

陈氏太极单刀  
**Chen Style - Single Broadsword**

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| 1.  | 单刀起势  | Starting Posture                               |
| 2.  | 护心刀   | Protecting the Heart                           |
| 3.  | 青龙出水  | Black Dragon Emerges from Water                |
| 4.  | 风卷残花  | Wind Blows Away Fallen Blossoms                |
| 5.  | 白云盖顶  | White Clouds Hovering Over the Head            |
| 6.  | 黑虎接山  | Black Tiger Searches the Mountain              |
| 7.  | 苏秦背剑  | Su Qin Carries the Sword on the Back           |
| 8.  | 金鸡独立  | Golden Rooster Stands on One Leg               |
| 9.  | 迎风滚避  | Roll the Saber Against the Wind                |
| 10. | 腰斩白蛇  | Chop the Snake Across the Waist                |
| 11. | 日套三环  | Three Rings Circle the Sun                     |
| 12. | 拨云望日  | Brush Away the Clouds to Look at the Sun       |
| 13. | 左拨草寻蛇 | Left Brush Away the Grass to Search the Snake  |
| 14. | 右拨草寻蛇 | Right Brush Away the Grass to Search the Snake |
| 15. | 青龙出水  | Black Dragon Emerges from Water                |
| 16. | 风卷残花  | Wind Blows Away Fallen Blossoms                |
| 17. | 雁别金翅  | Wild Goose Folds Its Wings                     |
| 18. | 夜叉探海  | Sea Monster Explores the Sea                   |
| 19. | 左翻身砍  | Left Wheel Over and Chop                       |
| 20. | 右翻身砍  | Right Wheel Over and Chop                      |
| 21. | 白蛇吐信  | White Snake Spits Its Tongue                   |
| 22. | 怀中抱月  | Hold the Moon                                  |
| 23. | 收势    | Closing Posture                                |