPARROW BY THE TAIL - Part 2

姿勢說明

Explanation of the posture:

左足尖向右前方移動。（即四十五度角。）右足向右方上一步。（即九十度角。）身體轉向右方。右膝右弓，左腿蹬直。全體重心，均在右足。同時左手背劍，向右方微移動。然後隨右手劍訣向左前方下捋，而後向右上方伸出。面向右方。目注劍訣。

Your left foot shifts its toes toward the Right Front (making an angle of forty-five degrees), your right foot takes a step to the Right (ninety degrees), your torso turns to the right, your right knee bends to the Right, and your left leg presses straight, the weight now on your right foot.

At the same time, your left arm, with the sword behind it, shifts slightly to the Right, as your swordsman's hex does a rollback toward the Left Front and then extends upward to the Right.



You are facing to the Right, your gaze to your swordsman's hex.



[4] CATCH THE SPARROW BY THE TAIL - Part 3

姿勢說明

Explanation of the posture:

左足不動，腿向下坐。右足足尖提起，足跟着地。全體重心，移至左足。同時左手背劍，劍鐔貼緊右腕，由右而後，而左，轉一半圓。再向右方伸出。右手劍訣，向右方平指。同時右足尖下落。膝向右弓。左腿蹬直。全體重心，均移右足。面向右方，目注劍訣。

Your left foot staying where it is, sit down on the leg, your right foot lifting its toes up, heel touching down, the weight shifting to your left foot.

At the same time, your left hand, with the sword behind the arm, the pommel staying close to your right wrist, goes from the Right to the Rear to the Left, making a semicircle [along with your right hand]. Again extend to the Right, your swordsman's hex now pointing level to the Right.

At the same time, your right toes come down [with the foot shifting farther forward according to the photo], your right knee bends to the Right, and your left leg presses straight. The weight has shifted to your right foot.



You are facing to the Right, your gaze to your swordsman's hex.

[5] GOLDEN NEEDLE POINTS TO THE SOUTH

姿勢說明

Explanation of the posture:

左足向左後方邁一步，膝向左弓。右腿蹬直。全體重心，均在左足。同時左手背劍，攬過左膝。劍柄置於左胯旁，劍鋒向上，劍脊仍貼左臂。同時右手劍訣，由右耳側向左方平指伸出。面向左方。目平視。

Your left foot takes a step to the Left Rear, the knee bends to the Left, your right leg presses straight, and the weight is now on your left foot.

At the same time, your left arm, with the sword behind it, brushes past your left knee, and the sword handle is placed beside your left hip, the tip pointing upward, the spine of the sword still close to your left arm, while your swordsman's hex goes from beside your right ear and extends level to the Left.



You are facing to the Left, your gaze level.



交劍式 [Jiāo jiàn shì]

[6] EXCHANGING THE SWORD

姿勢說明

Explanation of the posture:

左足向右前方上一步，足尖點地，足跟翹起，膝微曲。右足不動，腿向下坐。全體重心，均在右足。同時右手劍訣，由左而下，向右平伸。左手背劍，由左胯側向左平伸。然後左右手均向胸前平曲。左手將劍柄交與右手。上刃向上，下刃向下，劍鋒向左。面向前方。目平視。

Your left foot takes a step to the Right Front, toes touching down, heel lifted, the knee slightly bent. Your right foot does not leave its location, but the leg squats down and the weight is now fully on your right foot.

At the same time, your swordsman's hex goes down from the Left and extends level to the Right, while your left hand, with the sword behind it, goes from beside your left hip and extends level to the Left, and then your arms both bend inward so your hands are level in front of your chest, and the sword handle is exchanged from your left hand to your right. The sword edges are facing up and down, the tip pointing to the Left.



You are facing to the Front, your gaze level.



分劍式 [Fēn jiàn shì]

[7] SPREADING THE SWORD TO THE SIDE

姿勢說明

Explanation of the posture:

左足向前進半步，膝向前弓。右腿蹬直。全體重心，均在左足。同時右手持劍，由左而前，向右平掃。下刃向後，上刃向前，劍鋒向右。左手掐成劍訣，向左平伸。面向右方。目注劍鋒。

Your left foot advances a half step to the Front, the knee bends forward, your right leg presses straight, and the weight is now on your left foot.



At the same time, your right hand, now holding the sword, goes to the Front from the Left and then to the Right with a level sweep, the sword edges facing to the Front and Rear, the tip pointing to the Right, while your left hand pinches to form a swordsman's hex extending level to the Left.



You are facing to the Right, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人用槍刺我右脇我將身前移，使其落空。乘勢分劍，平掃敵人之頭。

An opponent using a spear stabs toward my right ribs, so I shift my body forward, causing him to miss, then take advantage of the opportunity by spreading my sword to the side with a level sweep to his head.

掛劍式 [Guà jiàn shì] [8] HANGING THE SWORD

姿勢說明

Explanation of the posture:

左足向後撤回半步，足尖點地，足跟翹起，膝微曲。右足不動，而腿下坐。全體重心，均在右足。同時右手持劍，由右方向左前方反掛撤回。劍柄置于胸前，下刃向上，上刃向下，劍鋒向右。左手劍訣按右腕以助其勢。面向右方。目注劍鋒。

Your left foot withdraws a half step, toes touching down, heel lifted, knee slightly bent, and your right foot stays where it is, the leg squatting down, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, goes from the Right to the Left Front, withdrawing with a reverse hanging action [掛 guà], the handle placed in front of your chest, the sword edges upward and downward, the tip pointing to the Right, while your left hand's swordsman's hex touches your right wrist to assist the posture.



You are facing to the Right, your gaze to the sword tip.



應用說明

Explanation of the application:

敵自側方用槍向我喉部來刺，我將身後撤以避之乘勢用劍掛着敵槍，以觀其變。

An opponent comes from the side using a spear to stab toward my throat, so I shift my body back to evade it, taking advantage of the moment by using my sword in a hanging action [掛 guà] to move his spear, then watch for what he will do next.

七星式 [Qìxīng shì] [9] BIG DIPPER POSTURE

姿勢說明

Explanation of the posture:

左足向前方邁半步，膝向右弓，而腿下踞。右腿平足向左後方伸出。全體重心，均在左足。同時右手持劍，由右而上，向左方下劈。然後反手平劍上格，至劍與喉平為止。下刃向上，上刃向下，劍鋒向左。左手劍訣，向左方伸出，以稱其勢。面向前方。目平視。

Your left foot takes a half step to the Front, the knee slightly bends to the Right, the leg squatting down, and your right leg extends to the Left Rear [Left] with the foot flattened, the weight now fully on your left foot.



At the same time, your right hand, holding the sword, goes upward from the Right, chops down [劈

pī] to the Left, then turns over, blocking [格 gé] up until the sword is level at throat height, the sword edges facing upward and downward, the tip pointing to the Left, while your left hand's swordsman's hex extends to the Left to balance the posture.



You are facing to the Front, your gaze level.

應用說明

Explanation of the application:

敵人用槍自左方來刺，我將身前移，以洩其力。乘勢用劍劈擄敵槍。倘敵槍上翻，以圖變化。我即用劍上格敵之前手。乘勢用足直踏敵之脇部。

An opponent uses his spear to stab at me from my left, so I shift my body forward to diminish its force, taking advantage of the moment by using my sword in a chopping action [劈 pī] to seize his spear. If he turns it over upward, seeking to adapt, I then bring my sword upward in a blocking action [格 gé] toward his front hand, taking advantage of the moment by using my foot to trample his ribs.

上步遮膝

[Shàng bù zhē xī]

[10] STEP FORWARD, COVERING THE KNEE

姿勢說明

Explanation of the posture:

右足向右後方進一步，足尖點地，足跟翹起，膝微曲。左足不動。而腿下蹲。全體重心，均在左足。同時右手持劍，向右後上方提起，然後向右後方下刺。下刃向右後上方，上刃向左前下方，劍鋒向右後下方。左手劍訣按右腕以助之。面向右後方。目注劍鋒。

Your right foot advances a step to the Right Rear, toes touching down, heel lifted, the knee slightly bent, your left foot not leaving its location, the leg squatting down, the weight still fully on your left foot.

At the same time, your right hand, holding the sword, lifts upward **[上提 shàng tí]** to the Right Rear, then stabs **[刺 cì]** downward to the Right Rear, the sword's bottom edge facing upward to the Right Rear, upper edge facing downward to the Left Front, the tip pointing downward to the Right Rear, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人自背後用槍刺我腰部。我轉身進步用劍向上掛開敵槍。乘勢用劍直刺敵人之膝。

An opponent from behind me uses a spear to stab to my waist, so I turn around, advancing a step, hanging **[掛 guà]** my sword upward to take his spear aside, then take advantage of the moment by using my sword to do a stab to his knee.

回身劈劍

[Huíshēn pī jiàn]

[11] TURN AROUND, CHOPPING SWORD

姿勢說明

Explanation of the posture:

右足向左前方進一步，膝向左前方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由右後方上提，向左前方下劈，下刃向右後下方，上刃向左前上方，劍鋒向左前下方。左手劍訣，按右腕以助之。面向左前方。目注劍鋒。

Your right foot takes a step to the Left Front, the knee bends to the Left Front, and your left leg presses straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, lifts up [上提 shàng tí] from the Right Rear and chops [劈 pī] down to the Left Front, the sword's bottom edge facing downward to the Right Rear, upper edge facing upward to the Left Front, the tip pointing downward to the Left Front, while your left hand's swordsman's hex pushes down on your right wrist to assist.



You are facing to the Left Front, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍自身後刺我腰部，我回身以避之，乘勢上步，用劍直劈敵人之頭。

An opponent from behind me uses a spear to stab to my waist, so I turn around to prevent it, taking advantage of the moment by stepping forward and using my sword in a chop [劈 pī] to his head.

進步撩膝

[Jìnbù liāo xī]

[12] ADVANCE, RAISING TO THE KNEE

姿勢說明

Explanation of the posture:

右足向右後方進一步，膝向右後方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由左前下方，擦地向右後下方撩出，下刃向右前上方，上刃向左後下方，劍鋒向右後下方。左手劍訣，按右腕以助之。面向右後方。目注劍鋒。

Your right foot takes a step to the Right Rear, the knee bends to the Right Rear, and your left leg presses straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, goes from below in the Left Front, almost scraping the ground toward the Right Rear with a low raising action [撩 liāo], the

sword's bottom edge facing upward to the Right Front, upper edge facing downward to the Left Rear, the tip pointing downward to the Right Rear, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right Rear, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人自背後用槍來刺，我轉身以避之，乘勢進步，用劍撩敵之膝。

An opponent from behind me uses a spear to attack with a stab, so I turn around to prevent it, taking advantage of the moment by stepping in and using my sword in a raising action [撩 liāo] to his knee.

[13] CROUCHING TIGER GUARDS THE GATE

姿勢說明

Explanation of the posture:

右足向左前方撤回半步，足尖點地，足跟翹起，膝微曲。左足不動。而腿下蹲。全體重心，均在左足。同時右手持劍，反手向左前上方抱回，下刃向上，上刃向下，劍鋒向右。左手劍訣，按右腕以助其勢。面向右方。目平視。

Your right foot withdraws a half step to the Left Front, toes touching down, heel lifted, the knee slightly bent, your left foot not leaving its location, the leg squatting down, the weight now on your left foot.

At the same time, your right hand, holding the sword, turns upward and lifts to the Left Front, withdrawing to embrace, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Right, while your left hand's swordsman's hex touches your right wrist to assist the posture.



You are facing to the Right, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我面部，我向斜後方抽身，以洩其力，乘勢用劍掛開敵槍，以待其變。

The opponent uses his spear to stab to my face, so I withdraw my body diagonally to dispel his power, taking advantage of the moment by using my sword in a hanging action **[掛 guà]** to take his spear aside, then wait for what he will do next.

倒掛金鈴

[Dào guàjīn líng]

[14] HANGING THE GOLDEN BELL UPSIDE DOWN

姿勢說明

Explanation of the posture:

右足向右方上半步，左足再向右方進一步，膝微曲。右腿曲膝上提，足尖上翹。全體重心，均在左足。同時右手持劍，由右方上提，向左方下劈，然後再向右上方提起，下刃向右上方，上刃向左下方，劍鋒向右下方。左手劍訣，直立置劍與胸之間。面向右方。目平視。

Your right foot takes a half step to the Right, then your left foot advances a full step to the Right, the knee slightly bent, and your right leg lifts with the knee bent, toes raised, the weight fully on your left foot.

At the same time, your right hand, holding the sword, lifts up **[上提 shàng tí]** from the Right, chops **[劈 pī]** down to the Left, then again lifts to the Right [with the hand turned over], the sword's bottom edge facing upward to the Right, upper edge facing downward to the Left, the tip pointing downward to the Right, while your left hand's swordsman's hex is placed upright between the sword and your chest.



You are facing to the Right, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我胸部，我用劍格開，乘勢進步，提撩敵之胸腹。

The opponent uses his spear to stab to my chest, so I use my sword to block **[格 gé]** it aside, taking advantage of the moment to advance and do a raising action **[提撩 tí liāo]** to his chest or belly.

指襠劍 [Zhǐ dāng jiàn]

[15] SWORD TO THE CROTCH

姿勢說明

Explanation of the posture:

右足向右方落下一步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，向右下方斜刺，下刃向右上方，上刃向左下方，劍鋒向右下方。左手劍訣，按右腕以助之。面向右方。目注劍鋒。

Your right foot comes down a step to the Right, toes touching down, heel lifted, the knee slightly bent, your left foot not leaving its location, the leg squatting down, the weight still fully on your left foot.

At the same time, your right hand, holding the sword, then does a diagonal stab [刺 cì] downward to the Right, the sword's bottom edge facing upward to the Right, upper edge facing downward to the Left, the tip pointing downward to the Right, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢上步，用劍直刺敵之下部。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by stepping forward and using my sword to do a stab [刺 cì] to his lower body.

臨溪垂釣

[Lín xī chuǐdiào]

[16] FACING THE STREAM, ANGLING FOR A FISH

姿勢說明

Explanation of the posture:

兩足不動，身體向右後方微移。全體重心，仍在左足。同時右手持劍，由右下方反手向右後下方撥出。下刃向右後上方，上刃向左前下方，劍鋒向右後下方。面向右後方。目注劍鋒。

Without moving either foot, your torso slightly shifts to the Right Rear, the weight still on your left foot.

At the same time, your right hand, holding the sword, goes from being downward to the Right, turning over, to being downward to the Right Rear, deflecting outward, the sword's bottom edge facing upward to the Right Rear, upper edge facing downward to the Left Front, the tip pointing downward to the Right Rear.



You are facing to the Right Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍刺我腿部，我用劍反手外撥，以待其變。

The opponent uses his spear to stab to my leg, so I turn over my hand and use my sword to deflect outward, then wait for what he will do next.

劈山奪寶 [Pīshān duó bǎo]

[17] CLEAVE OPEN THE MOUNTAIN AND SEIZE THE TREASURE

姿勢說明

Explanation of the posture:

左足向右後方上一步，右足再向右後方進一步，膝向右後方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由右後下方，向左前方提起，然後向右後方下劈。下刃向左前下方。上刃向右後上方。劍鋒向右後下方。左手抱劍柄，以助其力。面向右後方。目注劍鋒。

Your left foot steps forward to the Right Rear, then your right foot advances a step to the Right Rear, the knee bending to the Right Rear, and your left leg presses straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, lifts [提 tí] from downward in the Right Rear to the Left Front, then chops [劈 pī] downward to the Right Rear, the sword's bottom edge facing downward to the Left Front, upper edge facing upward to the Right Rear, the tip pointing downward to the Right Rear, while your left hand holds the sword handle to assist the power.



You are facing to the Right Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍。我順其抽力，乘勢進步，用劍劈敵之頭。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing a step, and use my sword to chop [劈 pī] to his head.

逆鱗刺 [Nílín cì]

[18] ASSASSINATING THE EMPEROR

姿勢說明

Explanation of the posture:

右膝向右後方略衝，左腿蹬直。全體重心，仍負右足。同時右手持劍向右後下方直刺，下刃向左前下方，上刃向右後上方。劍鋒向右後下方。左手抱劍柄，以助其勢。面向右後方。目注劍鋒。

Your right knee slightly bulges to the Right Rear, your left leg pressing straight, the weight still on your right foot.

At the same time, your right hand, holding the sword, does a stab [刺 cì] downward to the Right Rear, the sword's bottom edge facing downward to the Left Front, upper edge facing upward to the Right Rear, the

tip pointing downward to the Right Rear, while your left hand holds the sword handle to assist the posture.



You are facing to the Right Rear, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人用槍刺我下部，我用劍乘勢逆進，直刺敵之小腿。並划敵之前手。

The opponent uses his spear to stab to my lower body, so I use my sword, taking advantage of the moment, to counter his advance and do a stab [刺 cì] to his lower leg, scratching [划 huá] his front hand in the process.

回身點 [Huíshēn diǎn]

[19] TURN AROUND, TAP

姿勢說明

Explanation of the posture:

身體由右後方，向左前方旋轉。左膝向左前方弓出。右腿蹬直。全體重心，均在左足。同時左手劍訣，由右後方向下。然後向左前方引起，橫置頂上。右手持劍，向左前下方直點。下刃向右後下方。上刃向左前上方。劍鋒向左前下方。面向左前方。目注劍鋒。

Your body turns around from the Right Rear to the Left Front, your left knee bends to the Left Front, your right leg pressing straight, the weight now on your left foot.

At the same time, your left hand forms a swordsman's hex and goes downward from the Right Rear, then lifts up to the Left Front and is placed crosswise above your headtop, while your right hand, holding the sword, goes downward to the Left Front in a tapping action [點 diǎn], the sword's bottom edge facing downward to the Right Rear, upper edge facing upward to the Left Front, the tip pointing downward to the Left Front.



You are facing to the Left Front, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍自身後來刺。我轉身以避之。乘勢用劍直點敵之下部。

The opponent uses his spear to stab at me from behind, so I turn around to prevent it, taking advantage of the moment by using my sword to do a tap [點 diǎn] to his lower body.

沛公斬蛇 [Pèigōng zhǎn shé]
[20] DUKE PEI BEHEADS THE SNAKE

姿勢說明

Explanation of the posture:

右足由右後方向左方進半步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，由左前方提起，而後向左下方平斬。下刃向後。上刃向前。劍鋒向左下方。左手抱劍柄，以助其勢。面向左方。目注劍鋒。

Your right foot goes from the Right Rear and advances a half step to the Left, toes touching down, heel lifted, knee slightly bent. Your left foot does not leave its location, but the leg squats down, and the weight is now fully on your left foot.

At the same time, your right hand, holding the sword, lifts [提 tí] from the Left Front, then slashes across downward to the Left, the sword's bottom edge facing to the Rear, upper edge facing to the Front, the tip pointing downward to the Left, your left hand holding the sword handle to assist the posture.



You are facing to the Left, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢進步，用劍揮開敵槍，橫斬敵人之膝。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing, using my sword to wipe aside his spear and doing a crosswise [橫 héng] slash to his knee.

翻身提斗 **[Fānshēn tí dǒu]**
[21] TURN AROUND, LIFT THE LADLE

姿勢說明

Explanation of the posture:

左足提起翻身向右前方上一步，膝微曲。右腿曲膝上提。足尖上翹，約與胯齊。全體重心，均在左足。同時右手持劍，由左方向下反掛，而後向右前方上提。下刃向右前上方。上刃向左後下方。劍鋒向右前下方。左手劍訣，向右前方平指，以助其勢。面向右前方。目平視。

Your left foot lifts as you turn around [rightward] and takes a step to the Right Front, the knee slightly bends, and your right leg bends and lifts, toes raised, to about hip level, the weight fully on your left foot.

