

陈氏太极剑四十九式

Chén shì tàijí jiàn sì shí jiǔ shì

Chen Style Tai Chi Sword 49-step form

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| 1. 起势 | Qǐshì | |
| 2. 朝阳 | Cháoyáng | Face the Sun |
| 3. 仙人指路 | Xiānrén zhǐlù | Immortal Points the Way |
| 4. 青龙出水 | Qīnglóng chū shuǐ | Bluegreen Dragon Emerges from the Water |
| 5. 护膝剑 | Hùxī Jiàn | Protect the Knees |
| 6. 闭门式 | Bìmén Shì | Close the Door |
| 7. 青龙出水 | Qīnglóng chū shuǐ | Bluegreen Dragon Emerges from the Water |
| 8. 转身下劈剑 | Zhuǎn shēn xià pī jiàn | Turn and Chop Down |
| 9. 青龙转身 | Qīnglóng zhuǎn shēn | Bluegreen Dragon Turns Around |
| 10. 斜飞势 | Xié fēi shì | Slant Flying |
| 11. 展翅点头 | Zhǎn chì diǎntóu | Spread the Wings and Nod the Head |
| 12. 拨草寻蛇 | Bō cǎo xún shé | Divide the Grass in Search of Snakes |
| 13. 金鸡独立 | Jīn jī dúlì | Golden Rooster Stands on One Leg |
| 14. 仙人指路 | Xiānrén zhǐlù | Immortal Points the Way |
| 15. 盖拦势 | Gài lán shì | Cover Block |
| 16. 古树盘根 | Gǔ Shù Pàn Gēn | Ancient Tree Builds Roots |
| 17. 饿虎扑食 | È hǔ pū shí | Hungry Tiger Pounces on Food |
| 18. 青龙摆尾 | Qīnglóng bǎi wěi | Bluegreen Dragon Whips his Tail |
| 19. 倒卷肱 | Dào juǎn gōng | Reverse Overturning Forearms |
| 20. 野马跳涧 | Yé mǎ tiào jiàn | Wild Horse Jumps Over the Stream |

21. 白蛇吐信	Bái Shé Tǔ Xìn	White Snake Spits out its Tongue
22. 乌龙摆尾	Wūlóng bǎi wěi	Black Dragon Whips his Tail
23. 鍾魁仗剑	Zhōng Kuí Zhàng Jiàn	Zhong Kui Wields the Sword
24. 罗汉降龙	Luóhàn xiáng long	Luo Han Subdues the Dragon
25. 黑熊翻背	Hēixióng fān bèi	Black Bear Turns Back
26. 燕子啄泥	Yànzi zhuó ní	Swallow Pecks Mud
27. 白蛇吐信	Bái shé tǔ xìn	White Snake Spits Out His Tongue
28. 斜飞势	Xié fēi shì	Slant Flying
29. 鹰熊斗智	Yīng Xióng dòuzhì	Eagle Wins the Battle of Wits
30. 燕子啄泥	Yànzi zhuó ní	Swallow Pecks Mud
31. 摘星换斗	Zhāi Xīng Huàn dòu	Pluck a Star to Change the Fight
32. 海底捞月	Hǎi dǐ lāo yuè	Scoop the Moon from the Bottom of the Sea
33. 仙人指路	Xiānrén zhǐlù	Immortal points the way
34. 凤凰点头	Fènghuáng diǎntóu	Phoenix Nods his Head
35. 燕子啄泥	Yànzi zhuó ní	Swallow Pecks Mud
36. 白蛇吐信	Bái shé tǔ xìn	White Snake Spits Out His Tongue
37. 斜飞势	Xié fēi shì	Slant Flying
38. 左托千斤	Zuǒ Tuō Qiān jīn	Left Press Ten Thousand Pounds
39. 右托千斤	Yòu Tuō Qiān jīn	Right Press Ten Thousand Pounds
40. 燕子啄泥	Yànzi zhuó ní	Swallow Pecks Mud
41. 白猿献果	Bái yuán xiàn guǒ	White Ape Offers Fruit
42. 落花势	Luò Huā shì	Falling Flowers Form
43. 上下斜刺	Shàngxià Xié cì	Up and Down Oblique Stab
44. 斜飞势	Xié fēi shì	Slant Flying
45. 哪吒探海	Nézhā tàn hǎi	Nezha Searches the Ocean

46. 怪蟒翻身	Guài Mǎng fānshēn	Monster Python Turns Over
47. 韦驮献杵	Wéi Tuó Xiàn Chǔ	Weituo Offers the Pestle
48. 磨盘	Mòpán jiàn	Grinding Tray Sword
49. 还原	Huányuán	Return to Original State