

5 Section Taijijian 五段太極劍

solo sword form (beginner)

Section I

1. Commencing Form
2. Three Rings Envelop the Moon
3. Big Pole Star
4. Swallow Skims the Water
5. Little Pole Star
6. Twisting Sword
7. Shoot the Geese

Section II

8. Falling Flowers (3x)
9. Slash with Blade
10. Draw-back
11. Squeeze
12. Straight Thrust
13. Lion Holds its Head
14. Phoenix Spreads its Wings

Section III

15. Place Incense on the Altar
16. Little Whirlwind (3x)
17. Chase the Bird up the Tree
18. Enclose with Sword

Section IV

19. Night Demon Explores the Sea
20. Dragon Stands at Cauldron's Edge
21. Fair Maiden Weaves at Shuttles
22. Waiting for the Fish
23. Flash the Blade

Section V

24. Turn to Rein in the Horse
25. Wasp Enters Nest
26. Hands Present the Ivory Scroll
27. Closing Form