At the same time, your right hand, holding the sword, goes from the Left, hanging **[掛 guà]** upside down, then

lifts **[上提 shàng tí]** to the Right Front, the sword's bottom edge facing upward to the Right Front, upper edge facing downward to the Left Rear, the tip pointing downward to the Right Front, while your left hand's swordsman's hex points level to the Right Front to assist the posture.



You are facing to the Right Front, your gaze level.

應用說明

Explanation of the application:

敵人用槍自身後來刺，我翻身以避之，乘勢上步，用劍提撩敵胸。

An opponent uses his spear to stab at me from behind, so I turn around to prevent it, taking advantage of the moment to step forward, and use my sword in a raising action **[提撩 tí liào]** to his chest.

猿猴舒臂

[Yuánhóu shū bì]

[22] APE STRETCHES OUT ITS ARM

姿勢說明

Explanation of the posture:

右足向右前方虛踏半步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，向右前方平刺。下刃向上。上刃向下。劍鋒向右前方。左手劍訣，按右腕以助其力。面向右前方。目注劍鋒。

Your right foot takes an empty half step to the Right Front, toes touching down, heel lifted, the knee slightly bent, your left foot not leaving its location, the leg squatting down, the weight still fully on your left foot.

At the same time, your right hand, holding the sword, then does a level stab **[刺 cì]** to the Right Front, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Right Front, while your left hand's swordsman's hex touches your right wrist to assist the power.



You are facing to the Right Front, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢進步，用劍直刺敵人之喉。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing and using my sword to do a stab **[刺 cì]** to his throat.

[23] ZILU ASKS FOR DIRECTIONS TO FORD THE RIVER

姿勢說明

Explanation of the posture:

右足向右前方進半步。弓膝。左腿蹬直。全體重心，均在右足。同時右手持劍，立腕向上反撥。身體亦隨劍向右後方微傾。下刃向左前下方。上刃向右後上方。劍鋒向右前上方。左手劍訣，按右腕以助其力。面向右前方。目平視。

Your right foot advances a half step to the Right Front, the knee bends, and your left leg presses straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, stands up its wrist to do a reverse deflection, your torso going along with your sword by slightly inclining to the Right Rear, the sword's bottom edge facing downward to the Left Front, upper edge facing upward to the Right Rear, the tip pointing upward to the Right Front, while your left hand's swordsman's hex touches your right wrist to assist the power.



You are facing to the Right Front, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我喉部，我用劍格開，以窺其變。

The opponent uses his spear to stab to my throat, so I use my sword to block **[格 gé]** it aside, then watch for what he will do next.

李廣射石

[Lǐ guǎng shè shí]

[24] LI GUANG SHOOTS AN ARROW INTO A BOULDER

姿勢說明

Explanation of the posture:

左足向右前方進一步，弓膝。右腿蹬直。全體重心，均在左足。同時右手持劍，反臂向右前方平刺。下刃向上。上刃向下。劍鋒向右前方。左手劍訣，按右腕以助其勢。面向右前方。目注劍鋒。

Your left foot takes a step to the Right Front, the knee bends, and your right leg presses straight, the weight now fully on your left foot.

At the same time, your right hand, holding the sword, turns its arm over with a level stab [刺 cì] to the Right Front, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Right Front, while your left hand's swordsman's hex touches your right wrist to assist the posture.



You are facing to the Right Front, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢進步，用劍直刺敵人之喉。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing and using my sword to do a stab [刺 cì] to his throat.

[25] COLORFUL PHOENIX STRETCHES OUT ITS WINGS

姿勢說明

Explanation of the posture:

右足提起，以左足為軸，身體由右前方，向右方，後方，左方，前方，旋轉。至面向右前方止。旋轉一週。同時右手持劍，抱至胸前。左手按劍柄，以助其勢。然後右足向右前方進一步，膝向右前方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，向右前方平刺。下刃向上。上刃向下。劍鋒向右前方。左手劍訣，向左後方平伸，以稱其力。面向右前方。目平視。

Your right foot lifts, and using your left foot as a pivot, your body goes from the Right Front, to the Right, to the Rear, to the Left, to the Front, spinning around until again facing to the Right Front, making a complete spin.

At the same time, your right hand, holding the sword, embraces in front of your chest while your left hand pushes down on the sword handle to assist the posture.

Then your right foot advances a step to the Right Front, the knee bends to the Right Front, and your left leg presses straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, does a level stab [刺 cì] to the Right Front, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Right Front, while your left hand's swordsman's hex extends level to the Left Rear to balance the power.



You are facing to the Right Front, your gaze level.

應用說明

Explanation of the application:

敵人用槍刺我腰部，我轉身以避之，乘勢進步用劍直取敵人之頭。

The opponent uses his spear to stab to my waist, so I spin around to evade it, then take advantage of the moment by advancing and using my sword to seek his head.

退步撩陰一 [Tuìbù liāo yīn]

[26] RETREAT, RAISING CUT TO THE GROIN - Part 1

姿勢說明

Explanation of the posture:

右足向左後方退一步，膝向左後方弓出。左腿蹬直。同時右手持劍，回身向左後方下劈。然後左足再向左後方退一步，右膝向右前方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由左後下方，反手向右前下方撩出，下刃向右前上方。上刃向左後下方。劍鋒向右前下方。左手劍訣，按右腕以助之。面向右前方。目注劍鋒。

Your right foot retreats a step to the Left Rear, the knee bends to the Left Rear [Right Front], and your left leg presses straight.

At the same time, your right hand, holding the sword, comes back toward your body and chops [劈 pī] down to the Left Rear.

Then your left foot also retreats a step to the Left Rear, your right knee bends to the Right Front, and your left leg presses straight, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, goes from downward to the Left Rear, turning over, and does a low raising action [撩 liāo] to the Right Front, the sword's bottom edge facing upward to the Right Front, upper edge facing downward to the Left Rear, the tip pointing downward to the Right Front, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right Front, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人進身用槍刺我胸部，其勢甚猛，不可敵當，我退步以洩其力。同時用劍順勢掛開敵槍，乘勢反撩敵之下部。

The opponent advances his body and uses his spear to stab to my chest. His attack is fierce and I cannot put up any resistance, so I retreat to dispel his power while using my sword to go along with his momentum and hang [掛 guà] aside his spear, then take advantage of the moment by doing a reverse raising action [反撩 fǎn liāo] to his lower body.

退步撩陰二 [Tuìbù liāo yīn]

[27] RETREAT, RAISING CUT TO THE GROIN - Part 2

姿勢說明

Explanation of the posture:

右足向左後方退一步，膝向左後方弓出。左腿蹬直。同時右手持劍，回身向左後方下劈。然後左足再向左後方退一步，右膝向右前方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由左後下方，反手向右前下方撩出。下刃向右前上方。上刃向左後下方。劍鋒向右前下方。左手劍訣，按右腕以助之。面向右前方。目注劍鋒。

Your right foot retreats a step to the Left Rear, the knee bends to the Left Rear [Right Front], and your left leg presses straight.

At the same time, your right hand, holding the sword, comes back toward your body and chops [劈 pī] down to the Left Rear.

Then your left foot also retreats a step to the Left Rear, your right knee bends to the Right Front, and your left leg presses straight, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, goes from downward to the Left Rear, turning over, and does a low raising action [撩 liāo] to the Right Front, the sword's bottom edge facing upward to the Right Front, upper edge facing downward to the Left Rear, the tip pointing downward to the Right Front, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right Front, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人進身用槍刺我胸部，其勢甚猛，不可敵當，我退步以洩其力，同時用劍順勢掛開敵槍，乘勢反撩敵之下部。

The opponent advances his body and uses his spear to stab to my chest. His attack is fierce and I cannot put up any resistance, so I retreat to dispel his power while using my sword to go along with his momentum and hang [掛 guà] aside his spear, then take advantage of the moment by doing a reverse raising action [反撩 fǎn liāo] to his lower body.

退步撩陰三 [Tuìbù liāo yīn]

[28] RETREAT, RAISING CUT TO THE GROIN - Part 3

姿勢說明

Explanation of the posture:

右足向左後方退一步，膝向左後方弓出。左腿蹬直。同時右手持劍，回身向左後方下劈。然後左足再向左後方退一步，右膝向右前方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由左後下方，反手向右前下方撩出。下刃向右前上方。上刃向左後下方。劍鋒向右前下方。左手劍訣，按右腕以助之。面向右前方。目注劍鋒。

Your right foot retreats a step to the Left Rear, the knee bends to the Left Rear [Right Front], and your left leg presses straight.

At the same time, your right hand, holding the sword, comes back toward your body and chops [劈 pī] down to the Left Rear.

Then your left foot also retreats a step to the Left Rear, your right knee bends to the Right Front, and your left leg presses straight, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, goes from downward to the Left Rear, turning over, and does a low raising action [撩 liāo] to the Right Front, the sword's bottom edge facing upward to the Right Front, upper edge facing downward to the Left Rear, the tip pointing downward to the Right Front, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right Front, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人進身用槍刺我胸部，其勢甚猛，不可敵當，我退步以洩其力，同時用劍順勢掛開敵槍，乘勢反撩敵之下部。

The opponent advances his body and uses his spear to stab to my chest. His attack is fierce and I cannot put up any resistance, so I retreat to dispel his power while using my sword to go along with his momentum and hang [掛 guà] aside his spear, then take advantage of the moment by doing a reverse raising action [反撩 fǎn liāo] to his lower body.

[29] CROUCHING TIGER GUARDS THE GATE

姿勢說明

Explanation of the posture:

右足向左後方退半步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，反掛向左後方撤回。下刃向上。上刃向下。劍鋒向右前方。左手劍訣，按右腕以助之。面向右前方。目平視。

Your right foot retreats a half step to the Left Rear, toes touching down, heel lifted, the knee slightly bent, your left foot not leaving its location, the leg squatting down, the weight now on your left foot.

At the same time, your right hand, holding the sword, turns over with a hanging action **[掛 guà]**, withdrawing to the Left Rear, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Right Front, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right Front, your gaze level.



應用說明

Explanation of the application:

敵人抽槍向我胸部來刺。我卻步用劍反掛敵槍，以待其變。

The opponent draws back his spear and stabs to my chest, so I withdraw a step and use my sword in a hanging action **[掛 guà]** [to take his spear aside], then wait for what he will do next.

梢公搖櫓一 [Shāogōng yáo lǚ]
[30] ROWING THE BOAT - Part 1

姿勢說明

Explanation of the posture:

右足向右前方進少半步。膝微曲。左足不動，腿仍下坐。全體重心，仍在左足。同時右手持劍，反手向左後下方划出。下刃向右前下方。上刃向左後上方。劍鋒向左後下方。左手劍訣，按右腕以助之。面向右前方。目平視。

Your right foot advances barely a half step to the Right Front and the knee slightly bends, your left foot staying where it is, the leg still squatting down, the weight still on your left foot.

At the same time, your right hand, holding the sword, turns over and goes downward to the Left Rear with a scratching action [划 huá], the sword's bottom edge facing downward to the Right Front, upper edge facing upward to the Left Rear, the tip pointing downward to the Left Rear, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right Front, your gaze level.



應用說明

Explanation of the application:

敵人用槍向我膝部刺來，我步稍移，以洩其力，乘勢用劍划開敵槍，以待其變。

The opponent uses his spear to stab to my knee, so I slightly shift my step to dispel his power, taking advantage of the moment by using my sword in a scratching action [划 huá] to take his spear aside, then wait for what he will do next.

梢公搖櫓二 **[Shāogōng yáo lǚ]**
[31] ROWING THE BOAT - Part 2

姿勢說明

Explanation of the posture:

左足向右前方進半步，足尖點地，足跟翹起。膝微曲。右足不動，而腿下坐。全體重心，均在右足。同時右手持劍，反手上撩抱回。劍柄置左脇側。下刃向左後上方。上刃向右前下方。劍鋒向右前上方。左手握劍柄以助其力。面向右前方。目平視。

Your left foot advances a half step to the Right Front, toes touching down, heel lifted, the knee slightly bent, your right foot staying where it is with the leg still squatting down, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, turns over and embraces inward with an upward raising action **[上撩 shàng liāo]**, placing the sword handle beside your left ribs, the sword's bottom edge facing upward to the Left Rear, upper edge facing downward to the Right Front, the tip pointing upward to the Right Front, while your left hand grabs the handle to assist the power.



You are facing to the Right Front, your gaze level.



應用說明

Explanation of the application:

敵人抽槍向我面部刺來，我用劍掛開敵槍，乘勢上步，以觀其變。

The opponent draws back his spear and stabs to my face, so I use my sword in a hanging action **[掛 guà]** to take his spear aside, taking advantage of the moment by stepping forward, then watch for what he will do next.

順水推舟 [Shùn shuǐ tuī zhōu]

[32] GOING WITH THE CURRENT TO PUSH THE BOAT

[The only reason this posture could be so named is due to the connection to the posture names preceding it. Otherwise this posture ought to be called 單鞭式 SINGLE WHIP – see postures 46 & 74.]

姿勢說明

Explanation of the posture:

右足向右前方進一步，膝向右前方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，向右前方平劍刺出。下刃向左前方。上刃向右後方。劍鋒向右前上方。左手劍訣，向左後方平伸，以稱其勢。面向右前方。目注劍鋒。

Your right foot advances a step to the Right Front, the knee bends to the Right Front, and your left leg presses straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, does a level stab [刺 cì] to the Right Front, the sword's bottom edge facing to the Left Front, upper edge

facing to the Right Rear, the tip pointing upward to the Right Front, while your left hand's swordsman's hex extends level to the Left Rear to balance the posture.



You are facing to the Right Front, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人向後抽槍，我藉其抽力，乘勢進步，用劍平刺敵人之喉。

The opponent draws back his spear, so I make use of his withdrawing energy, taking advantage of the moment by advancing and using my sword to do a stab [刺 cì] to his throat with the blade horizontal.

眉中點赤

[Méi zhōng diǎn chì]

[33] MAKING A RED SPOT BETWEEN THE EYEBROWS

姿勢說明

Explanation of the posture:

右足向左前方移半步，左足再向右前方進一步，膝向右前方弓出。右腿蹬直。全體重心，均在左足。同時右手持劍，向懷中平劍抱回。然後向右前方立劍刺出。下刃向下。上刃向上。劍鋒向右前上方。左手劍訣，橫置頂上，以助其勢。面向右前方。目注劍鋒。

Your right foot shifts a half step to the Left Front, then your left foot advances a step to the Right Front, the knee bends to the Right Front, and your right leg presses straight, the weight now on your left foot.

At the same time, your right hand, holding the sword, draws back to embrace the sword with the blade horizontal, then stabs [刺 cì] to the Right Front with the blade vertical, the sword's bottom edge facing downward, upper edge facing upward, the tip pointing upward to the Right Front, while your left hand's swordsman's hex is placed crosswise above your headtop to assist the posture.



You are facing to the Right Front, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍刺我腹部。我抱劍掙開敵槍，乘勢上步，用劍直點敵之眉中。

The opponent uses his spear to stab to my belly, so I embrace my sword with a rollback action [掙 lǚ] to take his spear aside, taking advantage of the moment by stepping forward and using my sword to poke [點 diǎn] between his eyebrows.

[34] STANCE-TURNING SWORD - Part 1

姿勢說明

Explanation of the posture:

左足向左後方背一步，足掌着地，足跟略起，雙膝下曲。全體重心，均在右足。同時右手持劍，由右前方上提，反手向左後方平擊。下刃向上。上刃向下，劍鋒向左後方。左手劍訣，按右腕以助其勢。面面向左後方。目平視。

Your left foot steps behind you to the Left Rear, sole touching down, heel slightly lifted, both knees bending, the weight now on your right foot.

At the same time, your right hand, holding the sword, lifts [上提 shàng tí] from the Right Front and turns over to do a level strike [擊 jī] to the Left Rear, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Left Rear, while your left hand's swordsman's hex touches your right wrist to assist the posture.



You are facing to the Left Rear, your gaze level.



應用說明

Explanation of the application:

敵人用槍自身後來刺，我向後背步，閃開敵槍，乘勢用劍平擊敵人之頭。

An opponent uses his spear to stab at me from behind, so I take a step behind to prevent it, taking advantage of the moment by using my sword to do a level strike [擊 jī] to his head.

[35] STANCE-TURNING SWORD - Part 2

姿勢說明

Explanation of the posture:

右足向左後方進一步，膝向左後方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由左後方向下，向右前方上提，然後向左後下方下劈。下刃向右前下方。上刃向左後上方。劍鋒向左後下方。左手劍訣，按右腕以助之。面向左後方。目注劍鋒。

Your right foot advances a step to the Left Rear, the knee bending to the Left Rear, and your left leg presses straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, lifts **[上提 shàng tí]** from downward in the Left Rear to the Right Front, then chops **[劈 pī]** downward to the Left Rear, the sword's bottom edge facing downward to the Right Front, upper edge facing upward to the Left Rear, the tip pointing downward to the Left Rear, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Left Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍刺我腿部，我用劍外掛，乘勢進步，直劈敵之頭部。

The opponent uses his spear to stab to my leg, so I use my sword in an outward hanging action **[掛 guà]**, taking advantage of the moment by advancing a step, and do a chop **[劈 pī]** to his head.

[36] STANCE-TURNING SWORD - Part 3

姿勢說明

Explanation of the posture:

右足向左後方略進，膝向左後方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，向左後下方直刺。下刃向右前下方。上刃向左後上方。劍鋒向左後下方。左手劍訣，向右前方伸出，以稱其力。面面向左後方。目注劍鋒。

Your right foot slightly advances to the Left Rear, the knee bending to the Left Rear, your left leg pressing straight, the weight on your right foot.

At the same time, your right hand, holding the sword, does a stab **刺 cì** downward to the Left Rear, the sword's bottom edge facing downward to the Right Front, upper edge facing upward to the Left Rear, the tip pointing downward to the Left Rear, while your left hand's swordsman's hex extends to the Right Front to balance its power.



You are facing to the Left Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我因其抽力，順勢用劍直刺敵之下部。

The opponent draws back his spear, so I go along with his withdrawing energy, taking advantage of the moment by using my sword to stab **刺 cì** to his lower body.

[37] MAIDEN FITS THE NEEDLE

姿勢說明

Explanation of the posture:

右足向右後方移半步，左足再向左後方進一步，膝向左後方弓出。右腿蹬直。全體重心，均在左足。同時右手持劍，向懷中抱回。然後向左後下方平劍直刺。下刃向右後方。上刃向左前方。劍鋒向左後下方。左手劍訣，橫置頂上，以助其勢。面向左後方。目注劍鋒。

Your right foot shifts a half step to the Right Rear, your left foot then advances a step to the Left Rear, the knee bending to the Left Rear, your right leg pressing straight, the weight now on your left foot.

At the same time, your right hand, holding the sword, draws back embracing, then does a stab **[刺 cì]** downward to the Left Rear with the blade horizontal, the sword's bottom edge facing to the Right Rear, upper edge facing to the Left Front, the tip pointing downward to the Left Rear, while your left hand's swordsman's is placed crosswise above your headtop to assist the posture.



You are facing to the Left Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍刺我胸部，我抱劍掛開敵槍，乘勢進步，直刺敵之下部。

The opponent uses his spear to stab to my chest, so I embrace my sword in a hanging action **[掛 guà]** to take his spear aside, taking advantage of the moment by advancing and doing a stab **[刺 cì]** to his lower body.

[38] KUIXING TAKES UP HIS PEN

姿勢說明

Explanation of the posture:

以右足跟為軸，身體由左後方轉向右前方。然後左腿曲膝向右前方提起。足尖下垂。全體重心，均在右足。同時右手持劍，由左後下方，反手向右前方上提。下刃向右前上方。上刃向左後下方。劍鋒向右前下方。左手劍訣，向右前方下指，以助其勢。面向右前方。目平視。

Pivoting on your right heel, your body turns from the Left Rear to the Right Front, then your left leg lifts to the Right Front with the knee bent, the toes hanging down, the weight fully on your right foot.

