

陈氏太极单剑
Chen Style - Single Sword

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| 1. 太极剑初势 | Tai Chi Sword Opening Posture |
| 2. 朝阳剑 | Present the Sword to the Sun |
| 3. 仙人指路 | Immortal Points the Way |
| 4. 青龙出水 | Black Dragon Emerges from Water |
| 5. 护膝剑 | Protecting the Knee |
| 6. 闭门式 | Closing the Door Posture |
| 7. 青龙出水 | Black Dragon Emerges from Water |
| 8. 翻身下劈剑 | Flip the Body and Chop the Sword |
| 9. 青龙转身 | Black Dragon Turns Around |
| 10. 斜飞式 | Diagonal Flying Posture |
| 11. 展翅点头 | Spread Wings and Point the Head |
| 12. 拨草寻蛇 | Brush the Grass to Search for Snake |
| 13. 金鸡独立 | Golden Rooster Stands on One Leg |
| 14. 仙人指路 | Immortal Points the Way |
| 15. 盖拦式 | Covering and Blocking Posture |
| 16. 古树盘根 | Coiling Roots from Ancient Trees |
| 17. 饿虎扑食 | Hungry Tiger Jumps to Its Prey |
| 18. 青龙摆尾 | Black Dragon Sweeps Its Tail |
| 19. 倒卷肱 | Roll the Forearm Backward |
| 20. 野马跳涧 | Wild Horse Leaps over the Gorge |
| 21. 白蛇吐信 | White Snake Spits Its Tongue |
| 22. 乌龙摆尾 | Black Dragon Sweeps Its Tail |
| 23. 护膝剑 | Zhong Kui Holds Up the Sword |
| 24. 罗汉降龙 | Giant Tames the Dragon |
| 25. 黑熊翻背 | Black Bear Flip the Body |
| 26. 燕子啄泥 | Swallow Pecks Mud |
| 27. 白蛇吐信 | White Snake Spits Its Tongue |
| 28. 斜飞式 | Diagonal Flying Posture |
| 29. 鹰熊斗智 | The Eagle and Bear's Fight of Wits |
| 30. 燕子啄泥 | Swallow Pecks Mud |
| 31. 金鸡独立 | Pick and Move the Stars |
| 32. 海底捞月 | Fish the Moon From the Bottom of the Sea |
| 33. 仙人指路 | Immortal Points the Way |
| 34. 凤凰点头 | Phoenix Nod the Head |
| 35. 燕子啄泥 | Swallow Pecks Mud |
| 36. 白蛇吐信 | White Snake Spits Its Tongue |
| 37. 斜飞式 | Diagonal Flying Posture |
| 38. 左托千斤 | Left Side Holding Up Thousand Pound |
| 39. 右托千斤 | Right Side Holding Up Thousand Pound |
| 40. 燕子啄泥 | Swallow Pecks Mud |
| 41. 白猿献果 | White Ape Presents Fruit |
| 42. 落花式 | Falling Blossoms Posture |
| 43. 上下斜刺 | Up Down Diagonal Pierce |

44. 斜飞式 Diagonal Flying Posture
45. 哪吒探海 Ne Zha Tackles the Sea
46. 怪蟒翻身 Monster Python Flip over the Body
47. 韦驮献杵 Wei Tuo Presents the Pole
48. 磨盘剑 Grinding Mill Sword
49. 太极剑还原 Tai Chi Sword Closing Posture