At the same time, your right hand, holding the sword, goes from downward to the Left Rear, turning over, and lifts up [上提 **shàng tí**] to the Right Front, the sword's bottom edge facing upward to the Right Front, upper edge facing downward to the Left Rear, the tip pointing downward to the Right Front, while your left hand's swordsman's hex points downward to the Right Front to assist the posture.



You are facing to the Right Front, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我背部，我翻身以避之，乘勢用劍撩取敵之前手。

The opponent uses his spear to stab to my back, so I turn around to prevent it, taking advantage of the moment to use my sword in a raising action [撩 **liào**] seeking his front hand.

迎門劍 [Yíng mén jiàn]

[39] CHOPPING OPEN THE GATE

姿勢說明

Explanation of the posture:

左足向右前方進一步，右足再向右前方進一步，膝向右前方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由右前方向左後方下掛，而後上提，再向右前方下劈。下刃向左後下方。上刃向右前上方。劍鋒向右前下方。左手劍訣，向左後方伸出，以稱其勢。面向右前方。目注劍鋒。

Your left foot advances a step to the Right Front, then your right foot advances a step to the Right Front, the knee bending to the Right Front, and your left leg presses straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, hangs [掛 guà] down from the Right Front to the Left Rear, then lifts [上提 shàng tí] again and chops [劈 pī] down to the Right Front, the sword's bottom edge facing downward to the Left Rear, upper edge facing upward to the Right Front, the tip pointing downward to the Right Front, while your left hand's swordsman's hex extends to the Left Rear to balance the posture.



You are facing to the Right Front, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用劍刺我腿部，我用劍掛開，乘勢進步，直劈敵人之頭。

The opponent uses his spear to stab to my leg, so I use my sword in a hanging action [掛 guà] to take his spear aside, taking advantage of the moment by advancing and chopping [劈 pī] to his head.

臥虎當門

[Wò hǔ dāng mén]

[40] CROUCHING TIGER GUARDS THE GATE

姿勢說明

Explanation of the posture:

右足向左後方撤回半步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，反手向左後方抱回。下刃向上。上刃向下。劍鋒向右前方。左手劍訣，按右腕以助之。面向右前方。目平視。

Your right foot withdraws a half step to the Left Rear, toes touching down, heel lifted, the knee slightly bent, your left foot not leaving its location, the leg squatting down, the weight now on your left foot.

At the same time, your right hand, holding the sword, turns over and draws back to embrace to the Left Rear, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Right Front, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right Front, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我胸部，我用劍反掛，以洩其力，靜觀敵變。

The opponent uses his spear to stab to my chest, so I turn my sword over in a hanging action **掛 guà** to dispel his power, then calmly watch for what he will do next.

[41] CAPTURING THE GIANT TURTLE UNDER THE SEA - Part 1

姿勢說明

Explanation of the posture:

右足向右前方邁半步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，反劍向左後下方劈之。下刃向右前下方。上刃向左後上方。劍鋒向左後下方。左手劍訣，按右腕以助之。面向左後方。目注劍鋒。

Your right foot takes a half step to the Right Front, toes touching down, heel lifted, the knee slightly bent, your left foot staying where it is, the leg still squatting down, the weight still on your left foot.

At the same time, your right hand, holding the sword, turns the sword over and goes downward to the Left Rear with a chopping [scratching] action [劈 pī], the sword's bottom edge facing downward to the Right Front, upper edge facing upward to the Left Rear, the tip pointing downward to the Left Rear, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Left Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人抽槍刺我腿部，我將身微移以洩其力，乘勢用劍反撥敵槍，以窺其變。

The opponent retracts his spear then stabs to my leg, so I slightly shift my torso [step] to dispel his power, taking advantage of the moment by turning over my sword to deflect his spear aside, then watch for what he will do next.

海底擒鯨二 [Hǎidǐ qín áo]

[42] CAPTURING THE GIANT TURTLE UNDER THE SEA - Part 2

姿勢說明

Explanation of the posture:

以右足為軸，身體由右前方轉向左後方。同時左腿上提，向左後方倒邁一步。全體重心，均在左足。同時右手持劍，由左後方上提，然後向右前方下劈。下刃向左後下方。上刃向右前上方。劍鋒向右前下方。左手劍訣，按右腕以助之。面向右前方。目注劍鋒。

Using your right foot as a pivot, your body turns from the Right Front to the Left Rear while your left leg lifts and steps down to the Left Rear, the weight now on your left foot.

At the same time, your right hand, holding the sword, lifts **【上提 shàng tí】** from the Left Rear, then chops **【劈 pī】** down to the Right Front, the sword's bottom edge facing downward to the Left Rear, upper edge facing upward to the Right Front, the tip pointing downward to the Right Front, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right Front, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，用劍直劈敵人之頭。

The opponent draws back his spear, so I follow his withdrawing energy and use my sword to chop **【劈 pī】** to his head.

翻身提斗 **[Fānshēn tí dòu]**
[43] TURN AROUND, LIFTING THE LADLE

姿勢說明

Explanation of the posture:

左足不動，右腿曲膝上提，足尖上翹。全體重心，均在左足。同時右手持劍，反手由右前下方向左後方上提。下刃向左後上方。上刃向右前下方。劍鋒向左後下方。左手劍訣，置于胸與劍之間。面向左後方。目平視。

Your left foot staying where it is, your right leg lifts with the knee bent, toes raised, the weight fully on your left foot.

At the same time, your right hand, holding the sword, turns over, lifting up **[上提 shàng tí]** from the Right Front to the Left Rear, the sword's bottom edge facing upward to the Left Rear, upper edge facing downward to the Right Front, the tip pointing downward to the Left Rear, while your left hand's swordsman's hex is placed upright between the sword and your chest.



You are facing to the Left Rear, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我背部，我翻身避開，用劍直撩敵之前手。

An opponent uses a spear to stab to my back, so I turn around to prevent it, using my sword to do a raising action **[撩 liāo]** to his front hand.

反臂劍 [Fǎn bì jiàn]

[44] TURNING OVER THE ARM

姿勢說明

Explanation of the posture:

左足不動，右足向左後方平踢。全體重心，仍在左足。同時右手持劍，由左後方上提，然後反臂向右前方下劈。下刃向左後下方。上刃向右前上方。劍鋒向右前下方。左手劍訣，向左後上方伸出，以稱其勢。上身向右前方略傾。面向右前下方。目注劍鋒。

Your left foot staying where it is, your right foot does a level kick to the Left Rear, the weight still on your left foot.

At the same time, your right hand, holding the sword, lifts [上提 shàng tí] from the Left Rear, your arm turns over and chops [劈 pī] down to the Right Front, the sword's bottom edge facing downward to the Left Rear, upper edge facing upward to the Right Front, the tip pointing downward to the Right Front, while your left hand's swordsman's hex extends upward to the Left Rear to balance the posture.



With your upper body slightly leaning to the Right Front, you are facing downward to the Right Front, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人自身後用槍刺我腿部，我將腿踢出，以避其鋒，乘勢用劍反臂直劈敵之頭部。

An opponent uses a spear to stab to my leg from behind me, so I kick out to evade his spear tip, taking advantage of the moment by turning over my arm with a chop [劈 pī] to his head.

進步栽劍 [Jìnbù zāi jiàn]
[45] ADVANCE, PLANTING SWORD

姿勢說明

Explanation of the posture:

左足提起，右足即落于左足之原位，作一跳步。左足再向右前方上半步，足尖點地，足跟翹起，膝微曲。全體重心，均在右足。同時右手持劍，由右前方向左後方提起，然後反手再向右前下方刺下。下刃向右前上方。上刃向左後下方。劍鋒向右前下方。左手劍訣，按右腕以助之。面向右前方，目注劍鋒。

Your left foot lifts and immediately your right foot comes down to where your left foot was, making a hopping step, and your left foot then takes a half step to the Right Front, toes touching down, heel lifted, the knee slightly bent, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, lifts [提 tí] from the Right Front to the Left Rear, then turns over and stabs [刺 cì] downward to the Right Front, the sword's bottom edge facing upward to the Right Front, upper edge facing downward to the Left Rear, the tip pointing downward to the Right Front, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right Front, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人自身後用槍刺我腿部，我跳步以避之，復掛開敵槍，乘勢進步，用劍直刺敵之下部。

The opponent behind me uses his spear to stab to my other leg, so I do a hopping step to evade it, then do a hanging action [掛 guà] to take his spear aside, taking advantage of the moment by advancing and using my sword to do a stab [刺 cì] to his lower body.

左右提鞭一 [Zuǒyòu tí biān]

[46] LIFTING THE ROD ON BOTH SIDES - Part 1

姿勢說明

Explanation of the posture:

右足向右方上一步，身體轉向左方。右腿下坐。左足向左略進，足尖點地，足跟翹起，膝微曲。全體重心，均在右足。同時右手持劍，由右前下方，用劍鋒向左方崩起。下刃向左方。上刃向右方。劍鋒向上。左手抱劍柄，以助其力。面向左方。目平視。

Your right foot steps forward to the Right, your body turning to the Left, your right leg squats down, and your left foot slightly advances to the Left, toes touching down, heel lifted, the knee slightly bent, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, goes from downward to the Right Front and flicks [崩 bēng] the sword tip up to the Left, the sword's bottom edge facing to the Left, upper edge facing to the Right, the tip pointing upward, while your left hand holds the sword handle to assist the power.



You are facing to the Left, your gaze level.



應用說明

Explanation of the application:

敵人自身旁用槍來刺我膝，我轉身避過敵槍，乘勢用劍崩取敵之前手。

An opponent comes from the side, using his spear to stab to my knee, so I turn to prevent it, taking advantage of the moment by using my sword to do a flicking action [崩 bēng] seeking his front hand.

左右提鞭二 [Zuǒyòu tí biān]

[47] LIFTING THE ROD ON BOTH SIDES - Part 2

姿勢說明

Explanation of the posture:

身體由左方轉向右方，右膝向右弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由左而前向右方立劍平移。下刃向右方。上刃向左方。劍鋒向上。左手抱劍柄以助之。面向右方。目平視。

Your body turns from the Left to the Right, your right knee bends to the Right, and your left leg presses straight, the weight on your right foot.

At the same time, your right hand, holding the sword, shifts from the Left across to the Front and then to the Right with the sword standing, the sword's bottom edge facing to the Right, upper edge facing to the Left, the tip pointing upward, while your left hand holds the sword handle to assist.



You are facing to the Right, your gaze level.



應用說明

Explanation of the application:

敵人用槍自身後來刺，我轉身以避之，乘勢用劍直格敵之前手。

An opponent from behind uses his spear to attack me with a stab, so I turn to prevent it, taking advantage of the moment by using my sword to block [格 gé] his front hand.

落花待掃

[Luòhuā dài sǎo]

[48] FALLEN BLOOMS WAITING FOR THE BROOM

姿勢說明

Explanation of the posture:

右足向左方進一步，膝向左方弓出。右腿蹬直。全體重心，均在右足。同時右手持劍，由右方下劈，然後向左方反手平撩。下刃向上。上刃向下。劍鋒向左方。左手劍訣，按右腕以助之。面向左方。目注劍鋒。

Your right foot advances a full step to the Left, the knee bends to the Left, and your left leg presses straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, chops **[劈 pī]** downward from the Right, then goes to the Left, the hand turning over, with a level raising action **[平撩 píng liāo]**, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Left, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Left, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍自背後刺我腰部，我回身閃過敵槍，乘勢進步，用劍直撩敵人之喉。

An opponent behind me uses his spear to stab to my waist, so I turn around to prevent it, taking advantage of the moment by advancing and using my sword to do a raising action **[撩 liāo]** to his throat.

[49] CROUCHING TIGER GUARDS THE GATE

姿勢說明

Explanation of the posture:

右足向右方撤回半步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，反手向懷中抱回，下刃向上。上刃向下。劍鋒向左方。左手劍訣，按右腕以助之。面向左方。目平視。

Your right foot withdraws a half step to the Right, toes touching down, heel lifted, the knee slightly bent, your left foot not leaving its location, the leg squatting down, the weight now on your left foot.

At the same time, your right hand, holding the sword, turns over and withdraws to be embraced in front of your chest, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Left, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Left, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我頭部，我撤步以洩其力，乘勢用劍擄着敵槍，以觀其變。

The opponent uses his spear to stab to my head, so I withdraw a step to dispel his power, taking advantage of the moment by using my sword to capture his spear, then watch for what he will do next.

落花待掃

[Luòhuā dài sǎo]

[50] FALLEN BLOOMS WAITING FOR THE BROOM

姿勢說明

Explanation of the posture:

右足向左方進半步，左足再向左方進一步，膝向左方弓出。右腿蹬直。全體重心，均在左足。同時右手持劍，由左方上提，向右方下劈。然後反手再向左方平撩。下刃向上。上刃向下。劍鋒向左方。左手劍訣，按右腕以助其力。面向左方。目注劍鋒。

Your right foot advances a half step to the Left, then your left foot advances a full step to the Left, the knee bends to the Left, and your right leg presses straight, the weight now on your left foot.

At the same time, your right hand, holding the sword, lifts up **上提 shàng tí** from the Left, chops **劈 pī** downward to the Right, then goes to the Left, the hand turning over, with a level raising action **平撩 píng liāo**, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Left, while your left hand's swordman's hex touches your right wrist to assist the power.



You are facing to the Left, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍刺我胸部，我用劍掛開敵槍，乘勢進步，直撩敵人之喉。

The opponent uses his spear to stab to my chest, so I use my sword in a hanging action **掛 guà** to take his spear aside, taking advantage of the moment by advancing and doing a raising action **撩 liāo** to his throat.

[51] CROUCHING TIGER GUARDS THE GATE

姿勢說明

Explanation of the posture:

左足向右方撤回半步，足尖點地，足跟翹起，膝微曲。右足不動，而腿下坐。全體重心，均在右足。同時右手持劍，反手向懷中抱回。下刃向上。上刃向下。劍鋒向左方。左手劍訣，按右腕以助之。面向左方。目平視。

Your left foot withdraws a half step to the Right, toes touching down, heel lifted, the knee slightly bent, your right foot not leaving its location, the leg squatting down, the weight now on your right foot.

At the same time, your right hand, holding the sword, turns over and withdraws to be embraced in front of your chest, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Left, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Left, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我頭部，我向後撤步，以洩其力，乘勢用劍擄着敵槍，以觀其變。

The opponent uses his spear to stab to my head, so I withdraw a step to dispel his power, taking advantage of the moment by using my sword to capture his spear, then watch for what he will do next.

翻身披掛

[Fānshēn pīguà]

[52] TURN AROUND, SPREAD & HANG

姿勢說明

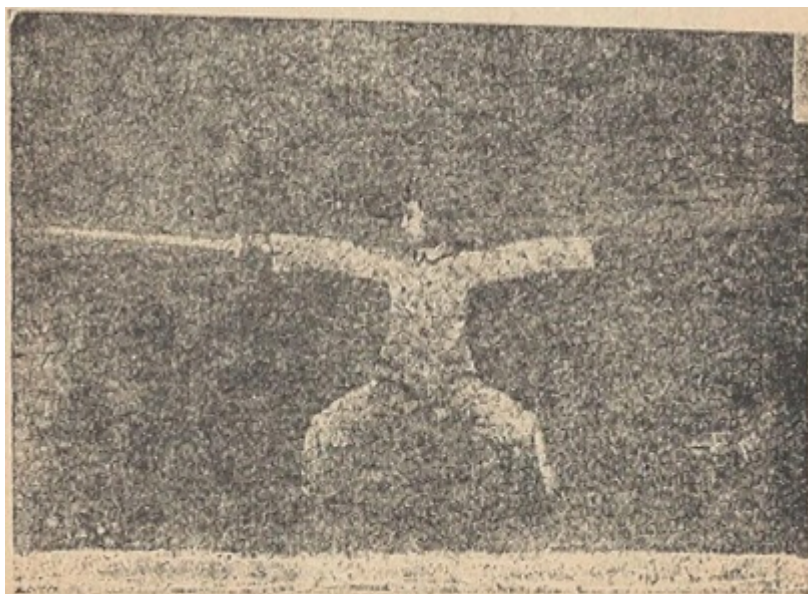
Explanation of the posture:

左足向左方開半步，雙腿下蹲。全體重心，在兩足間之中點。同時右手持劍，由左方上提，向
右方平劈。下刃向下。上刃向上。劍鋒向右方。左手劍訣，向左方平伸，以稱其力。面向右
方。目注劍鋒。

Your left foot steps
out a half step to the
Left and both legs
squat down, the
weight now between
your feet.

At the same time,
your right hand,
holding the sword,
lifts up **[上提 shàng
tí]** from the Left and
chops **[劈 pī]** down to
the Right until level,
the sword's bottom
edge facing
downward, upper

edge facing upward, the tip pointing to the Right, while your left hand's
swordsman's hex extends to the Left to balance the power.



You are facing to the Right, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人自身後用槍刺我腰部，我轉身閃開敵槍，用劍直劈敵人之頭。

An opponent from behind me uses his spear to stab to my waist, so I turn
around to prevent it, using my sword to chop **[劈 pī]** to his head.

進步提撩 **[Jìnbù tí liāo]**

[53] ADVANCE, LIFT & RAISE

[This posture should probably be divided into two, the second part called 橫掃千軍 SWEEPING ASIDE A THOUSAND SOLDIERS, which is oddly applied to Postures 58 & 59.]

姿勢說明

Explanation of the posture:

右足向左方進一步，雙腿下蹲。全體重心，在兩足間之中點。同時右手持劍，由右方向下，再向左後上方反手撩出。然後向右方下劈。待劍與喉齊之時，而後反手平劍，由右方向左方平掃。下刃向前方。上刃向後方。劍鋒向左方。左手劍訣，向右方平伸，以均其勢。面向左方。目注劍鋒。

Your right foot advances a step to the Left and both your legs squat down, the weight now between your feet.

At the same time, your right hand, holding the sword, goes downward from the Right [following through from the previous movement], upward to the Left Rear, turning the hand over with a raising action **[撩 liāo]**, [from this point becoming SWEEPING ASIDE A THOUSAND SOLDIERS] then chops **[劈 pī]** down to the Right, and once the sword is at throat level, the hand turns the blade horizontal and sweeps across from the Right to the Left, the sword's bottom edge facing to the Front, upper edge facing to the Rear, the tip pointing to the Left, while your left hand's swordsman's hex extends to the Right to balance the posture.



You are facing to the Left, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人自身旁用槍來刺，我將身稍移，以洩其力，進步用劍撩取敵人之喉。倘敵欲抽槍，我順其抽力，用劍橫掃敵人之頭。

An opponent from my side comes at me using his spear to stab, so I slightly shift my torso to dispel his power, advancing and using my sword in a raising action **[撩 liāo]** seeking his throat. [The application for SWEEPING ASIDE A THOUSAND SOLDIERS:] If he wants to draw back his spear, I follow his withdrawing energy and send my sword across in a sweeping action **[橫 héng]** to his head.



抱月式 [Bào yuè shì]

[54] EMBRACING THE MOON

姿勢說明

Explanation of the posture:

右足向後方進半步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，由左方反手平劍向懷中抱回。劍鐔置於胸腹之間。下刃向右方。上刃向左方。劍鋒向後方。左手抱劍柄，以助其力。面向後方。目平視。

Your right foot advances a half step to the Rear, toes touching down, heel lifted, knee slightly bent, your left foot staying where it is, the leg squatting down, and the weight now fully on your left foot.



At the same time, your right hand, holding the sword, goes from the Left, the hand turning over, withdrawing to

embrace toward your chest with the blade horizontal, the pommel placed between your chest and belly, the bottom edge facing to the Right, upper edge facing to the Left, the tip pointing to the Rear, while your left hand holds the handle to assist the power.



You are facing to the Rear, your gaze level.

應用說明

Explanation of the application:

敵人自身旁用槍刺我胸部，我將身移動，以避其鋒，乘勢用劍平擄敵槍，以待其變。

An opponent from the side uses his spear to stab to my chest, so I shift my body to evade its tip, taking advantage of the moment by using my sword to come across and capture his spear, then wait for what he will do next.

單鞭式 [Dān biān shì]

[55] SINGLE WHIP

姿勢說明

Explanation of the posture:

右足向左前方進一步，膝向左前方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由後方向左前方平劍刺出。下刃向左後方。上刃向右前方。劍鋒向左前方。左手劍訣，向右後方平伸，以稱其力。面向左前方。目注劍鋒。

Your right foot advances a step to the Left Front, the knee bending to the Left Front, your left leg pressing straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, goes from the rear and stabs [刺 cì] out to the Left Front with the blade horizontal, the sword's bottom edge

facing to the Left Rear, upper edge facing to the Right Front, the tip pointing [upward] to the Left Front, while your left hand's swordsman's hex extends to the Right Rear to balance its power.



You are facing to the Left Front, your gaze to the sword tip. [Although the photo seems to show a stabbing to the Left Rear, the instructions here are consistent with the repeat of Postures 54 & 55 in Postures 109 & 110.]



應用說明

Explanation of the application:

敵人用槍自身旁來刺，我用劍順其槍桿直進，以取敵人之頭。

An opponent coming from the side uses his spear to attack with a stab, so I use my sword to advance along his spear shaft, seeking his head.

肘底看劍

[Zhǒu dǐ kàn jiàn]

[56] GUARDING SWORD UNDER THE ELBOW

[This posture should probably be called 魁星提筆 KUIXING TAKES UP HIS PEN – see Posture 38.]

姿勢說明

Explanation of the posture:

右足向右方退一步。左腿曲膝上提。全體重心，均在右足。同時右手持劍，由左前方下劈。而後反手向左方上提。下刃向左上方。上刃向右下方。劍鋒向左下方。左手劍訣，下指以稱其力。面向左方。目平視。

Your right foot retreats a step to the Right, then your left leg lifts with the knee bent, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, goes from chopping [劈 pī] down to the Left Front to turning over lifting [上提 shàng tí] to the Left, the sword's bottom edge facing upward to the Left, upper edge facing downward to the Right, the tip pointing downward to the Left, while your left hand's swordsman's hex points downward to balance the posture.



You are facing to the Left, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我下部，我用劍下劈以避之，敵復抽槍上刺，我反劍上提，以撩敵之前手。

The opponent uses his spear to stab to my lower body, so I use my sword to chop [劈 pī] down and prevent it. [The name GUARDING SWORD UNDER THE ELBOW could possibly apply up to this point. For the remainder of this technique, the posture is the same as KUIXING TAKES UP HIS PEN.] He then draws back his spear to do a high stab, so I turn over my sword, lifting it [上提 shàng tí] with a raising action [撩 liāo] to his front hand.

[57] TRYING TO SCOOP THE MOON'S REFLECTION FROM THE WATER

姿勢說明

Explanation of the posture:

左足向左前方進一步，膝向左前方弓出。右腿蹬直。全體重心，均在左足。同時右手持劍，由左方上提，向右後方下劈。然後平劍擦地由右後方向左前方平掃。下刃向左後方。上刃向右前方。劍鋒向左前方。左手劍訣，按右腕以助其勢。面向左前方。目注劍鋒。

Your left foot advances a step to the Left Front, the knee bends to the Left Front, and your right leg presses straight, the weight now on your left foot.

At the same time, your right hand, holding the sword, lifts **【上提 shàng tí】** from the Left Front, chops **【劈 pī】** to the Right Rear, then as a horizontal blade shaving the ground, sweeps across from the Right Rear to the Left Front, the sword's bottom edge facing to the Left Rear, upper edge facing to the Right Front, the tip pointing to the Left Front, your left hand's swordsman's hex touching your right wrist to assist the posture.



You are facing to the Left Front, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍來刺我頭，我進步閃過敵槍，乘勢用劍，撈取敵人之腿。

The opponent uses his spear to stab to my head, so I advance to dodge his spear, taking advantage of the moment by using my sword to fish for his leg.

橫掃千軍一 **[Héngsǎo qiān jūn]**

[58] SWEEPING ASIDE A THOUSAND SOLDIERS - Part 1

[This posture should probably be called 肘底看劍 GUARDING SWORD UNDER THE ELBOW, which is oddly applied to Posture 56.]

姿勢說明

Explanation of the posture:

身體向右方微移動，右腿直立，左足提起，向左前方平踢。全體重心，均在右足。同時右手持劍，由左前方向後方撥擊，然後向懷內抱回。劍柄橫置胸腹之間。下刃向左方。上刃向右方。劍鋒向後方。左手抱右腕，以助其力。面向左方。目平視。

Your body slightly shifts to the Right, your right leg stands straight, and your left foot lifts and does a level kick to the Left Front [Left], the weight now fully on your right foot.

At the same time, your right hand, holding the sword, goes from the Left Front to the Rear with a deflecting strike **[擊 jī]**, then

withdraws to be embraced, the sword handle placed crosswise between your chest and belly, the sword's bottom edge facing to the Left, upper edge facing to the Right, the tip pointing to the Rear, your left hand holding your right wrist to assist the power.



You are facing to the Left, your gaze level.

應用說明

Explanation of the application:

敵人用槍刺我胸部，我用劍向外平擊，乘勢用足直踢敵人之腹。

The opponent uses his spear to stab to my chest, so I send my sword outward, striking **[擊 jī]** across, and take advantage of the moment by using my foot to kick to his belly.

橫掃千軍二 **[Héngsǎo qiān jūn]**

[59] SWEEPING ASIDE A THOUSAND SOLDIERS - Part 2

[GUARDING SWORD UNDER THE ELBOW - Part 2]

姿勢說明

Explanation of the posture:

左足向左前方進一步。右足再向左方進一步，膝向左方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，橫劍向左方平推。下刃向左方。上刃向右方。劍鋒向後方。左手抱右腕以助之。面向左方。目平視。

Your left foot advances a step to the Left Front [Left], then your right knee advances a step to the Left, the knee bends to the Left, and your left leg presses straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, pushes to the Left with the sword crosswise, the sword's bottom edge facing to the Left, upper edge facing to the Right, the tip pointing to the Rear, your left hand holding your right wrist to assist.



You are facing to the Left, your gaze level.



應用說明

Explanation of the application:

敵人之槍，既被擊開，即向後抽槍，我順其抽力，乘勢進步，用劍橫掃敵人之胸。

The opponent draws back his spear once I have struck **[擊 jī]** it, so I follow his withdrawing energy, taking advantage of the moment by advancing and using my sword with a sweep across **[橫 héng]** [in a crosswise push to] his chest.

撇身擊 [Piē shēn jī]

[60] TORSO-FLUNG STRIKE

姿勢說明

Explanation of the posture:

左足向左方進半步，足尖點地，足跟翹起，膝微曲。右足不動，腿向下坐。全體重心，均在右足。同時右手持劍，由後方向左下方平擊。下刃向右下方。上刃向左上方。劍鋒向左下方。左手抱右腕以助之。面向左方。目注劍鋒。

Your left foot advances a half step to the Left, toes touching down, heel lifted, the knee slightly bent, your right foot staying where it is, the leg squatting down, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, goes from the Rear and downward to the Left in a level strike [擊 jī] [The photo shows the sword more downward than level, but if the text is correct then the sword should be placed more as in Postures 8, 41, and 84 of the saber set.], the sword's bottom edge facing downward to the Right, upper edge facing upward to the Left, the tip pointing downward to the Left, while your left hand holds your right wrist [the sword handle] to assist.



You are facing to the Left, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人用槍刺我下部，我將身向旁撇開，乘勢進步，用劍擊開敵槍，以觀其變。

The opponent uses his spear to stab to my lower body, so I fling my torso to the side, taking advantage of the moment by advancing and using my sword to strike [擊 jī] away his spear, then watch for what he will do next.

抱頭洗 [Bàotóu xǐ]

[61] COVER YOUR HEAD AND WASH

姿勢說明

Explanation of the posture:

右足向左方進半步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，由左下方反手上提抱回。劍柄置右耳側。下刃向上。上刃向下。劍鋒向左方。左手抱劍柄以助之。面向左方。目平視。

Your right foot advances a half step to the Left, toes touching down, heel lifted, the knee slightly bent, your left foot not leaving its location, the leg squatting down, the weight now fully on your left foot.

At the same time, your right hand, holding the sword, goes from downward to the Left, the hand turning over, lifting up [上提 **shàng tí**] and withdrawing to be embraced, the handle placed beside your right ear, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Left, while your left hand holds the handle to assist.



You are facing to the Left, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我頭部，我用劍反提敵槍，乘勢進步，直取敵人之喉。

The opponent uses his spear to stab to my head, so I turn over my sword and lift up [提 **tí**] his spear, taking advantage of the moment by advancing and seeking his throat [in the following posture].

魁星提筆

[Kuíxīng tí bǐ]

[62] KUIXING TAKES UP HIS PEN

[This posture should probably be called 農夫著鋤 FARMER USES HIS HOE – see Posture 121.]

姿勢說明

Explanation of the posture:

右足向右方退一步，曲膝而腿下坐。左足再向右方退半步，足尖點地，足跟翹起，膝微曲。全體重心，均在右足。同時右手持劍，由左方下劈，向右方上提，然後仍向左方下刺。下刃向左方。上刃向右方。劍鋒向下。左手劍訣，按右腕以助之。面向左方。目平視。

Your right foot retreats a step to the Right, the knee bends and the leg squats down, then your left foot retreats a half step to the Right, toes touching down, heel lifted, the knee slightly bent, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, chops [劈 pī] down from the Left, lifts up [上提 shàng tí] to the Right, then stabs [刺 cì] down to the Left, the sword's bottom edge facing to the Left, upper edge facing to the Right, the tip pointing downward, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Left, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我胸部，我用劍下擄，倘敵抽槍再刺，我即用劍下刺，以防禦之。

The opponent uses his spear to stab to my chest, so I use my sword to capture downward, and if he draws back his spear to stab again, I use my sword to stab [刺 cì] downward to defend against it.

[63] SWALLOW ENTERS ITS NEST

姿勢說明

Explanation of the posture:

以右足為軸，身體由左方轉向右後方。左足向右後下方踢出。右膝微曲，腿向下坐。全體重心，均在右足。同時右手持劍，由左方向右後下方平劍刺出，劍與左腿成平行線。下刃向右前方。上刃向左後方。劍鋒向右後下方。左手抱右腕以助之。面向右後方。目注劍鋒。

Using your right foot as a pivot, your body turns from the Left to the Right Rear, and your left foot kicks downward to the Left Rear, your right knee slightly bent, the leg squatting down, the weight fully on your right foot.

At the same time, your right hand, holding the sword, goes from the Left to the Right Rear, stabbing [刺 cì] downward with the blade horizontal, the sword parallel with your left leg, the sword's bottom edge facing to the Right Front, upper edge facing to the Left Rear, the tip pointing downward to the Right Rear, your left hand holding your right wrist [back of your right hand] to assist.

 You are facing to the Right Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍自身後來刺，我轉身以避之，乘勢以足踢開敵槍，用劍直刺敵之腹部。

An opponent uses a spear to stab at me [to my knee] from behind, so I turn around to prevent it, taking advantage of the moment by using my foot to kick aside his spear and using my sword to stab [刺 cì] his belly.

[64] QUICK CAT CATCHES THE MOUSE

姿勢說明

Explanation of the posture:

左足向右後方進一步，右足再向右後方跳一步，左足再向右後方進一步，雙腿下坐，左腿上，而右腿下。全體重心，均在右足。同時右手持劍，向右後下方平劍刺出。下刃向右前方。上刃向左後方。劍鋒向右後下方。左手抱右腕以助其力。面向右後方。目注劍鋒。

Your left foot advances a step to the Right Rear, your right foot then jumps a step to the Right Rear, your left foot again advances a step to the Right Rear, and both legs squat down, left on top, right underneath, the weight now on your right foot.

At the same time, your right hand, holding the sword, stabs [刺 cì] downward to the Right Rear with the blade horizontal, the sword's bottom edge facing to the Right Front, upper edge facing to the Left Rear, the tip pointing downward to the Right Rear, your left hand holding your right wrist [back of your right hand] to assist the power.



You are facing to the Right Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我藉其抽力，乘勢跳步，直刺敵之下部。

The opponent draws back his spear, so I make use of his withdrawing energy, taking advantage of the moment by jumping in with a low stab [刺 cì].

[65] DRAGONFLY SKIMS THE WATER

姿勢說明

Explanation of the posture:

身體起立，右腿曲膝上提，小腿下垂。左足不動，而腿伸直。全體重心，均在左足。同時右手持劍上提，然後平劍將劍尖向右後下方點去。其動作之姿態，有如蜻蜓點水者然。下刃向右前方。上刃向左後方。劍鋒向右後下方。左手劍訣，橫置頂上，以稱其力。面向右後方。目平視。

Your body rises and stands, and your right leg lifts with the knee bent, lower leg hanging down, your left foot staying where it is, but the leg straightening, the weight now fully on your left foot.

At the same time, your right hand, holding the sword, lifts [上提 shàng tí] and taps [點 diǎn] downward to the Right Rear with the blade horizontal, in the manner of a dragonfly skimming the water, the sword's bottom edge facing to the Right Front, upper edge facing to the Left Rear, the tip pointing downward to the Right Rear, while your left hand's swordsman's hex is placed crosswise above your headtop to balance its power.



You are facing to the Right Rear, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我下部，我將足提起，避過敵槍，乘勢用劍直點敵人之頭。

The opponent uses his spear to attack me with a low stab, so I lift up my foot to evade his spear, taking advantage of the moment by using my sword to tap [點 diǎn] to his head.

黃蜂入洞 [Huángfēng rù dòng]
[66] WASP ENTERS ITS HIVE

姿勢說明

Explanation of the posture:

右足向左前方進一步，膝向左前方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由右後方立劍向左前方下刺。下刃向左前下方。上刃向右後上方。劍鋒向右後下方。左手劍訣，按右腕以助之。面向左前方。目平視。

Your right foot advances a step to the Left Front, the knee bends to the Left Front, and your left leg presses straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, goes [刺 cì] from the Right Rear downward to the Left Front with the blade vertical, the sword's bottom edge facing downward to the Left Front, upper edge facing upward to the Right Rear, the tip pointing downward to the Right Rear, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Left Front, your gaze level.



應用說明

Explanation of the application:

敵人用槍自身後來刺，我回身以避之，乘勢用劍掛開敵槍，以待其變。

An opponent from behind me uses a spear to come at me with a stab, so I turn around to prevent it, taking advantage of the moment by using my sword in a hanging action [掛 guà] to take aside his spear, then wait for what he will do next.

老叟携琴 [Lǎo sǒu xié qín]
[67] OLD MAN CARRIES HIS ZITHER

姿勢說明

Explanation of the posture:

右足向右後方撤回半步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，向右後上方提起。下刃向右方。上刃向左方。劍鋒向上。劍柄置左肘之外。左手劍訣，立置額下。面向左方。目平視。

Your right foot withdraws a half step to the Right Rear, toes touching down, heel lifted, the knee slightly bent, your left foot not leaving its location, the leg squatting down, the weight now fully on your left foot.

At the same time, your right hand, holding the sword, lifts up [上提 shàng tí] to the Right Rear, the sword's bottom edge facing to the Right, upper edge facing to the Left, the tip pointing upward, the handle placed to the outside of your left elbow, while your left hand's swordsman's hex is placed upright below your chin.



You are facing to the Left, your gaze level.



應用說明

Explanation of the application:

敵人用槍自身旁刺來，我退身以避之，用劍掛開敵槍，以待敵變。

The opponent uses his spear to stab at me from the side, so I withdraw my torso to evade it, using my sword in a hanging action [掛 guà] to take his spear aside, then wait for what he will do next.

雲麾三舞一 [Yún huī sān wǔ]

[68] WAVING THE FLAG THREE TIMES - Part 1.1

姿勢說明

Explanation of the posture:

右足向左後方進半步，膝向左後方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，向左後方下劈。下刃向右前下方。上刃向左後上方。劍鋒向左後下方。左手抱右腕以助其勢。面
向左後方。目注劍鋒。

Your right foot advances a half step to the Left Rear, the knee bends to the Left Rear, and your left leg presses straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, chops [劈 pī] down to the Left Rear, the sword's bottom edge facing downward to the Right Front, upper edge facing upward to the Left Rear, the tip pointing downward to the Left Rear, while your left hand holds your right wrist [the sword handle] to assist the posture.



You are facing to the Left Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢進步，用劍直劈敵人之頭。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing and using my sword to chop [劈 pī] to his head.

雲麾三舞二 [Yún huī sān wǔ]

[69] WAVING THE FLAG THREE TIMES - Part 1.2

姿勢說明

Explanation of the posture:

左足向左前方進一步，膝向左前方弓出。右腿蹬直。全體重心，均在左足。同時右手持劍，由左後方向右後方提起，然後向左前方下劈。下刃向右後下方。上刃向左前上方。劍鋒向左前下方。左手抱右腕，以助其力。面向左前方。目注劍鋒。

Your left foot advances a step to the Left Front, the knee bending to the Left Front, and your right leg presses straight, the weight now on your left foot.

At the same time, your right hand, holding the sword, lifts [提 tí] from the Left Rear to the Right Rear [Right Front], then chops [劈 pī] down to the Left Front, the sword's bottom edge facing downward to the Right Rear, upper edge facing upward to the Left Front, the tip pointing downward to the Left Front, while your left hand holds your right wrist [the sword handle] to assist the power.



You are facing to the Left Front, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍自身旁來刺，我以劍順其力掛開，乘勢進步，用劍直劈敵人之頭。

An opponent uses a spear to stab at me from the side, so I use my sword to follow his energy and take his spear aside with a hanging action [掛 guà], taking advantage of the moment by advancing and using my sword to chop [劈 pī] to his head.

雲麾三舞三 [Yún huī sān wǔ]

[70] WAVING THE FLAG THREE TIMES - Part 1.3

姿勢說明

Explanation of the posture:

左足向右後方撤回半步，足尖點地，足跟翹起，膝微曲。右足不動，而腿下坐。全體重心，均在右足。同時右手持劍，反手向右後方上提，劍柄置右耳側。下刃向上。上刃向下。劍鋒向後方。左手抱右腕，以助其力。面向前方。目平視。

Your left foot withdraws a half step to the Right Rear, toes touching down, heel lifted, knee slightly bent, your right foot staying where it is, the leg squatting down, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, turns over and lifts [上提 **shàng tí**] to the Right Rear, the pommel placed beside your right ear, the bottom edge facing upward, upper edge facing downward, the tip pointing to the Rear, while your left hand holds your right wrist [the sword handle] to assist the power.



You are facing to the Front, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我胸部，我用劍上提，撥開敵槍，以待其變。

An opponent uses his spear to stab to my chest, so I use my sword to lift up [上提 **shàng tí**], deflecting his spear aside, then wait for what he will do next.

雲麾三舞四 [Yún huī sān wǔ]

[71] WAVING THE FLAG THREE TIMES - Part 2.1

姿勢說明

Explanation of the posture:

左足向左前方進半步，膝向左前方弓出。右腿蹬直。全體重心，均在左足。同時右手持劍，由右後方上提，向左前方下劈。下刃向右後下方。上刃向左前上方。劍鋒向左前下方。左手抱右腕以助之。面向左前方。目注劍鋒。

Your left foot advances a half step to the Left Front, the knee bends to the Left Front, and your right leg presses straight, the weight now on your left foot.

At the same time, your right hand, holding the sword, lifts [上提 **shàng tí**] from the Right Rear and chops [劈 **pī**] down to the Left Front, the sword's bottom edge facing downward to the Right Rear, upper edge facing upward to the Left Front, the tip pointing downward to the Left Front, while your left hand holds your right wrist [the sword handle] to assist.



You are facing to the Left Front, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢進步，用劍直劈敵人之頭。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing and using my sword to chop [劈 **pī**] to his head.

雲麾三舞五 [Yún huī sān wǔ]

[72] WAVING THE FLAG THREE TIMES - Part 2.2

姿勢說明

Explanation of the posture:

右足向左後方進一步，膝向左後方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由左前下方，向右前方上提，然後向左後方下劈。下刃向右前下方。上刃向左後上方。劍鋒向左後下方。左手抱右腕，以助其力。面向左後方。目注劍鋒。

Your right foot advances a step to the Left Rear, the knee bending to the Left Rear, and your left leg presses straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, lifts [上提 shàng tí] from downward in the Left Front to the Right Front [Right Rear], then chops [劈 pī] down to the Left Rear, the sword's bottom edge facing downward to the Right Front, upper edge facing upward to the Left Rear, the tip pointing downward to the Left Rear, while your left hand holds your right wrist [the sword handle] to assist the power.



You are facing to the Left Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍自身旁來刺，我以劍順勢掛開，乘勢進步，用劍直劈敵人之頭。

An opponent uses a spear to stab at me from the side, so I use my sword to follow his momentum and take his spear aside with a hanging action [掛 guà], taking advantage of the moment by advancing and using my sword to chop [劈 pī] to his head.

雲麾三舞六 [Yún huī sān wǔ]

[73] WAVING THE FLAG THREE TIMES - Part 2.3

姿勢說明

Explanation of the posture:

右足向右前方撤回半步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，反手向右前方上提，劍柄置左耳側。下刃向上。上刃向下。劍鋒向前方。左手抱右腕，以助其力。面向後方。目平視。

Your right foot withdraws a half step to the Right Front, toes touching down, heel lifted, knee slightly bent, your left foot staying where it is, the leg squatting down, the weight now fully on your left foot.

At the same time, your right hand, holding the sword, turns over and lifts [上提 **shàng tí**] to the Right Front, the pommel placed beside your left ear, the bottom edge facing upward, upper edge facing downward, the tip pointing to the Front, while your left hand holds your right wrist [the sword handle] to assist the power.



You are facing to the Rear, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我胸部，我用劍上提，撥開敵槍，以待其變。

An opponent uses his spear to stab to my chest, so I use my sword to lift up [上提 **shàng tí**], deflecting his spear aside, then wait for what he will do next.

雲麾三舞七 [Yún huī sān wǔ]

[74] WAVING THE FLAG THREE TIMES - Part 3.1

姿勢說明

Explanation of the posture:

右足向左後方進半步，膝向左後方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由右前方上提，然後向左後方下劈。下刃向右前下方。上刃向左後上方。劍鋒向左後下方。左手抱右腕，以助其力。面向左後方。目注劍鋒。

Your right foot advances a half step to the Left Rear, the knee bends to the Left Rear, and your left leg presses straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, lifts up [上提 shàng tí] from the Right Front, then chops [劈 pī] down to the Left Rear, the sword's bottom edge facing downward to the Right Front, upper edge facing upward to the Left Rear, the tip pointing downward to the Left Rear, while your left hand holds your right wrist [the sword handle] to assist the power.



You are facing to the Left Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢進步，用劍直劈敵人之頭。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing and using my sword to chop [劈 pī] to his head.

[75] WAVING THE FLAG THREE TIMES - Part 3.2

姿勢說明

Explanation of the posture:

左足向左前方進一步，膝向左前方弓出。右腿蹬直。全體重心，均在左足。同時右手持劍，由左後方向右前方上提，然後向左前方下劈。下刃向右後下方。上刃向左前上方。劍鋒向左前下方。左手抱右腕，以助其力。面向左前方。目注劍鋒。

Your left foot advances a step to the Left Front, the knee bending to the Left Front, and your right leg presses straight, the weight now on your left foot.

At the same time, your right hand, holding the sword, lifts [上提 **shàng tí**] from the Left Rear to the Right Front [Right Rear], then chops [劈 **pī**] down to the Left Front, the sword's bottom edge facing downward to the Right Rear, upper edge facing upward to the Left Front, the tip pointing downward to the Left Front, while your left hand holds your right wrist [the sword handle] to assist the power.



You are facing to the Left Front, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍自身旁來刺，我以劍順勢掛開，乘勢進步，用劍直劈敵人之頭。

An opponent uses a spear to stab at me from the side, so I use my sword to follow his momentum and take his spear aside with a hanging action [掛 **guà**], taking advantage of the moment by advancing and using my sword to chop [劈 **pī**] to his head.

雲麾三舞九 [Yún huī sān wǔ]

[76] WAVING THE FLAG THREE TIMES - Part 3.3

姿勢說明

Explanation of the posture:

左足向右後方撤回半步，足尖點地，足跟翹起，膝微曲，右足不動，而腿下坐。全體重心，均在右足。同時右手持劍，反手向右後方上提，劍柄置右耳側。下刃向上。上刃向下。劍鋒向後方。左手抱右腕，以助其力。面向前方。目平視。

Your left foot withdraws a half step to the Right Rear, toes touching down, heel lifted, knee slightly bent, your right foot staying where it is, the leg squatting down, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, turns over and lifts [上提 **shàng tí**] to the Right Rear, the pommel placed beside your right ear, the bottom edge facing upward, upper edge facing downward, the tip pointing to the Rear, while your left hand holds your right wrist [the sword handle] to assist the power.



You are facing to the Front, your gaze level.



應用說明

Explanation of the application:

敵人用槍向我胸部刺來，我用劍上提，撥開敵槍，以待其變。

An opponent uses his spear to stab to my chest, so I use my sword to lift up [上提 **shàng tí**], deflecting his spear aside, then wait for what he will do next.

撥雲見日一 [Bō yún jiàn rì]

[77] SPREADING THE CLOUDS TO SEE THE SUN - Part 1

姿勢說明

Explanation of the posture:

左足向左後方進一步，右足再向左後方背一步，雙腿下蹲。全體重心，均在左足。同時右手持劍，交於左手。由右後方向右前方下劈。然後反手向左後方撩出。下刃向右前上方。上刃向左後下方。劍鋒向左後上方。右手劍訣，按左腕以助其力。面向左後方。目注劍鋒。

Your left foot advances a step to the Left Rear, your right foot then steps behind it to the Left Rear, and both legs squat down, the weight now on your left foot.

At the same time the sword in your right hand switches to your left hand, goes from the Right Rear, chopping [劈 pī] to the Right Front, then the hand turns over and does a raising action [撩 liāo] to the Left Rear, the sword's bottom edge facing upward to the Right Front, upper edge facing downward to the Left Rear, the tip pointing upward to the Left Rear, your right hand's swordsman's hex touching your left wrist [shoulder area] to assist the power.



You are facing to the Left Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍刺我頭部，我以劍反臂撥開，乘勢進步，用劍撩取敵人之喉。

The opponent uses his spear to stab to my head, so I turn my arm over and deflect it aside with my sword, taking advantage of the moment by advancing and using my sword in a raising action [撩 liāo] seeking his throat.

撥雲見日二 [Bō yún jiàn rì]

[78] SPREADING THE CLOUDS TO SEE THE SUN - Part 2

姿勢說明

Explanation of the posture:

左足向左後方進一步，膝向左後方弓出。右腿蹬直。全體重心，均在左足。同時左手持劍，由左後方向右前方掛回，然後仍反手向左後上方撩出。下刃向右前上方。上刃向左後下方。劍鋒向左後上方。右手劍訣，按左腕以助之。面向左後方。目注劍鋒。

Your left foot advances a step to the Left Rear, the knee bends to the Left Rear, and your right leg presses straight, the weight now on your left foot.

At the same time, the sword in your left hand goes from the Left Rear, retracting with a hanging action [掛 guà] to the Right Front, then the hand turns over and goes upward with a raising action [撩 liāo] to the Left Rear, the sword's bottom edge facing upward to the Right Front, upper edge facing downward to the Left Rear, the tip pointing upward to the Left Rear, while your right hand's swordsman's hex touches your left wrist to assist.



You are facing to the Left Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，掛開敵槍，乘勢進步，用劍撩取敵人之頭。

The opponent draws back his spear, so I follow his withdrawing energy and take his spear aside with a hanging action [掛 guà], taking advantage of the moment by advancing, and use my sword to do a raising action [撩 liāo] seeking his head.

妙手摘星

[Miàoshǒu zhāi xīng]

[79] SKILLFUL HAND PLUCKING THE STARS

姿勢說明

Explanation of the posture:

身體由左後方向左方微移，左右足均不動。全體重心，均在左足。同時左手持劍，由左後方向左方作一小圈。然後收回。下刃向前方。上刃向後方。劍鋒向左後上方。右手劍訣，按左腕以助其勢。面向左後方。目注劍鋒。

Your body slightly shifts from the Left Rear to the Left, your feet not moving, the weight now on your left foot.

At the same time, the sword in your left hand goes from the Left Rear, making a small circle to the Left, then withdraws, the sword's bottom edge facing to the Front [to the Left Front], upper edge facing to the Rear [Left Rear], the tip pointing upward to the Left Rear, while your right hand's swordsman's hex touches your left wrist to assist the posture.



You are facing to the Left Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人抽槍來刺我面，我順其力，用劍揮開敵槍，以觀其變。

The opponent draws back his spear to stab to my face, so I follow his energy and use my sword to wipe his spear aside, then watch for what he will do next.

迎風揮塵一 [Yíngfēng dǎn chén]

[80] FACING THE WIND TO BRUSH OFF THE DUST - Part 1.1

姿勢說明

Explanation of the posture:

左足向右方撤回半步，足尖點地，足跟翹起，膝微曲。右足不動，而腿下坐。全體重心，均在右足。同時左手持劍，由左後方立劍向胸前抱回。下刃向右方。上刃向左方。劍鋒向上。右手抱劍柄以助之。面向前方。目平視。

Your left foot withdraws a half step to the Right, toes touching down, heel lifted, knee slightly bent, your right foot staying where it is, the leg squatting down, and the weight is now fully on your right foot.

At the same time, the sword in your left hand goes from the Left Rear, the sword upright, withdrawing to be embraced in front of your chest, the bottom edge facing to the Right, upper edge facing to the Left, the tip pointing upward, while your right hand holds the sword handle to assist.



You are facing to the Front, your gaze level.



應用說明

Explanation of the application:

敵人用槍向胸部來刺，我轉身以避之，乘勢用劍掛開敵槍，以待其變。

The opponent uses his spear to stab to my chest, so I turn my body to evade while taking advantage of the moment by using my sword in a hanging action [掛 guà] to take his spear aside, then wait for what he will do next.

迎風揮塵二 [Yíngfēng dǎn chén]

[81] FACING THE WIND TO BRUSH OFF THE DUST - Part 1.2

姿勢說明

Explanation of the posture:

左足向左方邁半步，以右足跟為軸，身體由前方轉向後方。雙膝微曲。全體重心，均在左足。同時左手持劍，由前方立劍向後方隨身旋轉平格。下刃向左方。上刃向右方。劍鋒向上方。右手抱劍柄以助之。面向後方。目平視。

Your left foot takes a half step to the Left, both knees slightly bent, the weight now on your left foot.

At the same time, the sword in your left hand goes from the Front to the Rear, the sword upright, moving along with the rotation of your body, blocking [格 gé] across, the bottom edge facing to the Left, upper edge facing to the Right, the tip pointing upward, while your left hand holds the sword handle to assist.



You are facing to the Rear, your gaze level.



應用說明

Explanation of the application:

敵人用槍自身旁來刺，我轉身以避之，乘勢用劍掛開敵槍，以待其變。

The opponent uses his spear to come at me with a stab from beside me, so I turn around to prevent it, taking advantage of the moment by using my sword in a hanging action [掛 guà] to take his spear aside, then wait for what he will do next.

迎風揮塵三 [Yíngfēng dǎn chén]

[82] FACING THE WIND TO BRUSH OFF THE DUST - Part 1.3

姿勢說明

Explanation of the posture:

右足向左方進一步，膝向左方弓出。左腿蹬直。全體重心，均在右足。同時左手持劍，仍交右手，然後向左方平刺。下刃向上。上刃向下。劍鋒向左方。左手抱劍柄以助之。面向左方。目注劍鋒。

Your right foot advances a step to the Left, the knee bends to the Left and your left leg presses straight, the weight now on your right foot.

At the same time, the sword in your left hand is switched to your right, then does a level stab [刺 cì] to the Left, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Left, while your left hand holds the sword handle to assist.



You are facing to the Left, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢進步，用劍直刺敵人之喉。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing and using my sword to do a stab [刺 cì] to his throat.

迎風揮塵四 **[Yíngfēng dǎn chén]**

[83] FACING THE WIND TO BRUSH OFF THE DUST - Part 2.1

姿勢說明

Explanation of the posture:

右足向右方撤回半步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，由左方立劍向胸前抱回。下刃向右方。上刃向左方。劍鋒向上。左手抱劍柄以助之。面向後方。目平視。

Your right foot withdraws a half step to the Right, toes touching down, heel lifted, knee slightly bent, your left foot staying where it is, the leg squatting down, and the weight now fully on your left foot.

At the same time, the sword in your right hand goes from the Left, the sword upright, withdrawing to be embraced in front of your chest, the bottom edge facing to the Right, upper edge facing to the Left, the tip pointing upward, while your left hand holds the sword handle to assist.



You are facing to the Rear, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺來，我用劍橫格敵槍，以待其變。

The opponent uses his spear to stab at me, so I send my sword across **[橫 héng]** to block **[格 gé]** it, then wait for what he will do next.

迎風揮塵五 [Yíngfēng dǎn chén]

[84] FACING THE WIND TO BRUSH OFF THE DUST - Part 2.2

姿勢說明

Explanation of the posture:

右足向左方邁半步，以左足跟為軸，身體由後方轉向前方。雙膝微曲。全體重心，均在右足。同時右手持劍，由後方立劍向前方隨身旋轉平格。下刃向左方。上刃向右方。劍鋒向上。左手抱劍柄以助之。面向前方。目平視。

Your right foot takes a half step to the Left, and using your heel as a pivot, both knees slightly bent, the weight now on your right foot.

At the same time, the sword in your right hand goes to the Front from the Rear, the sword upright, moving along with the rotation of your body, blocking [格 gé] across, the bottom edge facing to the Left, upper edge facing to the Right, the tip pointing upward, while your left hand holds the sword handle to assist.



You are facing to the Front, your gaze level.



應用說明

Explanation of the application:

敵人自身旁用槍來刺，我轉身以避之，乘勢用劍掛開敵槍，以待其變。

The opponent uses his spear to come at me with a stab from beside me, so I turn around to prevent it, taking advantage of the moment by using my sword in a hanging action [掛 guà] to take his spear aside, then wait for what he will do next.

迎風揮塵六 [Yíngfēng dǎn chén]

[85] FACING THE WIND TO BRUSH OFF THE DUST - Part 2.3

姿勢說明

Explanation of the posture:

左足向左方進一步，膝向左方弓出。右腿蹬直。全體重心，均在左足。同時右手持劍，反手向左方平刺。下刃向上。上刃向下。劍鋒向左方。左手抱劍柄以助之。面向左方。目注劍鋒。

Your left foot advances a step to the Left, the knee bends to the Left, and your right leg presses straight, the weight now on your left foot.

At the same time, the sword in your right hand, with the hand turning over, does a level stab [刺 cì] to the Left, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Left, while your left hand holds the sword handle to assist.



You are facing to the Left, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢進步，用劍直刺敵人之喉。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing and using my sword to do a stab [刺 cì] to his throat.

猛虎跳澗

[Měnghǔ tiào jiàn]

[86] FIERCE TIGER LEAPS OVER THE STREAM

姿勢說明

Explanation of the posture:

身體由左方轉向右方，然後左右足互易其地，作一跳步。右腿曲膝下坐。左腿伸直。全體重心，均在右足。同時右手持劍，由左方上提，向右方下劈。劍與地面成平行線。下刃向下。上刃向上。劍鋒向右方。左手抱劍柄以助之。面向右方。目平視。

Your torso turns around from the Left to the Right, then your feet switch places with each other in a hop, and your right leg bends its knee and squats down while your left leg extends straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, lifts up **[上提 shàng tí]** from the Left and chops **[劈 pī]** down to the Right, the sword parallel with the ground, the sword's bottom edge facing downward, upper edge facing upward, the tip pointing to the Right, while your left hand holds the sword handle to assist.



You are facing to the Right, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人自身後用槍刺我下部，我跳步以避之，乘勢用劍下劈敵人之頭。

An opponent from behind me uses a spear to stab to my lower body, so I jump to prevent it, taking advantage of the moment by using my sword in a downward chop **[劈 pī]** to his head.

燕子銜泥 **[Yànzi xián ní]**
[87] SWALLOW PECKS MUD

姿勢說明

Explanation of the posture:

身體向前移動。左膝向右方弓出。右腿蹬直。全體重心，均在左足。同時右手持劍，向右方崩出。下刃向左下方。上刃向右上方。劍鋒向右下方。左手抱劍柄以助之。面向右方。目注劍鋒。

Your torso shifts forward, your left knee bends to the Right, and your right leg presses straight, the weight now on your left foot.

At the same time, the sword in your right hand flicks **[崩 bēng]** out to the Right, the sword's bottom edge facing downward to the Left, upper edge facing upward to the Right, the tip pointing downward to the Right, while your left hand holds the sword handle to assist.



You are facing to the Right, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢用劍直崩敵人之膝。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by using my sword to do a flick **[崩 bēng]** to his knee.

卻步反截

[Quèbù fǎn jié]

[88] WITHDRAWING STEP, REVERSE CHECKING

姿勢說明

Explanation of the posture:

左足向左後方撤回半步，右腿下坐。全體重心，均在右足。同時右手持劍，由右下方向左上方撤回。然後反手向右下方撩出。下刃向右上方。上刃向左下方。劍鋒向右下方。左手抱劍柄以助之。面向右方。目平視。

Your left foot withdraws a half step to the Left Rear and your right leg squats down, the weight now on your right foot.

At the same time, your right hand, holding the sword, goes from downward in the Right, withdrawing upward to the Left, then with the hand turning over does a low raising action **[撩 liāo]** to the Right, the sword's bottom edge facing upward to the Right, upper edge facing downward to the Left, the tip pointing downward to the Right, while your left hand holds the sword handle to assist.



You are facing to the Right, your gaze level.



應用說明

Explanation of the application:

敵人用槍來刺我膝，我將足斜撤以洩其力，乘勢用劍反截敵槍，以待其變。

The opponent uses his spear to stab to my knee, so I diagonally withdraw my foot to dispel his power, taking advantage of the moment by turning my sword over to check **[截 jié]** his spear, then wait for what he will do next.

左右臥魚一 **[Zuǒyòu wò yú]**

[89] LEFT & RIGHT FLOPPING FISH - Part 1

姿勢說明

Explanation of the posture:

右足向右後方進一步，曲膝而腿下蹲。左足再向右後方透一步，而腿伸直。全體重心，均在右足。同時右手持劍，由右下方向左方上提，然後向右後方下劈。下刃向下。上刃向上。劍鋒向右後下方。左手劍訣，橫置頂上，以稱其力。面向右後方。目注劍鋒。

Your right foot advances a step to the Right Rear, the knee bends and the leg squats down, then your left foot sneaks through a step to the Right Rear, the leg stretching straight, the weight now fully on your right foot.



At the same time, your right hand, holding the sword, goes from downward in the Right, lifting up

[上提 shàng tí] to the Left, then chops **[劈 pī]** down to the Right Rear, the sword's bottom edge facing downward, upper edge facing upward, the tip pointing downward to the Right Rear, while your left hand's swordsman's hex is placed crosswise above your forehead to balance the power.



You are facing to the Right Rear, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人用槍刺我腿部，我用劍掛開，乘勢進步，敵復向後抽槍，我即順其抽力，以足踢開敵槍，用劍直劈敵人之頭。

The opponent uses his spear to stab to my leg, so I use my sword in a hanging action **[掛 guà]** to take his spear aside, taking advantage of the moment by advancing. He then draws back his spear, so I follow his withdrawing energy, using my foot to kick aside his spear and using my sword to chop **[劈 pī]** to his head.

左右臥魚二 [Zuǒyòu wò yú]

[90] LEFT & RIGHT FLOPPING FISH - Part 2

姿勢說明

Explanation of the posture:

左足落地為軸，身體由左方轉向後方，然後左腿曲膝下坐。右足再向右後方透一步。而腿伸直。全體重心，均在左足。同時右手持劍，由右後方向左方上提，然後向右後方下劈。下刃向下。上刃向上。劍鋒向右後下方。左手劍訣，按右腕以助其勢。面向右後方。目注劍鋒。

Your left foot comes down, and using it as a pivot, your body turns leftward, turning around to the Rear, then your left leg bends its knee and squats down, and your right foot now sneaks through a step to the Right Rear, the leg stretching straight, the weight now fully on your left foot.

At the same time, your right hand, holding the sword, lifts [上提 **shàng tí**] from the Right Rear to the Left, then chops [劈 **pī**] down to the Right Rear, the sword's bottom edge facing downward, upper edge facing upward, the tip pointing downward to the Right Rear, while your left hand's swordsman's hex touches your right wrist to balance the posture.



You are facing to the Right Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢以足踢開敵槍，用劍直劈敵人之頭。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by using my foot to kick aside his spear and using my sword to do a chop [劈 **pī**] to his head.

分手雲麾一 [Fēnshǒu yún huī]

[91] SPREADING THE HANDS, WAVING THE FLAG - Part 1

姿勢說明

Explanation of the posture:

右足向右後方落下，膝向右後方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由右後方向左前方平掃，然後再向右後方橫掃。下刃向左後方。上刃向右前方。劍鋒向右後下方。左手抱右腕以助之。面向右後方。目注劍鋒。

Your right foot comes down a step to the Right Rear [while your body turns around] and the knee bends to the Right Rear, your left leg pressing straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, goes from the Right Rear to the Left Front with a level sweep [橫 **héng**], then sweeps across [橫 **héng**] to the Right Rear, the sword's bottom edge facing to the Left Rear, upper edge facing to the Right Front, the tip pointing downward to the Right Rear, while your left hand holds your right wrist [the sword handle] to assist.



You are facing to the Right Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人自身後用槍來刺，我轉身以避之，乘勢用劍橫掃敵人下部。

The opponent uses his spear to stab at me from behind, so I turn around to prevent it, taking advantage of the moment by using my sword sweep across [橫 **héng**] to his lower body.

分手雲麾二 [Fēnshǒu yún huī]

[92] SPREADING THE HANDS, WAVING THE FLAG - Part 2

[This movement is identical to Posture 11 (臥虎當門 CROUCHING TIGER GUARDS THE GATE) and reuses its photo.]

姿勢說明

Explanation of the posture:

右足向左前方撤回半步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，由右後下方反手向胸前抱回。下刃向上。上刃向下。劍鋒向右方。左手劍訣，按右腕以助之，面向右方。目平視。

Your right foot withdraws a half step to the Left Front, toes touching down, heel lifted, the knee slightly bent, your left foot not leaving its location, the leg squatting down, the weight now fully on your left foot.

At the same time, your right hand, holding the sword, goes from downward in the Right Rear, the hand turning over, withdrawing to be embraced in front of your chest, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Right, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我胸部，我用劍反手掛開，以待其變。

The opponent uses his spear to stab to my chest, so I use my sword, turning my hand over, in a hanging action [掛 guà] to take his spear aside, then wait for what he will do next.

分手雲麾三 **[Fēnshǒu yún huī]**

[93] SPREADING THE HANDS, WAVING THE FLAG - Part 3

姿勢說明

Explanation of the posture:

右足向右後方進半步，膝向右後方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，向右後下方平掃。下刃向左後方。上刃向右前方。劍鋒向右後下方。左手抱右腕以助之。面向右後方。目注劍鋒。

Your right foot advances a half step to the Right Rear, and the knee bends to the Right Rear, your left leg pressing straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, goes across to the Right Rear with a level sweep, the sword's bottom edge facing to the Left Rear, upper edge facing to the Right Front, the tip pointing downward to the Right Rear, while your left hand holds your right wrist [the sword handle] to assist.



You are facing to the Right Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍刺我腿部，我以劍掃開敵槍，乘勢進步，用劍直取敵之下部。

The opponent uses his spear to stab to my leg, so I use my sword to sweep his spear aside, taking advantage of the moment by advancing and using my sword to seek him below.

分手雲麾四 [Fēnshǒu yún huī]

[94] SPREADING THE HANDS, WAVING THE FLAG - Part 4

姿勢說明

Explanation of the posture:

身體向右方微移，右膝向右方弓出。左腿蹬直。全體重心，均在右足。同時右手將劍交於左手。左手持劍，由右後下方，向右前下方上提，再向右後上方劈之，然後反手向右前上方斜掛。下刃向左前上方。上刃向右後下方。劍鋒向右後上方。右手劍訣，向右後上方伸出。以稱其力。面向右方。目平視。

Your body slightly shifts to the Right, your right knee bending to the Right, and your left leg pressing straight, the weight now on your right foot.

At the same time, your right hand switches the sword into your left hand, then the sword in your left hand goes from downward in the Right Rear to downward in the Right Front, lifts up **[上提 shàng tí]**, does a high chop **[劈 pī]** to the Right Rear, then the hand turns over and goes upward to the Right Front in a diagonal hanging action **[掛 guà]**, the sword's bottom edge facing upward to the Left Front, upper edge facing downward to the Right Rear, the tip pointing upward to the Right Rear, while your right hand's swordsman's hex extends upward to the Right Rear to balance the power.



You are facing to the Right, your gaze level.

應用說明

Explanation of the application:

敵人用槍刺我下部，我用劍外掛，敵抽槍又向我胸部刺來，我復用劍外格。以待其變。

The opponent uses his spear to stab to my lower body, so I send my sword outward with a hanging action **[掛 guà]**. He draws back his spear and again stabs, now to my chest, so I again use my sword to block **[格 gé]** outward, then wait for what he will do next.

黃龍轉身 [Huáng lóng zhuǎnshēn]
[95] YELLOW DRAGON TURNS AROUND

姿勢說明

Explanation of the posture:

右足向左方進一步，左足再向左方進一步。身體隨步由右向前向左向後向右向前向左旋轉一週半。然後左膝向左弓出。右腿蹬直。全體重心，均在左足。同時左手持劍，隨身旋轉，至第二次面向左方時，將劍向左後上方反手斜格。下刃向右後上方。上刃向左前下方。劍鋒向左前上方。右手劍訣，向左前上方伸出，以稱其力。面向左方。目平視。

Your right foot advances a step to the Left, then your left foot advances a step to the Left, your body going along with your steps by turning all the way around from the Right, to the Front, to the Left, to the Rear, to the Right, to the Front, and again to the Left, your left knee then bending to the Left, and your right leg presses straight, the weight now on your left foot.

At the same time, the sword in your left hand goes along with the spin of your body until facing to the Left the second time, then send the sword upward to the Left Rear, turning the hand over with a diagonal blocking action [格 gé], the sword's bottom edge facing upward to the Right Rear, upper edge facing downward to the Left Front, the tip pointing upward to the Left Front, while your right hand's swordsman's hex extends upward to the Left Front to balance the power.



You are facing to the Left, your gaze level.

應用說明

Explanation of the application:

敵人自身後用槍刺我腿部，我轉身以劍掛開，敵抽槍來刺我胸，我復用劍外格，以待其變。

An opponent from behind me uses a spear to stab to my leg, so I spin around, using my sword in a hanging action [掛 guà] to take his spear aside. He draws back his spear and stabs to my chest, so I again use my sword to block [格 gé] outward, then wait for what he will do next.

撥草尋蛇一 [Bō cǎo xún shé]

[96] SPREAD THE GRASS TO FIND THE SNAKE - Part 1.1

姿勢說明

Explanation of the posture:

左足向右前方撤回半步，足尖點地，足跟翹起，膝微曲。右足不動，而腿下坐。全體重心，均在右足。同時左手持劍，由左後上方，向左前下方平劍橫撥。下刃向前。上刃向後。劍鋒向左下方。右手抱劍柄以助之。面向左方。目注劍鋒。

Your left foot withdraws a half step to the Right Front, toes touching down, heel lifted, knee slightly bent, your right foot not leaving its location but the leg squatting down, the weight now fully on your right foot.

At the same time, the sword in your left hand goes from upward in the Left Rear to downward in the Left Front with a level sweep [橫 héng] deflecting across, the sword's bottom edge facing to the Front, upper edge facing to the Rear, the tip pointing downward to the Left, your right hand holding the sword handle to assist.



You are facing to the Left, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍刺我下部，我用劍橫撥，以待其變。

The opponent uses his spear to stab at me below, so I use my sword to deflect him across [橫 héng], then wait for what he will do next.

撥草尋蛇二 [Bō cǎo xún shé]

[97] SPREAD THE GRASS TO FIND THE SNAKE - Part 1.2

姿勢說明

Explanation of the posture:

左足向左後方微移，足尖點地，足跟翹起，膝微曲。右足不動，而腿下坐。全體重心，均在右足。同時左手持劍，向左後下方平劍橫撥。下刃向後。上刃向前。劍鋒向左下方。右手抱劍柄以助之。面向左方。目注劍鋒。

Your left foot slightly shifts to the Left Rear, toes touching down, heel lifted, knee slightly bent, your right foot not leaving its location, but the leg squatting down, the weight fully on your right foot.

At the same time, the sword in your left hand goes to the Left Rear with a level sweep [橫 **héng**] deflecting across, the sword's bottom edge facing to the Rear, upper edge facing to the Front, the tip pointing downward to the Left, your right hand holding the sword handle to assist.



You are facing to the Left, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人抽槍刺我下部，我用劍橫撥，以待其變。

The opponent draws back his spear and stabs at me below, so I use my sword to deflect him across [橫 **héng**], then wait for what he will do next.

撥草尋蛇三 [Bō cǎo xún shé]

[98] SPREAD THE GRASS TO FIND THE SNAKE - Part 1.3

姿勢說明

Explanation of the posture:

右足向左方進半步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時左手將劍交與右手。右手持劍，向左下方直刺。下刃向右下方。上刃向左上方。劍鋒向左下方。右手抱劍柄以助之。面向左方。目注劍鋒。

Your right foot advances a half step to the Left, toes touching down, heel lifted, knee slightly bent, your left foot not leaving its location but the leg squatting down, the weight now fully on your left foot.

At the same time, your left hand switches the sword into your right hand, and the sword now in your right hand stabs [刺 cì] downward to the Left, the sword's bottom edge facing downward to the Right, upper edge facing upward to the Left, the tip pointing downward to the Left, your right [left] hand holding the sword handle to assist.



You are facing to the Left, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢進步，用劍直刺敵之下部。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing and using my sword to stab [刺 cì] at him below.

撥草尋蛇四 [Bō cǎo xún shé]

[99] SPREAD THE GRASS TO FIND THE SNAKE - Part 2.1

姿勢說明

Explanation of the posture:

右足向左後方微移，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，由左方向左後下方平劍橫撥。下刃向後方。上刃向前方。劍鋒向左下方。右手抱劍柄以助之。面向左方。目注劍鋒。

Your right foot slightly shifts to the Left Rear, toes touching down, heel lifted, knee slightly bent, your left foot not leaving its location, but the leg squatting down, the weight fully on your left foot.

At the same time, the sword in your right hand, goes from the Left to downward in the Left Rear, deflecting across with the blade horizontal [橫 **héng**], the sword's bottom edge facing to the Rear, upper edge facing to the Front, the tip pointing downward to the Left, your right [left] hand holding the sword handle to assist.



You are facing to the Left, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍刺我下部，我移步以避之，乘勢用劍橫撥敵槍。以待其變。

The opponent uses his spear to stab at me below, so I shift in my stance to evade it, taking advantage of the moment by using my sword to deflect it across [橫 **héng**], then wait for what he will do next.

撥草尋蛇五 [Bō cǎo xún shé]

[100] SPREAD THE GRASS TO FIND THE SNAKE - Part 2.2

姿勢說明

Explanation of the posture:

右足向左前方微移，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，向左前下方平劍橫撥。下刃向前方。上刃向後方。劍鋒向左下方。左手抱劍柄以助之。面向左方。目注劍鋒。

Your right foot slightly shifts to the Left Front, toes touching down, heel lifted, knee slightly bent, your left foot not leaving its location, but the leg squatting down, the weight fully on your left foot.

At the same time, the sword in your right hand goes downward to the Left Front, deflecting across with the blade horizontal [橫 **héng**], the sword's bottom edge facing to the Front, upper edge facing to the Rear, the tip pointing downward to the Left, your left hand holding the sword handle to assist.



You are facing to the Left, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍刺我腿部，我將步稍移以避之，乘勢用劍撥開敵槍，以待其變。

The opponent [draws back his spear] and stabs to my leg, so I slightly shift a step to evade it, taking advantage of the moment by using my sword to deflect it aside, then wait for what he will do next.

撥草尋蛇六 [Bō cǎo xún shé]

[101] SPREAD THE GRASS TO FIND THE SNAKE - Part 2.3

姿勢說明

Explanation of the posture:

左足向左方進半步，足尖點地，足跟翹起，膝微曲。右足不動，而腿下坐。全體重心，均在右足。同時右手持劍，向左下方直刺。下刃向右下方。上刃向左上方。劍鋒向左下方。左手抱劍柄以助之。面向左方。目注劍鋒。

Your left foot advances a half step to the Left, toes touching down, heel lifted, knee slightly bent, your right foot not leaving its location but the leg squatting down, the weight now fully on your right foot.

At the same time, the sword in your right hand stabs [刺 cì] downward to the Left, the sword's bottom edge facing downward to the Right, upper edge facing upward to the Left, the tip pointing downward to the Left, your left hand holding the sword handle to assist.



You are facing to the Left, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢進步，用劍直刺敵之下部。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing and using my sword to stab [刺 cì] at him below.

金龍攪尾一 [Jīnlóng jiǎo wěi]

[102] GOLDEN DRAGON TWITCHES ITS TAIL - Part 1

姿勢說明

Explanation of the posture:

左足向右方退少半步，足尖點地，足跟翹起，膝微曲。右足不動，而腿下坐，全體重心，均在右足。同時右手持劍，由左下方反手向右後下方掛回。下刃向左下方。上刃向右上方。劍鋒向右下方。左手劍訣，按右腕以助之。面向左方。目平視。

Your left foot retreats barely a half step to the Right, toes touching down, heel lifted, the knee slightly bent, your right foot not leaving its location, the leg squatting down, the weight fully on your right foot.

At the same time, your right hand, holding the sword, goes from being downward to the Left, the hand turning over, to the Right Rear, withdrawing with a downward hanging action [掛 guà], the sword's bottom edge facing downward to the Left, upper edge facing upward to the Right, the tip pointing downward to the Right, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Left, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我下部，我退步以避之，乘勢用劍掛開敵槍，以待其變。

The opponent uses his spear to stab at me below, so I retreat to evade it, taking advantage of the moment by using my sword in a hanging action [掛 guà] to take his spear aside, then wait for what he will do next.

[103] GOLDEN DRAGON TWITCHES ITS TAIL - Part 2

姿勢說明

Explanation of the posture:

左足向右方退一步，弓膝而腿下坐。右足再向右方退半步，足尖點地，足跟翹起，膝微曲。全體重心，均在左足。同時右手持劍，反手由右下方上提，向左方下劈，而後再向右前下方掛出。下刃向左下方。上刃向右上方。劍鋒向右下方。左手劍訣，按右腕以助之。面向左方。目平視。

Your left foot retreats a step to the Right, the knee bends and the leg squats down, then your right foot retreats a half step to the Right, toes touching down, heel lifted, the knee slightly bent, the weight fully on your left foot.

At the same time, the sword in your right hand, turning the hand over, lifts [上提 shàng tí] from downward in the Right, chops [劈 pī] [scratches] downward to the Left, then goes to the Right Front with a low hanging action [掛 guà], the sword's bottom edge facing downward to the Left, upper edge facing upward to the Right, the tip pointing downward to the Right, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Left, your gaze level.

應用說明

Explanation of the application:

敵人用槍刺我腿部我向後退步，以洩其力，乘勢用劍掛開敵槍以待其變。

The opponent uses his spear to stab to my leg, so I retreat to dispel his power, taking advantage of the moment by using my sword in a hanging action [掛 guà] to take his spear aside, then wait for what he will do next.

白蛇吐信一 [Báishé tǔ xìn]

[104] WHITE SNAKE FLICKS ITS TONGUE - Part 1

姿勢說明

Explanation of the posture:

右足向左方進半步，膝向左方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由右下方上提，而後向左下方直刺。下刃向右下方。上刃向左上方。劍鋒向左下方。左手抱劍柄以助之。面向左方。目注劍鋒。

Your right foot advances a half step to the Left, the knee bending to the Left, your left leg pressing straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, lifts up [上提 shàng tí] from downward in the Right [Left], then stabs [刺 cì] downward to the Left, the sword's bottom edge facing downward to the Right, upper edge facing upward to the Left, the tip pointing downward to the Left, while your left hand holds the sword handle to assist.



You are facing to the Left, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢進步，用劍直刺敵之下部。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing and using my sword to stab [刺 cì] at him below.

白蛇吐信二 **[Báishé tǔ xìn]**

[105] WHITE SNAKE FLICKS ITS TONGUE - Part 2

姿勢說明

Explanation of the posture:

左足向左方進一步，膝向左方弓出。右腿蹬直。全體重心，均在左足。同時右手持劍，由左下方提起，向左方平刺。下刃向下。上刃向上。劍鋒向左方。左手抱劍柄以助之。面向左方。目注劍鋒。

Your left foot advances a step to the Left, the knee bending to the Left, your right leg pressing straight, the weight now on your left foot.

At the same time, your right hand, holding the sword, lifts up **[提 tí]** from downward in the Left, then does a level stab **[刺 cì]** to the Left, the sword's bottom edge facing downward, upper edge facing upward, the tip pointing to the Left, while your left hand holds the sword handle to assist.



You are facing to the Left, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍刺我胸部，我以劍上提，撥開敵槍，乘勢進步，用劍直刺敵人之胸。

The opponent uses his spear to stab to my chest, so I use my sword in a lifting action **[上提 shàng tí]** to deflect his spear aside, taking advantage of the moment by advancing and using my sword to stab **[刺 cì]** to his chest.

白蛇吐信三 [Báishé tǔ xìn]

[106] WHITE SNAKE FLICKS ITS TONGUE - Part 3

姿勢說明

Explanation of the posture:

右足向左方進一步，膝向左方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由左方抱回，然後向左上方直刺。下刃向左下方。上刃向右上方。劍鋒向左上方。左手抱劍柄以助之。面向左方。目注劍鋒。

Your right foot advances a step to the Left, the knee bending to the Left, your left leg pressing straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, goes from the Left, withdrawing to be embraced, then stabs [刺 cì] upward to the Left, the sword's bottom edge facing downward to the Left, upper edge facing upward to the Right, the tip pointing upward to the Left, while your left hand holds the sword handle to assist.



You are facing to the Left, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍刺我頭部，我回劍掛開敵槍，乘勢進步，用劍直刺敵人之頭。

The opponent uses his spear to stab to my head, so I withdraw my sword in a hanging action [掛 guà] to take aside his spear, taking advantage of the moment by advancing and using my sword to stab [刺 cì] to his head.

大鵬展翅

[Dàpéng zhǎnchì]

[107] RUKH SPREADS ITS WINGS

[This posture could surely also be called 斜飛式 DIAGONAL FLYING POSTURE.]

姿勢說明

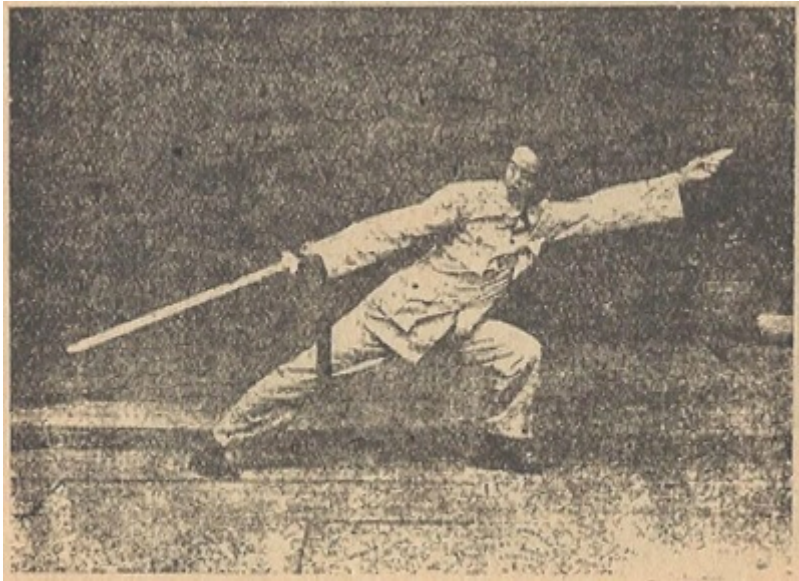
Explanation of the posture:

右足向方退一步，左膝向左弓出。右腿蹬直。全體重心，均在左足。同時右手持劍，由左上方反手向右前下方撩出。下刃向右後上方。上刃向左前下方。劍鋒向右前下方。左手劍訣，向左後上方伸出。以稱其力。面向右前方。目注劍鋒。

Your right foot retreats a step to the Right, [your left foot staying where it is,] your left knee bends to the Left, and your right leg presses straight, the weight now on your left foot.

At the same time, your right hand, holding the sword, goes from upward in the Left, the hand turning over with a raising action 【撩 liāo】 downward to the

Right Front, the sword's bottom edge facing upward to the Right Rear, upper edge facing downward to the Left Front, the tip pointing downward to the Right Front, while your left hand's swordsman's hex extends upward to the Left Rear to balance its power.



You are facing to the Right Front, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人自身後用槍刺我腿部，我退步以避之，乘勢用劍撩開敵槍，以待敵變。

An opponent uses a spear to come at me from behind with a stab to my leg, so I retreat a step to prevent it, taking advantage of the moment by using my sword in a raising action 【撩 liāo】 to take his spear aside, then wait for what he will do next.

[108] REIN IN THE HORSE TO WATCH THE TIDE

姿勢說明

Explanation of the posture:

左足向右方進一步，右足再向右方進一步，膝向右方弓出。左腿蹬直。全體重心，均在右足。身體亦隨步由前向右向後向左向前旋轉一週。同時右手持劍，提至頂上，籠罩全身，隨身旋轉，然後向左前方下劈。再向右後上方反提。下刃向右前上方。上刃向左後下方。劍鋒向左前下方。左手劍訣，向前方伸出，以稱其勢。面向前方。目平視。

Your left foot advances a step to the Right, then your right foot advances a step to the Right, the left knee bending to the Right, and your left leg presses straight, the weight now on your right foot, your body going along with your steps by turning all the way around from the Front, to the Right, to the Rear, to the Left, and again to face to the Front.

At the same time, your right hand, holding the sword, lifts [提 **tí**] until above your head, covering your whole body as you spin around, then chops [劈 **pī**] downward to the Left Front and does a reverse lifting action [上提 **shàng tí**] upward to the Right Rear, the sword's bottom edge facing upward to the Right Front, upper edge facing downward to the Left Rear, the tip pointing downward to the Left Front, while your left hand's swordsman's hex extends [downward] to the Front to balance the posture.



You are facing to the Front, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢進步，用劍提撩敵人之胸。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing and using my sword to lift up [提 **tí**] with a raising action [提撩 **tí liào**] to his chest.

抱月式 [Bào yuè shì]

[109] EMBRACING THE MOON

姿勢說明

Explanation of the posture:

右足向左前方進半步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，由右後上方，反手平劍向懷中抱回，劍鐔置於胸腹之間。下刃向左方。上刃向右方。劍鋒向前方。左手抱劍柄，以助其力。面向前方。目平視。

Your right foot advances a half step to the Left Front, toes touching down, heel lifted, knee slightly bent, your left foot staying where it is, the leg squatting down, and the weight now fully on your left foot.

At the same time, your right hand, holding the sword, goes from above in the Right Rear, the hand turning over, withdrawing to embrace toward your chest with the blade horizontal, the pommel placed between your chest and belly, the bottom edge facing to the Left, upper edge facing to the Right, the tip pointing to the Front, while your left hand holds the handle to assist the power.



You are facing to the Front, your gaze level.



應用說明

Explanation of the application:

敵人自身旁用槍刺我胸部，我將身移動以避之，乘勢用劍平擄敵槍，以待其變。

The opponent comes from the side, using his spear to stab to my chest, so I shift my body to evade it, taking advantage of the moment by using my sword to come across and capture his spear, then wait for what he will do next.

單鞭式 [Dān biān shì]

[110] SINGLE WHIP

姿勢說明

Explanation of the posture:

右足向右後方進一步，膝向右後方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，向右後方平刺。下刃向右前方。上刃向左後方。劍鋒向右後上方。左手劍訣，向左前方伸出，以稱其勢。面向右後方。目注劍鋒。

Your right foot advances a step to the Right Rear, the knee bending to the Right Rear, your left leg pressing straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, stabs [刺 cì] out to the Right Rear with a horizontal blade, the sword's bottom edge facing to the Right Front, upper edge facing to the Left Rear, the tip pointing upward to the Right Rear, while your left hand's swordsman's hex extends to the Left Front to balance its posture.



You are facing to the Right Rear, your gaze to the sword tip.



應用說明

Explanation of the application:

敵人用槍自身旁來刺，我用劍順其槍桿直進，以取敵人之頭。

An opponent coming from the side uses his spear to stab, so I use my sword to advance along his spear shaft, seeking his head.

烏龍擺尾

[Wū lóng bài wěi]

[111] BLACK DRAGON SWINGS ITS TAIL

姿勢說明

Explanation of the posture:

身體向左前方微移，然後還原。右膝仍向右後方弓出。左腿蹬直。全體重心，仍在右足。同時右手持劍，由右後方上提，向左前方下劈，而然反手仍向右後上方撩出。下刃向左後上方。上刃向右前下方。劍鋒向右後上方。左手劍訣，按右腕以助之。面向右後方。目注劍鋒。

Your torso shifts to the Left Front then back to where it was, your right knee again bent to the Right Rear, your left leg pressed straight, the weight again on your right foot.



At the same time, your right hand, holding the sword, lifts up **[上提 shàng tí]** from the Right Rear, chops **[劈 pī]** down to the Left Front, then with the hand turning over goes again to the Right Rear with an upward raising action **[撩 liāo]**, the sword's bottom edge facing upward to the Left Rear, upper edge facing downward to the Right Front, the tip pointing upward to the Right Rear, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right Rear, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人向後抽槍。我順其抽力，乘勢用劍反格敵之前手。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by turning my sword over and blocking **[格 gé]** to his front hand.

[112] HAWK GOES THROUGH THE FOREST - Part 1

姿勢說明

Explanation of the posture:

右足向左前方撤回半步，足尖點地，足跟翹起，膝微曲。左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，由右後方反手向左方掛回。下刃向上。上刃向下。劍鋒向右方。左手劍訣，按右腕以助之。面向右方。目平視。

Your right foot withdraws a half step to the Left Front, toes touching down, heel lifted, the knee slightly bent, your left foot not leaving its location, the leg squatting down, the weight now fully on your left foot.

At the same time, your right hand, holding the sword, goes from the Right Rear, the hand turning over, and withdraws with a hanging action [掛 guà] to the Left Rear, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Right, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right, your gaze level.



應用說明

Explanation of the application:

敵人抽槍刺我胸部，我將步後撤，以洩其力，乘勢用劍掛開敵槍，以待其變。

The opponent draws back his spear and stabs to my chest, so I withdraw a step to dispel his power, taking advantage of the moment by using my sword in a hanging action [掛 guà] to take his spear aside, then wait for what he will do next.

[113] HAWK GOES THROUGH THE FOREST - Part 2

姿勢說明

Explanation of the posture:

右足向右方進半步，左足亦向右方跟半步，足尖點地，足跟翹起，膝微曲。右腿下坐。全體重心，均在右足。同時右手持劍，隨身向右方平刺。下刃向上。上刃向下。劍鋒向右方。左手劍訣，按右腕以助之。面向右方。目平視。

Your right foot advances a half step to the Right, then your left foot also follows a half step to the Right, toes touching down, heel lifted, the knee slightly bent, your right leg squatting down, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, goes along with your body, doing a level stab [刺 cì] to the Right, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Right, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right, your gaze level.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢進步，用劍直刺敵人之喉。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing and using my sword to do a stab [刺 cì] to his throat.

[114] HAWK GOES THROUGH THE FOREST - Part 3

姿勢說明

Explanation of the posture:

左足向左方撤回半步，右足再向左方撤回半步，足尖點地，足跟翹起，膝微曲。左腿下坐。全體重心，均在左足。同時右手持劍，隨身向左前方掛回。下刃向上。上刃向下。劍鋒向右方。左手劍訣，按右腕以助之。面向右方。目平視。

Your left foot withdraws a half step to the Left, then your right foot withdraws a half step to the Left, toes touching down, heel lifted, the knee slightly bent, your left leg squatting down, the weight now fully on your left foot.

At the same time, your right hand, holding the sword, goes along with your body, withdrawing with a hanging action [掛 guà] to the Left Front, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Right, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right, your gaze level.



應用說明

Explanation of the application:

敵人抽槍來刺我胸，我向後撤步，以洩其力，乘勢用劍掛開敵槍，以待其變。

The opponent draws back his spear and stabs to my chest, so I withdraw a step to dispel his power, taking advantage of the moment by using my sword in a hanging action [掛 guà] to take his spear aside, then wait for what he will do next.

[115] HAWK GOES THROUGH THE FOREST - Part 4

姿勢說明

Explanation of the posture:

右足向左後方退一步，弓膝而腿下坐。左足再向左後方退半步，足尖點地足跟翹起，膝微曲。全體重心，均在右足。同時右手持劍，由右方反手向左後方外掛。下刃向上。上刃向下。劍鋒向右方。左手劍訣，按右腕以助之。面向右方。目平視。

Your right foot retreats a step to the Left Rear, the knee bends and the leg squats, then your left foot retreats a half step to the Left Rear, toes touching down, heel lifted, the knee slightly bent, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, goes from the Right, the hand turning over, and goes outward to the Left Rear with a hanging action [掛 guà], the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Right, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我胸部，我退步以洩其力，乘勢用劍掛開敵槍，以待其變。

The opponent draws back his spear and stabs to my chest, so I withdraw a step to dispel his power, taking advantage of the moment by using my sword in a hanging action [掛 guà] to take his spear aside, then wait for what he will do next.

[116] HAWK GOES THROUGH THE FOREST - Part 5

姿勢說明

Explanation of the posture:

左足向右方進半步，右足再向右方跟半步，足尖點地，足跟翹起，膝微曲。左腿下坐。全體重心，均在左足。同時右手持劍，隨身向右方平刺。下刃向上。上刃向下。劍鋒向右方。左手劍訣，按右腕以助之。面向右方。目平視。

Your left foot advances a half step to the Right, then your right foot follows a half step to the Right, toes touching down, heel lifted, the knee slightly bent, your left leg squatting down, the weight now fully on your left foot.

At the same time, your right hand, holding the sword, goes along with your body, doing a level stab [刺 cì] to the Right, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Right, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right, your gaze level.



應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢進步，用劍直刺敵人之喉。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing and using my sword to do a stab [刺 cì] to his throat.

[117] HAWK GOES THROUGH THE FOREST - Part 6

姿勢說明

Explanation of the posture:

右足向左方撤半步，左足亦向左方撤半步，足尖點地，足跟翹起，膝微曲。右腿下坐。全體重心，均在右足。同時右手持劍，由右方隨身向左方掛回。下刃向上。上刃向下。劍鋒向右方。左手劍訣，按右腕以助之。面向右方。目平視。

Your right foot withdraws a half step to the Left, then your left foot also withdraws a half step to the Left, toes touching down, heel lifted, the knee slightly bent, your right leg squatting down, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, goes from the Right along with your body, withdrawing with a hanging action [掛 guà] to the Left, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Right, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right, your gaze level.



應用說明

Explanation of the application:

敵人抽槍刺我胸部，我退步以洩其力，乘勢用劍掛開敵槍，以待其變。

The opponent draws back his spear and stabs to my chest, so I retreat a step to dispel his power, taking advantage of the moment by using my sword in a hanging action [掛 guà] to take his spear aside, then wait for what he will do next.

[118] HAWK GOES THROUGH THE FOREST - Part 7

姿勢說明

Explanation of the posture:

右足向右方進一步，左足再向右方跟一步，足尖點地，足跟翹起，膝微曲。右腿下坐。全體重心，均在右足。同時右手持劍，隨身向右方平刺。下刃向上。上刃向下。劍鋒向右方。左手劍訣，按右腕以助之。面向右方。目平視。

[Your left foot advances a half step to the Right,] your right foot advances a full step to the Right, then your left foot also follows a step to the Right, toes touching down, heel lifted, the knee slightly bent, your right leg squatting down, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, goes along with your body, doing a level stab [刺 cì] to the Right, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Right, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right, your gaze level.



[It feels as though something is missing here and would surely seem more natural if Part 3 is repeated between Parts 6 and 7.]

應用說明

Explanation of the application:

敵人向後抽槍，我順其抽力，乘勢進步，用劍直刺敵人之喉。

The opponent draws back his spear, so I follow his withdrawing energy, taking advantage of the moment by advancing and using my sword to do a stab [刺 cì] to his throat.

[119] HAWK GOES THROUGH THE FOREST - Part 8

姿勢說明

Explanation of the posture:

左足向左方撤一步，右足再向左方撤半步，足尖點地，足跟翹起，膝微曲。左腿下坐。全體重心，均在左足。同時右手持劍，隨身向左方掛回。下刃向上。上刃向下。劍鋒向右方。左手劍訣，按右腕以助之。面向右方。目平視。

Your left foot withdraws a step to the Left, then your right foot withdraws a half step to the Left, toes touching down, heel lifted, the knee slightly bent, your left leg squatting down, the weight now fully on your left foot.

At the same time, your right hand, holding the sword, goes along with your body, withdrawing with a hanging action [掛 guà] to the Left, the sword's bottom edge facing upward, upper edge facing downward, the tip pointing to the Right, while your left hand's swordsman's hex touches your right wrist to assist.



You are facing to the Right, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我胸部，我向後撤步，以洩其力，乘勢用劍掛開敵槍，以待其變。

The opponent uses his spear to stab to my chest, so I withdraw a step to dispel his power, taking advantage of the moment by using my sword in a hanging action [掛 guà] to take his spear aside, then wait for what he will do next.

大鵬展翅 [Dàpéng zhǎnchì]
[120] RUKH SPREADS ITS WINGS

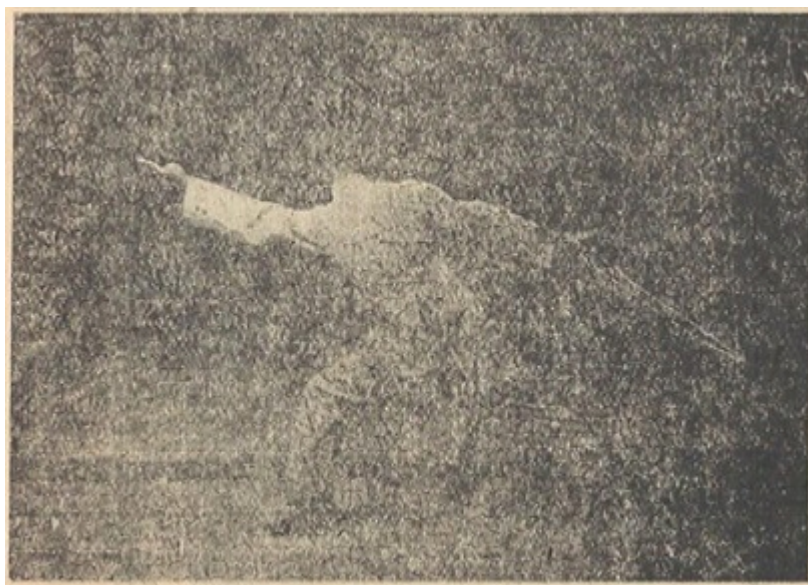
姿勢說明

Explanation of the posture:

右足向左方退一步，左足不動，而膝向右弓出。右腿蹬直。全體重心，均在左足。同時右手持劍，由右方下劈，然後反手向左下方撩出。下刃向左前上方。上刃向右後下方。劍鋒向左下方。左手劍訣，向右上方伸出，以稱其力。面向左方。目注劍鋒。

Your right foot retreats a step to the Left, your left foot staying where it is, but the knee bending to the Right, and your left leg presses straight, the weight now on your left foot.

At the same time, your right hand, holding the sword, chops [劈 pī] down from the Right, then with the hand turning over, does a raising



action [撩 liāo] downward to the Left, the sword's bottom edge facing upward to the Left Front, upper edge facing downward to the Right Rear, the tip pointing downward to the Left, while your left hand's swordsman's hex extends upward to the Right to balance its power.



You are facing to the Left, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人用槍自身後來刺，我退步以避之，乘勢用劍撩開敵槍，以待其變。

An opponent uses a spear to come at me from behind with a stab, so I retreat to prevent it, taking advantage of the moment by using my sword in a raising action [撩 liāo] to take his spear aside, then wait for what he will do next.

農夫著鋤 [Nóngfūzhe chù]
[121] FARMER USES HIS HOE

姿勢說明

Explanation of the posture:

左足向左方撤回半步，足尖點地，足跟翹起，膝微曲。右足不動，而腿下坐。全體重心，均在右足。同時右手持劍，由左下方立劍上提，而後向右下方直刺。下刃向右上方。上刃向左下方。劍鋒向右下方。左手劍訣，按右腕以助其力。面向右方。目平視。

Your left foot withdraws a half step to the Left, toes touching down, heel lifted, the knee slightly bent, your right foot staying where it is but the leg squatting down, the weight now fully on your right foot.

At the same time, your right hand, holding the sword, goes from downward in the Left, lifting [上提 shàng tí] with the blade vertical, then stabs [刺 cì] down to the Right, the sword's bottom edge facing upward to the Right, upper edge facing downward to the Left, the tip pointing downward to the Right, while your left hand's swordsman's hex touches your right wrist to assist the power.



You are facing to the Right, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我腿部，我撤步以避之，乘勢用劍掛開敵槍，以待其變。

The opponent uses his spear to stab to my leg, so I withdraw a step to evade it, taking advantage of the moment by using my sword in a hanging action [掛 guà] to take his spear aside, then wait for what he will do next.

迎門劍 [Yíng mén jiàn] [122] CHOPPING OPEN THE GATE

姿勢說明

Explanation of the posture:

左足向右方進半步，右足再向右方進一步，膝向右方弓出。左腿蹬直。全體重心，均在右足。同時右手持劍，由右下方向左前方反掛上提。仍向右方下劈。下刃向左下方。上刃向右上方。劍鋒向右下方。左手劍訣，向左方伸出，以稱其力。面向右方。目注劍鋒。

Your left foot advances a half step to the Right, then your right foot advances a step to the Right, the knee bending to the Right, and your left leg presses straight, the weight now on your right foot.

At the same time, your right hand, holding the sword, hangs [掛 guà] down from the Right, turns

over, lifting [上提 shàng tí] to the Left Front, then goes again to the Right, chopping [劈 pī] down, the sword's bottom edge facing downward to the Left, upper edge facing upward to the Right, the tip pointing downward to the Right, while your left hand's swordsman's hex extends to the Left to balance the posture.



You are facing to the Right, your gaze to the sword tip.

應用說明

Explanation of the application:

敵人用槍刺我下部，我以劍掛開敵槍，乘勢進步，用劍直劈敵人之頭。

The opponent uses his spear to stab to my lower body, so I use my sword in a hanging action [掛 guà] to take his spear aside, taking advantage of the moment by advancing and using my sword to chop [劈 pī] to his head.

太公釣魚 **[Tàigōng diàoyú]**
[123] GRAND DUKE JIANG FISHES

姿勢說明

Explanation of the posture:

右足向左方撤回半步，足尖點地，足跟翹起，膝微曲，左足不動，而腿下坐。全體重心，均在左足。同時右手持劍，由右下方向左下方掛回，然後反手向右方劈出。下刃向上。上刃向下。劍鋒向右方。左手劍訣，按右腕以助之。面向右方。目平視。

Your right foot withdraws a half step, toes touching down, heel lifted, the knee slightly bent. Your left foot stays where it is and the leg squats down, the weight now on your left foot.

At the same time, your right hand, holding the sword, hangs **[掛 guà]** inward from downward in the Right to downward in the Left, then turns over with a [reverse] chop **[劈 pī]** to the Right, the bottom edge facing upward and the upper edge facing downward, the tip pointing to the Right, while your swordsman's hex pushes down on your right wrist to assist.



You are facing to the Right, your gaze level.



應用說明

Explanation of the application:

敵人用槍刺我下部，我將腿後撤，以洩其力，乘勢用劍掛開敵槍，反劈敵人之頭。

The opponent uses his spear to stab to my lower body, so I withdraw my [right] leg, draining away his force, then take advantage of the opportunity by hanging **[掛 guà]** my sword to take his spear aside and do a reverse chop **[劈 pī]** to his head.

翻身交劍式 [Fānshēn jiāo jiàn shì]

[124] TURN AROUND, EXCHANGING THE SWORD

姿勢說明

Explanation of the posture:

右足向右方進半步，左足再向右方進一步。身體由右向後轉向左方。右腿曲膝上提。全體重心，均在左足。同時右手持劍，由右方反手下掛，然後向左方上提。將劍柄交還左手。下刃向左上方。上刃向右下方。劍鋒向左下方，右手劍訣，按左腕以助其力。面向左方。目平視。

Your right foot advances a half step to the Right, your left foot then advances a full step to the Right, your torso turning from the Right to the Rear and to the Left, and your right leg bends and lifts, the weight now fully on your left foot.

At the same time, your right hand, holding the sword, goes from the Right, turns over to hang [掛 guà] down, then lifts up [上提 shàng tí] to the Left, putting the sword handle into your left hand, the bottom edge facing upward to the Left, the upper edge facing downward to the Right, and the tip pointing downward to the Left, while your right hand forms a swordsman's hex and pushes down on your left wrist to assist the power. [Although in the photo, he does not yet appear to have switched hands.]



You are facing to the Left, your gaze level.

托梁換柱

[Tuō liáng huàn zhù]

[125] PROPPING UP THE ROOF BEAM TO REPLACE THE PILLAR

姿勢說明

Explanation of the posture:

右足甫經落地，而左足提起，作一跳步。全體重心，均在右足。同時左手背劍，劍柄下垂。置左膝側。劍鋒向上。右手劍訣，橫置頂上，以稱其力。面向左方。目平視。

Just as your right foot comes down, your left foot lifts, making a hopping step, the weight now fully on your right foot.

At the same time, your left hand, with the sword behind it, hangs the sword handle down, placing it beside your left knee, the sword tip pointing up, while your swordsman's hex is placed crosswise above your forehead to balance the power.



You are facing to the Left, your gaze level.



[126] GOLDEN NEEDLE POINTS TO THE SOUTH

姿勢說明

Explanation of the posture:

左足向左方邁一步，膝向左方弓出。右腿蹬直。全體重心，均在左足。同時左手背劍，由左膝蓋之前方，向後方擡出。劍柄置左胯側，劍鋒向上。劍脊緊貼左臂。右手劍訣，向左方伸出。面向左方。目平視。

Your left foot takes a step to the Left, the knee bends to the Left, your right leg presses straight, and the weight is now on your left foot.

At the same time, your left hand, with your sword behind it, goes from in front of your left knee and brushes away to the Rear, the sword handle placed beside your left hip, the tip pointing upward, the spine of the sword touching your left arm, while your right hand's swordsman's hex extends to the Left.



You are facing to the Left, your gaze level.



收劍式 [Shōu jiàn shì]

[127] GATHERING IN THE SWORD

姿勢說明

Explanation of the posture:

身體由左方轉向前方，左足向右方併步。全體重心，在兩足間之中點。同時左手背劍，向左方提起，然後向上向右，在身體之前方，作一圓圈，而後從容下垂。劍柄置左胯側。劍鋒向上。右手劍訣，由左而下，向右橫置頂上。面向左方。目平視。

Your torso turns from the Front to the Left, your left foot stepping toward your right foot to stand next to it. The weight is now between your feet.

At the same time, your left hand, with the sword behind your arm, lifts [提 **tí**] to the Left, then upward, to the Right, in front of your body, making a circle, then hangs down leisurely, the handle placed beside your left hip, the tip pointing upward, while your swordsman's hex goes downward from the Left, to the Right, and is placed crosswise above your head.



You are facing to the Left and your gaze is level.



合太極 [Hé tàijí]

[128] RETURN TO THE TAIJI POSTURE

姿勢說明

Explanation of the posture:

頭由左方轉向前方。身體直立，面向前方。目平視。全體重心，在兩足間之中點。同時左手背劍不動。右手劍訣，由頂上從容放下。置右胯側。動靜歸一。復還原始。

Your head turns from the Left to the Front, Your body stands straight, facing to the Front, and your gaze is level. The weight is between your feet.

At the same time, with your sword not moving from behind your left arm, your right hand's swordsman's hex goes from above your headtop to hang down leisurely, placed beside your right hip.



Movement and stillness blending together, you have returned to your original position.



第三章 結論

CHAPTER THREE: CONCLUSION

劍法之淵源與理論，姿勢與應用，已如前述。茲將運用之變化，作進一步之研究，以告讀者。

夫劍法無運用不能因敵致勝，微變化焉能出入神奇。是以初學劍術者，或姿勢不正確，或動作不自然，或應用不純熟，或轉換不玲瓏。是皆由於不知運用之變化使然也。蓋用劍之法，紐勁為上，靈捷為先。目宜速，身不可滯。手宜敏，步不可遲。久之，自然動作儒雅，舉止大方。其形勢似飛鳳。其勁力透中鋒。使用腰力，運動全身。故發勁用勢，非僅徒用手指着力而已耳。

是故一舉一動，務須活潑靈利。一開一合，須知動靜虛實。其動也，若龍飛鳳舞。其靜也，似虎步熊行。劍劍有神，無動若風搖之弊。步步實踏，免飄忽懶散之虞。進退轉換，輕靈自在。跳躍縱橫，知機入神。他如凝神定性，意前劍後，心靜氣足。手健足輕。學者尤當注意及之。再能心性合一。體用兼備。無論所用之法，為砍、為撩、為摸、為刺、為抽、為提、為橫、為倒……無不從心所欲。蓋砍、撩、摸、刺、抽、提、橫、倒、此八法者，為今日劍法之規矩也。古者劍經有四字訣，曰：『擊、』曰：『刺、』曰：『格、』曰：『洗。』今之八法，橫、倒、皆擊也。刺與古法同。提即格也。抽即洗也。更益之以撩、摸、砍、則用劍諸法大備矣！

然後平推平起，搖挽得宜，上下左右，圓活自如，輕捷便利，風馳電掣。進退起伏，不可有絲毫遲滯之態。翻花巨細，不能顯少許笨重之形。古人所謂劍如鳳舞，意在斯乎！至若用劍八法，倘能各盡其妙，則用劍之能事畢矣。何況每法之中，又有若干種方法耶？乃如砍法者，有平砍、立砍、順砍、橫砍、倒砍、斜砍、上砍、下砍、左砍、右砍、進砍、退砍、翻身砍、……等砍法。撩法者，有平撩、立撩、順撩、橫撩、倒撩、鉤撩、上撩、下撩、左撩、右撩、反撩、……等撩法。摸法者，有摸手頸、模咽喉、……等模法。刺法者，有喉擊刺、胸直刺、小腹刺、夾襠刺、……等刺法。抽法者，居中則退、相迫則抽、欲揚必抑，欲抑先揚，抽撤取巧，上下相當，退讓相宜，勻稱相合。所謂抽也者，以觀敵變也。蓋無抽法，則劍有進而無退，有剛而無柔。其法不活，其勢不靈。故抽撤之法，實劍法中之根宗也。提法者，有上提、下提、左提、右提、順提、橫提、……等提法。橫法者，劍橫揮平環之謂也。縱躍起舞，處處得機，心領意會，神而明之者也。倒法者，縱跳起舞之謂也。以上七法，凡有縱跳之處，皆倒也。有高縱、矯縱、迴縱、起縱、環縱、順跳、……等倒法。

學者果能由淺而深，自簡及繁，細心研究，加意練習，久而久之，自能得心應手，意到劍隨。而有成竹於胸矣。再能以靜制動，以柔克剛，以慢勝快，以巧敵拙。縱使敵能運用千般變化，吾乃守之以一，處之以和，無形無相，應物自然，大有納敵於混沌初開之玄氣中者然。當此之時，我欲攻，敵不知其所守。我欲守，敵不知其所攻。微乎！微乎！至於無聲。神乎！神乎！至於無形。故能自保而全勝也。

後之學者，倘能盡心研究，以是書為行遠自邇之一助，或因是書，別有心得，而更有所發明，則著者實有厚望焉！是為論。

The sword art's origins and theories, postures and applications, have already been explained [in Chapter One]. Here I will present the adaptability of its function, as an advanced study for the reader.

Without applying them, the sword techniques cannot be used to defeat opponents, and without subtlety of transformation, you will not be able to send your sword back and forth with miraculous skill. Therefore when you begin to study the sword art, your postures might not be correct, your movements might not be natural, your applications might not be

skillful, or your transformations might not be nimble, and this is due to not understanding adaptability of application.

To use the sword techniques, the priorities are position and timing. Because the eyes should be quick, the body should not be sluggish. Because the hands should be agile, the steps should not be late. After a long time, your movements will be natural and elegant, and you will have a dignified air. Your postures will be like a flying phoenix. Your power will penetrate through the center. Use power driven by your waist, moving with your whole body. Therefore when expressing power in a technique, it is not just a matter of relying on the strength of the hand.

With every action, you must be lively and nimble, and with every opening and closing, you must understand movement and stillness, emptiness and fullness. Its movements are like a dragon flying, a phoenix dancing. Its stillness is like a tiger stalking, a bear walking. Every sword technique is focused, avoiding the error of seeming blown about randomly by the wind. Every step is solid, avoiding the error of drifting from place to place indifferently.

Advance and retreat should alternate nimbly and freely. Leaping and lunging, crissing and crossing, once you see the opportunity, commit to it. Moreover, concentrate your spirit and settle your emotions, intention goes first and then the sword, your mind is calm and your energy is abundant, your hand is lively and your steps are light. Give particular attention to these things, and then mind and body will be united as one, form and function will be mutually trained.

Regardless of the technique used, be it

- CHOPPING [砍 kǎn],
- RAISING [撩 liāo],
- SMEARING [摸 mō],
- STABBING [刺 cì],
- DRAWING [抽 chōu],
- LIFTING [提 tí],
- CROSSING [橫 héng], or
- RELEASING [倒 dào],

perform them with fluency.

These eight techniques are the standard nowadays, but classically there were only four sword techniques:

- STRIKING [擊 **jī**],
- STABBING [刺 **cì**],
- BLOCKING [格 **gé**], and
- CLEARING [洗 **xǐ**].

The modern CROSSING [橫 **héng**] and RELEASING [倒 **dào**] both have to do with STRIKING [擊 **jī**].

STABBING [刺 **cì**] is still the same.

LIFTING [提 **tí**] means BLOCKING [格 **gé**].

DRAWING [抽 **chōu**] means CLEARING [洗 **xǐ**].

The rest – RAISING [撩 **liāo**], SMEARING [摸 **mō**], CHOPPING [砍 **kǎn**] – more fully equip the arsenal of sword techniques.

Pushing out and rising up will then be balanced. Actions of waving and rolling will be appropriate. Going upward and downward, to the left and to the right, will be lively, unhindered, nimble, easy, quick. In advancing and retreating, rising, and lowering, there must not be the slightest sluggishness. In turning and flourishing, enlarging, and shrinking, there must not be the slightest awkwardness. People long ago described the sword as a dancing phoenix. This is exactly the idea.

As for the eight techniques, if you can understand the subtleties of each, you will be able to wield the sword skillfully. There are also variations within each technique:

CHOPPING [砍 **kǎn]:** there is

- level chopping [平砍 **píng kǎn**],
- upright chopping [立砍 **lì kǎn**],
- smooth chopping [順砍 **shùn kǎn**],
- horizontal chopping [橫砍 **héng kǎn**],
- overturned chopping [倒砍 **dào kǎn**],
- diagonal chopping [斜砍 **xié kǎn**],
- upper chopping [上砍 **shàng kǎn**],
- lower chopping [下砍 **xià kǎn**],
- rightward chopping [右砍 **yòu kǎn**],
- leftward chopping [左砍 **zuǒ kǎn**],
- chopping while advancing [進砍 **jìn kǎn**],
- chopping while retreating [退砍 **tuì kǎn**], and
- chopping while turning around [翻身砍 **fānshēn kǎn**].

RAISING [撩 liāo]: There is

- level raising [平撩 píng liāo],
- upright raising [立撩 lì liāo],
- smooth raising [順撩 shùn liāo],
- horizontal raising [橫撩 héng liāo],
- overturned raising [倒撩 dào liāo],
- hooked raising [鉤撩 gōu liāo],
- upper raising [上撩 shàng liāo],
- lower raising [下撩 xià liāo],
- rightward raising [右撩 yòu liāo],
- leftward raising [左撩 zuǒ liāo], and
- reverse raising [反撩 fǎn liāo].

SMEARING [摸 mō]: There is smearing to

- the hand [摸手頸 mō shǒu jǐng] or
- throat [模咽喉 mó yānhóu].

[Note the use of two different characters for mō: 摸 mō vs 模 mó]

STABBING [刺 cì]: There is stabbing to

- the throat [喉擊刺 hóu jī cì],
- chest [胸直刺 xiōng zhí cì],
- lower abdomen [小腹刺 xiǎofù cì], or
- crotch [夾襠刺 jiā dāng cì].

DRAWING [抽 chōu]: This can be done when retreating from a centered position or when chased back. If you want to do an upward drawing, begin by pressing downward. If you want to do a downward drawing, begin by pressing upward. To draw back skillfully, upper body and lower should coordinate with each other, retreating and yielding should suit each other, and it should be consistent on each side. It is called “drawing” because it is a moment of drawing back and watching for what the opponent will do next. Without a quality of drawing back, the sword techniques will have advance but not retreat, hardness but not softness. There would be technique but no liveliness, posture but no nimbleness. Therefore actions of drawing back are the real basis of the sword techniques.

LIFTING [提 tí]: There is

- upper lifting [上提 shàng tí]
- lower lifting [下提 xià tí],
- leftward lifting [左提 zuǒ tí],
- rightward lifting [右提 yòu tí],
- smooth lifting [順提 shùn tí], and
- horizontal lifting [橫提 héng tí].

CROSSING [橫 héng]: The sword waves across in an arc. As you go through the set, you will find this everywhere. You will understand it intuitively and it will become entirely clear.

RELEASING [倒 dào]: This describes the performance of the set. The seven techniques above all have a quality of moving freely, hence “releasing”. Releasing can be

- high above [高縱 gāo zòng],
- straight ahead [矯縱 jiǎo zòng],
- turning back [迴縱 huí zòng],
- lifting up [起縱 qǐ zòng],
- making an arc [環縱 huán zòng], or
- smoothly flicking [順跳 shùn tiào].

[Except for the sword methods above the following terms are also used in the form and application descriptions. Some of these are considered sword methods in other systems.

- **HANGING [掛 guà]** - This one is very common since it is used to describe going up into the tigerdoor guard among other things.
- **CHOPPING/CLEAVING [劈 pī]** - This term is always used for chopping instead of kǎn in the descriptions. The character can have the following dictionary meanings:
 - pī - to hack, to chop, to split open, to strike (for lightning)
 - pǐ - to split in two, to divide
- **LIFTING+RAISING [提 撩 tí liāo]** - Even though many sub methods of both ti and liao is listed, this one is not but it occurs 3 times in the text.
- **DOT [點 diǎn]** - A small stab: poke or dot.

- **SCRATCHING** [划 **huá**] (also huà) -
 - to cut, to slash, to scratch (cut into the surface of sth), to strike (a match)
 - But also: to row, to paddle, profitable, worth (the effort), it pays (to do sth). Which is interesting as this word is used to describe the actions in [30] ROWING THE BOAT.
- **ROLLBACK** [捋 **lǚ**]
 - This is one of the ba jin of unarmed TCC that is often translated as rollback, but in our lineage explained as sideways diversion (which also fits with the use in this book: diverting a spear to the side).
- **FLICKING** [崩 **bēng**] - Northern Wu style translates it as "to explode".
- **Intercepting** [截 **jié**] - Northern Wu style translates it as Intercepting with the edge.
- Regarding [提 **tí**] the text also uses:
 - 上方提 **shàngfāng tí** and 上方反提 **shàngfāng fǎn tí** which I considered the same as 上提 **shàng tí** when added the annotations to the text.

The following sword methods that exist in the Northern Wu style have not been found in this book:

- **to direct the opponent fall by taking back of the sword** [帶 **dài**]
- **To make circles** [絞 **jiǎo**]
- **To press down** [壓 **yā**]

]

If you can go from the superficial to the profound, from the simple to the complex, meticulously studying, attentively practicing, then in the course of time, you will naturally be able to do with your hand what is in your mind, and wherever your intention goes, the sword will follow, achieving success as though you planned it. You can then use stillness to control movement, softness to overcome hardness, slowness to defeat speed, and skill to outmatch clumsiness.

Even if the opponent is able to make an endless quantity of changes, I keep to but a single quality – a state of harmony. I am formless and shapeless, responding to the situation naturally. It is as though I am receiving him right into the murky energy at the beginning of the universe. In this moment, if I wish to attack, [*Art of War*, chapter 6:] “he does not know where to defend”, and if I decide to defend, “he does not know where to attack. Subtly, shapelessly, ghostly, silently...” [chapter 4:] “Therefore you can both protect yourself and conclusively win.”

If you can study wholeheartedly, this book will help you go far. The material in this book may be different from what you have learned, but that will only allow you to develop even further, and thus I have great hopes for you.